



# SKATE REGINA

Providing Opportunity. Inspiring Passion. Building Excellence.

Sponsored By



**2023 Summer Skating School**  
**6 Weeks - July 4<sup>th</sup> to August 11<sup>th</sup>, 2023**

**[skateregina@myaccess.ca](mailto:skateregina@myaccess.ca)**  
**(306) 586-4898**

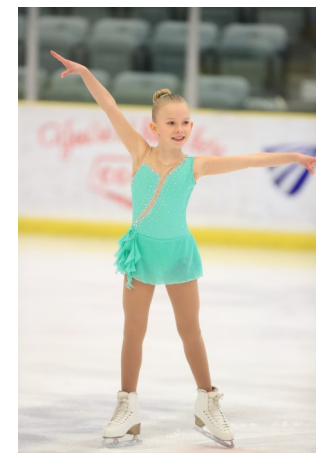
## **LOOKING FOR A PLACE TO?**

- Fine tune your skating techniques or skills....
- Get an edge on the competitive season....
- Have fun while training in a world class facility....



**LOOK NO FURTHER THAN THE  
SKATE REGINA SUMMER  
SCHOOL!**

*Training Centre for Skate Canada  
National & Provincial Champions  
& Challenge Qualifiers*



**April 20, 2023**


For the  
Week of: **July 4 2023 (Tuesday)**

For the Week of: **July 10, 2023 (Monday)**

Mon				Tue				Wed				Thu				Fri							
9:00 AM	Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45							
9:15 AM				Flood			Int/Sr <b>EDGE</b> Class 10:00-10:30			Int/Sr Freeskate 1 10:15-11:00			Jr Prep/Academy Off-ice 10:15-11:00			Int/Sr Freeskate 1 10:30-11:15			Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Freeskate 2 10:00-10:45	Sr/Pair Freeskate 10:00-10:45 (C6)
9:30 AM				Flood			Int/Sr Freeskate 1 10:30-11:15																
9:45 AM		Jr Prep/Academy Off-ice 10:15-11:00	Junior/Intermediate Posture & Stretch 10:30-11:15	Flood			Flood			Flood			Flood			Flood							
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10:15 AM	Int/Sr Freeskate 1 10:30-11:15											Flood											
10:30 AM				Flood			Flood			Flood						<b>SIMULATIONS</b> 11:00-11:45							
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12:00 PM				Jr/Int <b>EDGE</b> Class 12:15-12:45			Jr/Int <b>EDGE</b> Class 12:15-12:45			Jr/Int <b>EDGE</b> Class 12:15-12:45			Jr/Int <b>EDGE</b> Class 12:15-12:45			Int/Sr Freeskate 1 11:45-12:30	Junior/Intermediate Off-ice at PEAK 11:45-12:30	Jr Prep/Academy Off-ice 11:45-12:30					
12:15 PM	Jr/Int <b>EDGE</b> Class 12:15-12:45			Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30	Int/Sr Freeskate 1 11:45-12:30				
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12:45 PM	Flood	Sr/Pair Freeskate 1:00-1:45		Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Flood							
1:00 PM	Flood			Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45		Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45		Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45		Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45		Open Freeskate 1:00-1:45	Sr/Pair Freeskate 1:00-1:45						
1:15 PM	Open Freeskate 1:00-1:45			Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15					
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1:45 PM	Flood			Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15					
2:00 PM	Int/Sr Freeskate 2 2:00-2:45			Flood		Flood		Flood		Flood		Flood		Flood		Flood		Flood					
2:15 PM				Int/Sr Freeskate 3 2:30-3:15			Int/Sr Freeskate 3 2:30-3:15			Int/Sr Freeskate 3 2:30-3:15			Int/Sr Freeskate 3 2:30-3:15										
2:30 PM				Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15		Int/Sr Freeskate 3 2:30-3:15					
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3:45 PM																							
4:00 PM				Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45		Interm/Seniors Off-ice Level 10 3:45-4:45					
4:15 PM																							
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Skate Regina 2023 Summer School Schedule - WEEK 3

