



**Registration Opens: Tuesday, July 23<sup>rd</sup> 8:00am for Members  
& Thursday July 25<sup>th</sup> at 8:00 am for Non-Members.**

Members registered in a program from Sept 2023 – Aug 2024 will receive a link to the priority registration

## Fall 2024 Brochure

Skate Regina Fall Schedule 2024-ALL ICE TIMES ARE AT THE DOUG WICK ARENA)

	Monday	Monday off-ice	Tuesday	Tuesday off-ice	Wednesday	Wednesday Off-ice	Thursday	Thursday Off- ice	Friday		
	5:00-8:30		5:00-830		5:00-8:30		5:00-8:30		5:00-7:15		
4:30											
4:45											
5:00	Pre-Power 5:00-5:45		Pre-CanSkate/Parent Assist/CanSkate 5:00-5:45	Jr Prep/Star 1-6 Off-ice 5:00-5:30	Pre-CanSkate/Parent Assist/CanSkate 5:00-5:45	Jr Prep/Star 1-6 Off-ice 5:00-5:30	Pre-CanSkate/Parent Assist/CanSkate 5:00-5:45	Jr Prep/Star 1-6 Off-ice 5:00-5:30	12 Open 5:00-5:45		
5:15											
5:30											
5:45	Power 5:45-6:30	Posture and Stretch 5:45-6:30	Jr Prep/Jr Academy Group Class 3 Star 1-6 Open 5:45-6:30	Off ice jump 6:00-6:30	Jr Prep/Jr Academy Group Class 6 Star 1-6 Open 5:45-6:30	Off ice jump 6:00-6:30	Jr Prep/Jr Academy Group Class 9 Star 1-6 Open 5:45-6:30	Off ice jump 6:00-6:30	13 Open 5:45-6:30		
6:00											
6:15											
6:30	Flood (6:30-6:45)		Flood (6:30-6:45)		Flood (6:30-6:45)		Flood (6:30-6:45)		14 Adult Group/Adult Open 6:30-7:15		
6:45											
7:00	1 6:45-7:00-Group 7:00-7:45-Open		4 6:45-7:00-Group 7:00-7:45-Open		7 6:45-7:00-Group 7:00-7:45-Open		10 6:45-7:00-Group 7:00-7:45-Open				
7:15											
7:30											
7:45	2 Open 7:45-8:30		5 Open 7:45-8:30		8 Open 7:45-8:30		11 Open 7:45-8:30				
8:00											
8:15											

Skate Regina Fall School runs Sept 3rd- Sept 27th at the Doug Wick Arena **NO ICE SEPT 2nd or SEPT 30**

**Fall runs Sept 3rd– Sept 29<sup>th</sup>. No Skating on Sept. 2nd or Sept 30th**

### • 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	\$88.00
<b>Wednesday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
<b>Thursday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00



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**- 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
<b>Tuesday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
<b>Wednesday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00
<b>Thursday</b> 5:00-5:45pm	4	4	Doug Wick Arena	\$88.00

**- Jr Academy/Jr Prep**

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.

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Tuesday</b> 5:00-5:30pm (Off-ice) 5:45-6:30pm (On ice)	4	4	Doug Wick Arena	\$124.00
<b>Wednesday</b> 5:00-5:30pm (Off-ice) 5:45-6:30pm (On ice)	4	4	Doug Wick Arena	\$124.00
<b>Thursday</b> 5:00-5:30pm (Off-ice) 5:45-6:30pm (On ice)	4	4	Doug Wick Arena	\$124.00

**- 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
<b>Monday</b> 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
<b>Monday</b> 5:45-6:30pm	3	3	Doug Wick Arena	\$75.00



**- Adult Group:**

This is a group program that teaches introductory skating skills to teen and adult skaters who have little to no experience skating! This is a learn to skate class for anyone 13 and older.

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Friday</b> 6:30-7:17pm	4	4	Doug Wick Arena	\$88.00



**STAR 1-6 Open Sessions:**

These Star 1-6 Opens sessions will share the ice with the Jr prep/Jr Academy group sessions. These sessions are a great way to offer private lessons to those registered and allow younger Star 1-6 skaters to skate earlier in the evening. The Jr Prep/Star 1-6 off -ice (5:00-5:45pm Tues-Thurs) is optional for those registered on the Star 1-6 Open sessions but is highly encouraged, and can be registered for separately.

Days/Times	# of Weeks	# of Sessions	Location	Cost
<b>Tuesday</b> 5:45-6:30pm (On ice)	4	4	Doug Wick Arena	\$63.00
<b>Wednesday</b> 5:45-6:30pm (On ice)	4	4	Doug Wick Arena	\$63.00
<b>Thursday</b> 5:45-6:30pm (On ice)	4	4	Doug Wick Arena	\$63.00



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**• 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 4 (Tuesday), Open session 7 (Wednesday) and Open session 10 (Thursday) 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](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)	\$53.00
Safe Sport Fee		\$5.00
Accident Insurance		\$0.65
Total Membership Fees:		\$58.65