

	Monday	Tuesday	Wednesday	Thursday	Friday
	5:00-8:15	5:00-7:30	5:00-8:15	5:00-8:30	5:00-7:15
4:30					
4:45					
5:00	Star 1-6 Open A 5:00-5:45	3 Open 5:00-5:45	Jr Prep/Star 1-4 Group 5:00-6:00	Simulations 5:00-5:30	9 Open 5:00-5:45
5:15					
5:30					
5:45	1 Open 5:45-6:30	4 Freeskate 5:45-6:30	Flood (6:00-6:15)	Star 1-6 Open B 5:30-6:15	10 Freeskate 5:45-6:30
6:00					
6:15					
6:30	Flood (6:30-6:45)	Flood (6:30-6:45)	Group Class 6:15-6:45	Flood (6:15-6:30)	
6:45	2 Freeskate 6:45-7:30	CanPower 6:45-7:30	5 Open 6:45-7:30	Edge Class 6:30-7:00	11 Open/Adult Open 6:30-7:15
7:00					
7:15					
7:30			6 Freeskate 7:30-8:15	7 Open 7:00-7:45	
7:45					
8:00					
8:15				8 Freeskate 7:45-8:30	

Skate Regina Fall School Runs Sept 1st - Sept 30th. **No Ice Sept 7th**



SKATE REGINA

Fall 2020

Sept 1st – Sept 30th

Registration Opens:

Skate Regina Members: Aug 11th@ 8:00am
(For those who registered with Skate Regina during the 2019-2020 season)

Non-Members: Aug 14th@ 8:00am

Skate Regina

www.skater Regina.ca

skater Regina@myaccess.ca

306-586-4898

Registration

All registration is to be completed online at our website. You will need to create a member account with your information. You will add each participant (skater) information separately.

Once logged in, go to the Registration page and select the program of your choice. Add it to your cart and select the correct participant to register. Once all programs have been added to your cart, go to view cart or checkout and follow the steps to finalize registration and submit payment.

Pre-CanSkate, CanSkate & Pre-Power

We will **not** be running Pre-CanSkate, CanSkate or Pre-Power during the Fall Season.

We hope to resume these programs by October for our 2020-2021 Winter Seasons.

We thank you for your patience while we work with Skate Canada to ensure our group programming meets all safety requirements for our members and coaches.

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).

Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Tuesday 6:45-7:30	5	Doug Wick	\$120

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 Group

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.

Jr Prep/STAR 1-4 Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 5:00-6:00	5	Doug Wick	\$133.35

Edge Class

Skaters must be working on STAR 2 or higher. Group format class using timing, musicality and unique exercises to help improve turns and quality edge development.

Edge Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Thursday 6:30-7:00	4	Doug Wick	\$54

STAR Group Class

Skaters must be working on STAR 2 or higher. Group format class with focus on spin development/progressions, field moves, skating exercises and creative movement.

STAR Group Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 6:15-6:45	5	Doug Wick	\$67.50



STAR 1-6 Open, Open, FreeSkate Sessions

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

*For help selecting a private lesson coach, go to our website home page and select "About" – "Our Coaches" or email us at skateregina@myaccess.ca.

Adult Open

This session is available for independent skating for adults. This is **not** a group format program and skaters will be required to arrange lessons with a coach if interested in receiving help.

Adult Open Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Friday 6:30-7:15	4	Doug Wick	\$56

COVID-19 Update

All participants with Skate Regina will be required to fill out a Skate Canada Risk of Assumption Waiver. During the online registration, the system will prompt the parent/guardian to sign a digital signature of this waiver for **EACH** participant.

If you wish to view/print this waiver prior to registration, a copy can be found here:

[Assumption of Risk Waiver](#)

* Our COVID-19 Guidelines will be sent to all members prior to the start of sessions and updates will be emailed to registered members as required.

Equipment

All skaters must wear a CSA approved hockey helmet until they have successfully completed Stage 5 of the CanSkate Program.

Equipment is not supplied by Skate Regina. Skaters are to wear helmets (unless passed Stage 5), skates, and warm clothing (including mittens).

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
Safe Sport Fee		\$3
Accident Insurance		\$0.65
Total Membership Fees:		\$43.65

Refund Policy

CanSkate – A refund will be given to parents of NEW CanSkate skaters if that refund request is received in writing within 2 weeks of the start date of the Session.

STAR - No refund is to be expected, unless with a doctor's note.

The mandatory annual membership and fees of \$43.65 are non-refundable once the program has started.