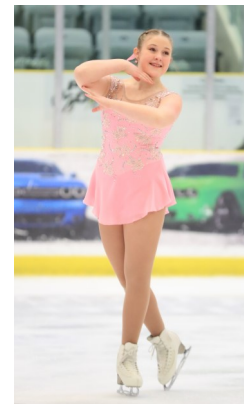
For the Week of: July 17, 2023 (Monday)

Mon				Tue				Wed				Thu				Fri			
9:00 AM	Jr/Int Freeskat 1 9:00-9:45			Jr/Int Freeskat 1 9:00-9:45				Jr/Int Freeskat 1 9:00-9:45				Jr/Int Freeskat 1 9:00-9:45				Jr/Int Freeskat 1 9:00-9:45			
9:15 AM																			
9:30 AM																			
9:45 AM	Flood			Flood				Flood				Flood				Flood			
10:00 AM	Int/Sr <b>EDGE</b> Class 10:00-10:30	Junior/Intermediate Posture & Stretch 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr <b>GROUP</b> Class	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Jump class 10:00-10:30		Int/Sr <b>EDGE</b> Class 10:00-10:30	Junior/Intermediate YOGA 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00		Int/Sr <b>SPIN</b> Class	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Jump class 10:00-10:30		Jr/Int Freeskat 2 10:00-10:45	Sr/Pair Freeskat 10:00-10:45 (C6)		
10:15 AM	Int/Sr Freeskat 1 10:30-11:15			Flood				Int/Sr Freeskat 1 10:30-11:15				Flood							
10:30 AM	Int/Sr Freeskat 1 10:30-11:15			Flood				Int/Sr Freeskat 1 10:30-11:15				Flood				<b>SIMULATIONS</b> 11:00-11:45			
10:45 AM	Int/Sr Freeskat 1 10:30-11:15	Intermed/Seniors Off-ice TBD 11:30-12:15		Jr/Int Freeskat 2 11:15-12:00	Inter/Sr Jump class 11:45-12:15			Jr/Int Freeskat 2 11:30-12:15	Intermed/Seniors Off-ice YOGA 11:30-12:15			Jr/Int Freeskat 2 11:15-12:00	Inter/Sr Jump class 11:45-12:15			Int/Sr Freeskat 1 11:45-12:30	Junior/Intermediate Off-ice at PEAK 11:45-12:30		Jr Prep/Academy Off-ice 11:00-11:45
11:00 AM	Flood			Flood				Flood	Flood			Flood							
11:15	Flood			Jr/Int Freeskat 2 11:15-12:00				Jr/Int Freeskat 2 11:30-12:15	Intermed/Seniors Off-ice YOGA 11:30-12:15			Jr/Int Freeskat 2 11:15-12:00				Int/Sr Freeskat 1 11:45-12:30			
11:30 AM	Jr/Int Freeskat 2 11:30-12:15			Jr/Int <b>GROUP</b> Class				Jr/Int <b>EDGE</b> Class 12:15-12:45				Jr/Int <b>SPIN</b> Class				Flood			
11:45 AM	Jr/Int Freeskat 2 11:30-12:15			Flood				Open Freeskat 12:30-1:15				Open Freeskat 12:30-1:15				<b>SIMULATIONS</b> 12:45-1:30			
12:00 PM	Jr/Int <b>EDGE</b> Class 12:15-12:45			Open Freeskat 12:30-1:15				Open Freeskat 12:30-1:15				Open Freeskat 12:30-1:15				Flood			
12:15 PM	Jr/Int <b>EDGE</b> Class 12:15-12:45	Sr/Pair Freeskat 1:00-1:45		Flood	Sr/Pair Freeskat 12:30-1:15			Flood	Sr/Pair Freeskat 1:00-1:45 (C6)			Flood				Int/Sr Freeskat 2 1:30-2:15			
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	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
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	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
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	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
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	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
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	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15				Int/Sr Freeskat 2 1:30-2:15			
	Flood			Int/Sr Freeskat 2 1:30-2:															

