



# Feb/Mar 2021 - Adapted Programming (Feb 1<sup>st</sup> to Mar 14<sup>th</sup>)

**\*Maximum of 8 Skaters\***

**\*2 Coaches - Lower Coach to Skater Ratio!\***

**Registration Opens: January 21<sup>st</sup> for Members & January 25<sup>th</sup> for Non-Members**

Members registered in a program from October – January will receive a link to the priority registration

## ▪ **CanSkate:**

For ages 3+ working on stages 1 to 4 of the CanSkate program. It teaches basic skating skills and fundamental movements such as how to go forward, go backward, stop, turn, spin and jump. The program emphasizes fun and continuous movement. CanSkate gives the best foundation for all ice sports such as figure skating, hockey, ringette, speed skating or recreational skating. **Skaters must be able to fall down/get up & skate the width of the ice unassisted. Pre-CanSkate and Parent & Tot will not be offered at this time. Spectators will be allowed for these sessions, due to the young age of the skaters.**

Sessions are twice a week for a total of 12 sessions. **Skaters will progress quicker since they are skating twice a week! We will be able to continue all CanSkate assessments and skaters will receive a report card.**

### CanSkate **Group 1:**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Tuesday</b> 5:45-6:15	<b>Saturday</b> 11:30-12:00	6	12	<b>Tuesday</b> Doug Wick Arena	<b>Saturday</b> Balfour Arena	\$240

### CanSkate **Group 2:**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Thursday</b> 5:00-5:30	<b>Saturday</b> 12:30-1:00	6	12	<b>Thursday</b> Cooperators Arena	<b>Saturday</b> Balfour Arena	\$240

### CanSkate **Group 3:**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Thursday</b> 5:30-6:00	<b>Saturday</b> 1:30-2:00	6	12	<b>Thursday</b> Cooperators Arena	<b>Saturday</b> Balfour Arena	\$240

### CanSkate **Group 4:**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Thursday</b> 6:00-6:30	<b>Saturday</b> 2:30-3:00	6	12	<b>Thursday</b> Cooperators Arena	<b>Saturday</b> Balfour Arena	\$240

### CanSkate **Group 5:**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Thursday</b> 6:30-7:00	<b>Sunday</b> 1:30-2:00	6	12	<b>Thursday</b> Cooperators Arena	<b>Sunday</b> Doug Wick Arena	\$240

### CanSkate **Group 6:**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Friday</b> 5:00-5:30	<b>Sunday</b> 2:30-3:00	6	12	<b>Friday</b> Doug Wick Arena	<b>Sunday</b> Doug Wick Arena	\$240

## ▪ **Junior Academy:** *No Skating February 15<sup>th</sup> (Family Day)*

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. **Spectators will NOT be allowed for these sessions.**

Days & Time		# of Weeks	# of Sessions	Location		Cost
<b>Monday</b> 5:30-6:00	<b>Friday</b> 5:30-6:00	6	11	Doug Wick Arena		\$220



# Feb/Mar 2021 - Adapted Programming (Feb 1<sup>st</sup> to Mar 14<sup>th</sup>)

**\*Maximum of 8 Skaters\***

**\*2 Coaches - Lower Coach to Skater Ratio!\***

**Registration Opens: January 21<sup>st</sup> for Members & January 25<sup>th</sup> for Non-Members**

Members registered in a program from October – January will receive a link to the priority registration

## ▪ Jr Prep Group

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.

Sessions are twice a week for a total of 12 sessions. **Skaters will progress quicker since they are skating twice a week! We will be able to continue all CanSkate assessments and skaters will receive a report card.**

**Spectators will NOT be allowed for these sessions.**

### Jr Prep Group 1:

Days & Time		# of Weeks	# of Sessions	Location		Cost
Wednesday	Saturday			Wednesday	Saturday	
5:00-5:30	3:15-3:45	6	12	Doug Wick Arena	Balfour Arena	\$240

### Jr Prep Group 2:

Days & Time		# of Weeks	# of Sessions	Location		Cost
Wednesday	Saturday			Wednesday	Saturday	
5:30-6:00	3:45-4:15	6	12	Doug Wick Arena	Balfour Arena	\$240

## ▪ Pre-Power:

Geared towards young skaters ages 4-7 interested in hockey or ringette. The 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). **Skaters must be able to fall down/get up & skate the width of the ice unassisted. Spectators will be allowed for these sessions, due to the young age of the skaters.**

### Pre-Power Group 1:

Day/Time	# of Weeks	# of Sessions	Location	Cost
Sunday 3:30-4:00	6	6	Doug Wick Arena	\$120

### Pre-Power Group 2:

Day/Time	# of Weeks	# of Sessions	Location	Cost
Sunday 4:30-5:00	6	6	Doug Wick Arena	\$120

## ▪ 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). **Spectators will NOT be allowed for these sessions.**

### Power Group 1: No Skating February 15<sup>th</sup> (Family Day)

Day/Time	# of Weeks	# of Sessions	Location	Cost
Monday 5:00-5:30	5	5	Doug Wick Arena	\$120

### Power Group 2:

Day/Time	# of Weeks	# of Sessions	Location	Cost
Tuesday 6:15-6:45	6	6	Doug Wick Arena	\$144



## Feb/Mar 2021 - Adapted Programming (Feb 1<sup>st</sup> to Mar 14<sup>th</sup>)

**\*Maximum of 8 Skaters\***

**\*2 Coaches - Lower Coach to Skater Ratio!\***

**Registration Opens: January 21<sup>st</sup> for Members & January 25<sup>th</sup> for Non-Members**  
Members registered in a program from October – January will receive a link to the priority registration

### ▪ **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. If you purchased a membership for your skater in Winter 1, you will not be charged again.

#### **Breakdown of Additional Fees:**

<b>Item</b>	<b>Information</b>	<b>Cost</b>
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

### ▪ **COVID-19 Update**

Skaters and coaches will always be required to wear masks, including during the on-ice session.

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.

*Please note: if programming is cancelled due to Provincial shutdowns or changes in current protocols that do not allow us to run the sessions, you will be contacted about refunds/account credit for any unused sessions.*