

## Fall 2021 Brochure

**Fall runs Sept 1<sup>st</sup> – Sept 30<sup>th</sup>. No Skating on Mon, Sept. 6<sup>th</sup>.**

	Monday	Tuesday	Wednesday	Thursday	Friday
	5:00-8:15	5:00-8:15	5:00-8:15	5:00-8:15	5:00-7:30
	Doug Wick	Doug Wick	Doug Wick	Doug Wick	Doug Wick
4:45					
5:00	Pre-Power 5:00-5:45	Parent Assisted/ Pre-Can/CanSkate 5:00-5:45	Simulations 5:00-5:30	Parent Assisted/ Pre-Can/CanSkate 5:00-5:45	Jr Academy/Jr Prep/Star 1-4 Group 5:00-5:45
5:15					
5:30					
5:45	CanPower 5:45-6:30	Star 1-6 Open 5:45-6:30	Jr Academy/Jr Prep/Star 1-4 Group 5:30-6:15	Star/Competitive Group Training 5:45-6:30	9 Open 5:45-6:30
6:00					
6:15					
6:30	Flood (6:30-6:45)	Flood (6:30-6:45)	5 Freestyle 6:15-7:00	Flood (6:30-6:45)	Flood (6:30-6:45)
6:45	1 Open 6:45-7:30	3 Open 6:45-7:30	Flood (7:00-7:15)	7 Open 6:45-7:30	10 Freestyle 6:45-7:30
7:00					
7:15					
7:30	2 Freestyle 7:30-8:15	4 Freestyle 7:30-8:15	6 Open/Adult Open 7:15-8:15	8 Freestyle 7:30-8:15	
7:45					
8:00					
8:15					

▪ **CanSkate:**

For ages 3+ working on stages 1 to 4 of the CanSkate program. This is a group program that focuses on basic skating skills and fundamental movements such as how to go forward, go backward, stop, turn, spin and jump. This program emphasizes fun and continuous movement giving the best foundation for all ice sports such as figure skating, hockey, ringette, speed skating or recreational skating.

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Tuesday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$80
<b>Thursday</b> 5:00-5:45pm	5	5	Doug Wick Arena	\$100

▪ **Parent Assisted CanSkate:**

For ages 2-5 or for those who need more assistance on the ice. This program allows the skater to go on the ice with a parent/guardian that will also have skates on. You and your skater will follow the same structured CanSkate session as the other skaters. The adult will also need to purchase a Skate Canada membership for their insurance on the ice (\$10 for Parents).

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Tuesday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$80
<b>Thursday</b> 5:00-5:45pm	5	5	Doug Wick Arena	\$100

▪ **Jr Academy/Jr Prep/STAR 1-4 Group:**

Jr Academy: A group program that teaches introductory figure skating skills to young skaters who show potential to excel in competitive figure skating. Entrance to our Junior Academy program is by invitation only and skaters must register for 2 sessions per week. Skaters will be talent identified and selected from CanSkate.

Jr Prep: For skaters who are working on Stages 5 & 6 of the CanSkate program. Skaters continue to develop superior basic skating skills with an introduction to the figure skating STARSkate program. This is also an excellent program for skaters wanting to do hockey or ringette who are looking to improve their skating.

STAR 1-4: For skaters who have completed CanSkate and are working within the STAR 1-4 levels. Group instruction with detailed lessons for all FreeSkate, Dance, Skills, and Artistic categories of the STARSkate program.

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Wednesday</b> 5:30-6:15pm	5	5	Doug Wick Arena	\$110
<b>Friday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$88

▪ **Pre-Power:**

Geared towards young skaters ages 4-7 interested in hockey or ringette. This program helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. Skaters must wear full equipment (including sticks).

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Monday</b> 5:00-5:45pm	3	3	Doug Wick Arena	\$60

▪ **Power:**

Action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed, and endurance. Skills, techniques, and conditioning drills are taught in a progressive format. For skaters age 6 and older or for skaters who have already successfully completed Pre-Power. Skaters must wear full equipment (including sticks).

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Monday</b> 5:45-6:30pm	3	3	Doug Wick Arena	\$72

▪ **Star/Competitive Group Training:**

A 45-minute structured group training session for STAR and Competitive Skaters (Minimum STAR 3/Pre-Juvenile) that focuses on the many aspects of our sport including edge work, field movements, jump and spin technique, and stroking.

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Thursday</b> 5:45-6:30pm	5	5	Doug Wick Arena	\$110



**Registration Opens:** Aug 16<sup>th</sup> at 8:00 am for Members  
& Aug 18<sup>th</sup> at 8:00 am for Non-Members.

Members registered in a program from Sept 2020 – Aug 2021 will receive a link to the priority registration

▪ **STAR 1-6 Open, Open, FreeSkate Sessions:**

Skaters registered in these sessions must arrange private lessons with a Skate Regina coach. Please see detailed season schedule above for session days and times.

\*For help selecting a private lesson coach, please email us at [skateregina@myaccess.ca](mailto:skateregina@myaccess.ca).

▪ **Additional Fees:**

All skaters are required to have an annual Skate Canada Membership. These Memberships are valid each year from Sept 1-Aug 31. All skaters will be charged an annual Safe Sport fee and Participant Accident Insurance fee in addition to the Skate Canada Membership.

**Breakdown of Additional Fees:**

Item	Information	Cost
Skate Canada Membership	Mandatory Annual Fee. Valid Sept 1-Aug 30 (per registrant)	\$40.00
Safe Sport Fee		\$3.00
Accident Insurance		\$0.65
Total Membership Fees:		\$43.65