## Skate Regina 2023 Summer School Schedule - WEEK 5

For the  
Week of: **July 31, 2023 (Monday)**

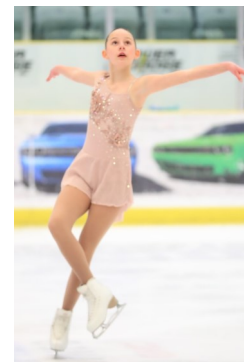
	Mon			Tues			Wed			Thurs			Fri
9:00 AM	Jr/Int Freeskat 1			Jr/Int Freeskat 1			Jr/Int Freeskat 1			Jr/Int Freeskat 1			NO ICE
9:15 AM	9:00-9:45			9:00-9:45			9:00-9:45			9:00-9:45			
9:30 AM													
9:45 AM	Flood			Flood			Flood			Flood			
10:00 AM	Int/Sr <b>EDGE</b> Class			Int/Sr <b>GROUP</b> Class		Jr/Int Jump class	Int/Sr <b>EDGE</b> Class		Jr Prep/Academy	Int/Sr <b>SPIN</b> Class		Jr/Int Jump class	
10:15 AM	10:00-10:30		Jr Prep/Academy		Jr Prep/Academy	10:00-10:30	10:00-10:30		Off-ice			10:00-10:30	
10:30 AM		Junior/Intermediate	Off-ice	Int/Sr Freeskat 1	Off-ice		Int/Sr Freeskat 1	Junior/Intermediate	10:15-11:00	Int/Sr Freeskat 1	Off-ice		
10:45 AM	Int/Sr Freeskat 1	YOGA	10:15-11:00	10:15-11:00	10:15-11:00		10:30-11:15	YOGA		10:15-11:00	10:15-11:00		
11:00 AM	10:30-11:15	10:30-11:15		Flood						Flood			
11:15	Flood						Flood						
11:30 AM		Intermed/Seniors		Jr/Int Freeskat 2			Jr/Int Freeskat 2	Intermed/Seniors		Jr/Int Freeskat 2			
11:45 AM	Jr/Int Freeskat 2	Off-ice TBD		11:15-12:00	Inter/Sr Jump class		11:30-12:15	Off-ice YOGA		11:15-12:00	Inter/Sr Jump class		
12:00 PM	11:30-12:15	11:30-12:15		Jr/Int <b>GROUP</b> Class	11:45-12:15		11:30-12:15	11:30-12:15		Jr/Int <b>SPIN</b> Class	11:45-12:15		
12:15 PM	Jr/Int <b>EDGE</b> Class			Flood			Jr/Int <b>EDGE</b> Class			Flood			
12:30	12:15-12:45						12:15-12:45						
12:45 PM	Flood			Open Freeskat 12:30-1:15	Sr/Pair Freeskat 12:30-1:15		Flood			Open Freeskat 12:30-1:15	Sr/Pair Freeskat 12:30-1:15		
1:00 PM		Sr/Pair Freeskat 1:00-1:45											
1:15 PM	Open Freeskat 1:00-1:45			Flood			Open Freeskat 1:00-1:45	Sr/Pair Freeskat 1:00-1:45		Flood			
1:30 PM													
1:45 PM	Flood			Int/Sr Freeskat 2 1:30-2:15			Flood			Int/Sr Freeskat 2 1:30-2:15			
2:00 PM													
2:15 PM	Int/Sr Freeskat 2 2:00-2:45						Int/Sr Freeskat 2 2:00-2:45						
2:30 PM													
2:45 PM													
3:00 PM					Interm/Seniors						Interm/Seniors		
3:15 PM					Off-ice Level 10						Off-ice Level 10		
3:30 PM					2:45-3:45								
3:45 PM													
4:00 PM													



