



**Registration Opens: Tuesday July 11th @ 8:00am for Members
& Thursday July 13th at 8:00 am for Non-Members.**
Members registered in a program from Sept 2022 – Aug 2023 will receive a link to the priority registration

Fall 2023 Brochure

Skate Regina Fall Schedule 2023 -ALL ICE TIMES ARE AT THE DOUG WICK ARENA)

	Monday	Monday off-ice	Tuesday	Tuesday off-ice	Wednesday	Wednesday off-ice	Thursday	Friday	Friday off- ice
	5:00-8:30		5:00-8:30		5:00-8:30		5:00-8:30	5:00-7:15	
4:30									
4:45									
5:00									
5:15	Pre-Power 5:00-5:45		Pre-CanSkate/Parent Assist/CanSkate 5:00-5:45		Pre-CanSkate/Parent Assist/CanSkate 5:00-5:45		Pre-CanSkate/Parent Assist/CanSkate 5:00-5:45	9 Open 5:00-5:45	
5:30									
5:45									
6:00	Power 5:45-6:30	Posture and Stretch 5:45-6:30	Star 1-6 Open 5:45-6:30	Off ice jump 6:00-6:30	Jr Prep/Star 1-4 Group 5:45-6:30	Off ice jump 6:00-6:30	Star/Competitive Group Class 5:45-6:30	10 Open 5:45-6:30	
6:15									
6:30	Flood (6:30-6:45)		Flood (6:30-6:45)		Flood (6:30-6:45)		Flood (6:30-6:45)		
6:45									
7:00	1 6:45-7:00-Group 7:00-7:45-Open		3 6:45-7:00-Group 7:00-7:45-Open		5 6:45-7:00-Group 7:00-7:45-Open	Jr Prep off ice 6:45-7:15	7 Open 6:45-7:45	Jr Prep/Star 1-4 Group 6:30-7:15	
7:15									
7:30									
7:45									Jr Prep off ice 7:30-8:00
8:00	2 Open 7:45-8:30		4 Open 7:45-8:30		6 Open 7:45-8:30		8 Open/Adult Group 7:45-8:30		
8:15									

Skate Regina Fall School runs Sept 5th- Sept 29th at the Doug Wick Arena **NO ICE SEPT 4TH**

Fall runs Sept 5th– Sept 29th. No Skating on Sept. 4th.

▪ 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
Tuesday 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
Wednesday 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
Thursday 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00

• Parent Assisted PreCanSkate:

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 purpose of this session is to give the young skaters a few sessions with their parents to get comfortable skating, then join the class on their own. The adult will also need to purchase a Skate Canada membership for their insurance on the ice (\$58.65). If the skater is able to be integrated into the regular CanSkate program before the 4th session, the Parents insurance will be refunded.

Days/Times	# of Weeks	# of Sessions	Location	Cost
Tuesday 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
Wednesday 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
Thursday 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00

• 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
Wednesday 5:45-6:30pm (On ice) 6:45-7:15pm (Off-ice)	4	4	Doug Wick Arena	\$120.00
Friday 6:30-7:15pm (On ice) 7:30-8:00pm (Off-ice)	4	4	Doug Wick Arena	\$120.00

• **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 and helmet with a cage.

Days/Times	# of Weeks	# of Sessions	Location	Cost
Monday 5:00-5:45pm	3	3	Doug Wick Arena	\$66.00

• **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 and helmet with a cage.

Days/Times	# of Weeks	# of Sessions	Location	Cost
Monday 5:45-6:30pm	3	3	Doug Wick Arena	\$72.00





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Adult Group Class:

A 45 minute structured group learn to skate class geared toward adults and older teens. Our coaches will go through the basics of learning how to skate and use progressions and circuits in a fun and positive environment.

Days/Times	# of Weeks	# of Sessions	Location	Cost
Thursday 7:45-8:30pm	3	3	Doug Wick Arena	\$66.00

Star/Competitive Group Training:

A 45 minute structured group training session for STAR and Competitive Skaters (Minimum STAR 2) that focuses on the many aspects of our sport including edge work, field movements, jump and spin technique, and stroking. These sessions are a great way to train technique in a group setting and are highly recommended by the coaches.

Days/Times	# of Weeks	# of Sessions	Location	Cost
Thursday 5:45-6:30pm	4	4	Doug Wick Arena	\$66.00

- STAR 1-6 Open and Open 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.

**** Please note, Open session 1 (Monday), Open session 3 (Tuesday) and Open session 5 (Wednesday) include a 15 minute coach led group warm up/training session****

*For help selecting a private lesson coach, please email us at skateregina@myaccess.ca.



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• **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:

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Item	Information	Cost
Skate Canada Membership	Mandatory Annual Fee. Valid Sept 1-Aug 30 (per registrant)	\$53.00
Safe Sport Fee		\$5.00
Accident Insurance		\$0.65
Total Membership Fees:		\$58.65

Skate Regina is cognizant of the fee increase of the Skate Canada membership, so we have budgeted to avoid any increase in our registration fees.