

# Skate Regina Summer School 2020 Off-ice Training Information

(Location, Schedules, Investment and Covid-19 Protocol)

## Intermediate/Senior Figure Skating Group - Tuesday/Thursday

- July 7th-30th
- Tuesday & Thursday 3:15-4:15
- Investment: \$132 plus tax/8 sessions

Drop-in individual sessions - \$20 plus tax/session

\*Extra Intermediate/Senior Session - Friday 3:30-4:30 (July 10, 17, 24)

Investment: \$49.50 plus tax/3 sessions

## Junior/Intermediate Figure Skating Group - Monday/Wednesday

- July 6th-29th, 2:00-2:45pm
- Session Dates:
- July 6th, 8th, 13th, 15th, 20th, 22nd, 27th, 29th

Investment: In person - \$13.50 plus tax/session

**Location:** 2124 Grant Road

### Covid-19 Protocol:

1. Clients & Staff must be able to answer NO to all pre-screening questions (no travel in the last 14 days, no fever, no cough or trouble breathing, etc.)
2. Upon entering the building NO more than 3-5mins before your appointment time, we ask that you use the provided hand sanitizer. Also, to keep a social distance from other clients & staff in the building at all times.
3. Each client will have their own social distancing area marked off to workout out in, as well as their own equipment to use. Equipment will NOT be shared. After each session ALL equipment will be disinfected
4. There will be NO towel service at this time. If you require a "sweat towel" we ask that you bring your own. As well as water fountains will be CLOSED but water coolers will be available to fill your water bottle. We suggest though bringing your own FILLED water bottle.
5. Bathrooms will be available BUT showers WILL NOT be available at this time.
6. Christine, along with other staff will be socially distancing from clients during their session.

**Follow this link to register for group training:**

<https://www.level10regina.com/programs--events>

### Drop-in registration procedure:

For intermediate/senior drop-in sessions please do not use the above link. You will have to contact Level 10 directly by at [level10fitness@sasktel.net](mailto:level10fitness@sasktel.net) to register.