## Skate Regina 2023 Summer School Schedule - WEEK 6

For the  
Week of: **August 8, 2023 (Tuesday)**

	Monday	Tuesday			Wednesday			Thursday			Friday		
9:00 AM	NO ICE	Jr/Int Freeskat 1			Jr/Int Freeskat 1			Jr/Int Freeskat 1			Jr/Int Freeskat 1		
9:15 AM		9:00-9:45			9:00-9:45			9:00-9:45			9:00-9:45		
9:30 AM													
9:45 AM		Flood			Flood			Flood			Flood		
10:00 AM		Int/Sr <b>GROUP</b> Class		Jr/Int Jump class	Int/Sr <b>EDGE</b> Class			Int/Sr <b>SPIN</b> Class		Jr/Int Jump class	Jr/Int Freeskat 2		
10:15 AM			Jr Prep/Academy	10:00-10:30	10:00-10:30		Jr Prep/Academy		Jr Prep/Academy	10:00-10:30	10:00-10:45		
10:30 AM		Int/Sr Freeskat 1	Off-ice		Int/Sr Freeskat 1	Junior/Intermediate	Off-ice	Int/Sr Freeskat 1	Off-ice		Flood		
10:45 AM		10:15-11:00	10:15-11:00		10:30-11:15	YOGA	10:15-11:00	10:15-11:00	10:15-11:00				
11:00 AM													
11:15		Flood			Flood			Flood			Int/Sr Freeskat 1	Junior/Intermediate	Jr Prep/Academy
11:30 AM		Jr/Int Freeskat 2				Intermed/Seniors		Jr/Int Freeskat 2			11:00-11:45	Off-ice at PEAK	Off-ice
11:45 AM		11:15-12:00	Inter/Sr Jump class		Jr/Int Freeskat 2	Off-ice YOGA		11:15-12:00	Inter/Sr Jump		Flood		11:00-11:45
12:00 PM		Jr/Int <b>GROUP</b> Class	11:45-12:15		11:30-12:15	11:30-12:15		Jr/Int <b>SPIN</b> Class	class 11:45-12:15				
12:15 PM		Flood			Jr/Int <b>EDGE</b> Class			Flood			Int/Sr Freeskat 2		
12:30					12:15-12:45						12:00-12:45		
12:45 PM		Open Freeskat 12:30-1:15	Sr/Pair Freeskat 12:30-1:15		Flood			Open Freeskat 12:30-1:15	Sr/Pair Freeskat 12:30-1:15		Flood		
1:00 PM												Sr/Pair Freeskat 1:00-1:45	
1:15 PM		Flood			Open Freeskat 1:00-1:45	Sr/Pair Freeskat 1:00-1:45		Flood					
1:30 PM													
1:45 PM		Int/Sr Freeskat 2 1:30-2:15			Int/Sr Freeskat 2 1:45-2:15			Int/Sr Freeskat 2 1:30-2:15					
2:00 PM													
2:15 PM													
2:30 PM													
2:45 PM													
3:00 PM			Interm/Seniors									Interm/Seniors	
3:15 PM			Off-ice Level 10									Off-ice Level 10	
3:30 PM			2:45-3:45									3:00-4:00	
3:45 PM													
4:00 PM													





# Skate Regina



# Package Information and Fees

Registration fees will be derived by totalling the week and session rates then applying the applicable discount.

Weeks 2, 3 and 4 are five day weeks while weeks 1, 5 and 6 are four day weeks. Note, a \$60 registration fee will be added to the package fees.

All packages include:

- 1, 2 or 3 free skate sessions per day/per week purchased. Note, 3 session packages include 3 sessions on Monday thru Thursday and 2 sessions on Friday where applicable.
- For Intermediate/Senior skaters there will be two 45 minute off-ice training sessions per week comprised of yoga and another type of training session yet to be determined. For Junior/Intermediate skaters, the classes are posture/stretch as well as yoga. (Additional off-ice sessions provided by Level 10, not included in these package fees, are offered. Details are provided on the last two pages of the brochure).
- Two 30 minute edge classes per week
- One 15 minute spin class per week and one 15 minute group session

	Packages Offered					
	Weeks 2,3,4	Weeks 1,5,6	3 week discount	4 week discount	5 week discount	6 week discount
Sessions/day	Weekly Rate	Weekly Rate	12%	14%	16%	18%
1	235.00	190.00				
2	315.00	250.00				
3	390.00	315.00				

## Simulations:

- Simulations are offered on July 14, 21, and 28
- Space is limited
- Cost is \$25 per simulation

# Additional Information

## **Level of Skating Guideline**

Junior/Intermediate: Star 2 to Pre-novice

Intermediate/Senior: Pre-novice and higher

## **Groupings:**

Final groupings will be at the discretion of the summer school directors based on the number of skaters registered and coaching availability.

**Coaching Staff:** See Skate Regina website for details.

## **To Register**

Registration opens on May 12<sup>th</sup> at 8:00 AM. Access to the registration web page can be found on the Skate Regina website under the registration tab. For simulations, please add your skater to the waitlist for each simulation requested. Once the Summer School Directors fill the simulations, you will receive an invoice that you can pay online before the beginning of summer school. Refunds for simulations will only be given if another skater is able to take the spot.

## **Cancellation Policy**

The cancellation deadline is June 17<sup>th</sup>. After June 17<sup>th</sup>, refunds will be considered for medical reasons substantiated by a doctor's medical certificate. Requests must be received in writing. The \$60.00 administration fee will be withheld on all refunds.

## **Tuition Tax Credit**

Effective January 2021, Skate Regina has been approved as an Educational Institution by the Minister of Human Resources and Skills Development Canada. This certification enables Skate Regina to issue a tuition tax credit receipt for amounts over \$100 in respect of students 16 years of age and older. This tuition tax credit is valid for programs that provide students with sufficient skills to work in, or improves that student's existing skills in an occupation. Social or recreational courses are not eligible for the Tuition Tax Credit.



# Level 10 Off-ice Training Information

## OFF-ICE TRAINING OPPORTUNITY

Skate Regina coach, Christine Laprairie, of Level 10 Fitness Regina, will be providing an in-person fitness training program for Skate Regina 2023 summer school skaters. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance.

Christine holds a Bachelor of Kinesiology in Human Kinetics degree. Christine is a part owner of Level 10 Fitness, National Strength and Conditioning Certified Specialist, Saskatchewan Sports Medicine & Science Consultant and works with many Skate Regina and Skate Saskatchewan figure skaters. See the following brochure page for instructions on how to register for Christine's off-ice sessions.





# Level 10 Off-ice Training Opportunity

(Location, Schedules, Investment, Registration Instructions)

## Intermediate/Senior Figure Skating Group - Tuesday/Thursday/Friday

- Tuesday- 3:45-4:45 (2124 Grant Rd. - July 4,11,18,25)
- Tuesday-2:45-3:45 (2124 Grant Rd. - August 1,8)
- Thursday- 3:45-4:45 (2124 Grant Rd. - July 6,13,20,27)
- Thursday-2:45-3:45 (2124 Grant Rd. - August 3,10)
- Friday - 3:00-4:00 (2121 Grant Rd. Jul 7,14,21,28 and Aug 11)

## Investment (Punch Pass Options):

- 5 punch pass = \$100 + tax (\$20/session)
- 10 punch pass = \$165 + tax (\$16.50/session)
- 12 punch pass = \$198 + tax (\$16.50/session)
- 16 punch pass = \$240 + tax (\$15/session)
- Drop in session = \$22 + tax

\*Punch passes from Spring Level 10 training can be used

\*Punch passes can also be used for August 14-31<sup>st</sup> sessions and September sessions as the punch passes do not expire.

**\*\*Skaters must PRE-REGISTER for classes taken at Level 10 as per the instructions below however, the a booking of specific dates cannot be done online. Please call or email Level 10 as explained below.**

## Junior/Intermediate Figure Skating Group - Friday (all sessions at PEAK PERFORMANCE located on upper level at the Cooperators Arenas)

- July 7<sup>th</sup> and August 11th (11-11:45am)
- July 14,21,28 (11:45-12:30pm)

**Investment:** \$15 per session + tax

**To Book/Register:** 1. Create a level 10 account at <https://level10regina.com/waivers>; 2. Email [Level10fitness@sasktel.net](mailto:Level10fitness@sasktel.net) with athlete name and the dates they wish to register for, or call Level 10 at (306) 337-0010 to register. Payment is via credit card (on file or over the phone), e-transfer or payment at the front desk on the day of the first registered session.