

***Guideline Update*:** Sessions will have 2-3 groups of skaters on the ice at a time. Each group will have a maximum of 8 skaters. The groups will not be mixed at any time.

▪ 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. One (1) spectator per participant, will be allowed in the arena.**

Sessions are purchased as a once per week 45-minute session. We highly recommend registering for two sessions a week (or more) as your skater will progress much quicker!

Day/Time	# of Weeks	# of Sessions	Location	Cost
Tuesday 5:00-5:45	10	10	Cooperators Arena	\$220
Wednesday 4:45-5:30	10	10	Cooperators Arena	\$220
Thursday 5:00-5:45	10	10	Cooperators Arena	\$220
Friday 5:00-5:45 No skating on May 28 th and June 4 th	10	8	Cooperators Arena	\$176

▪ Parent Assisted CanSkate

For ages 2-5 or for those who do not meet the above requirements. 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. Spots are very limited! **The adult will also need to purchase a Skate Canada membership for their insurance on the ice (\$10 for Parents).**

Day/Time	# of Weeks	# of Sessions	Location	Cost
Tuesday 5:00-5:45	10	10	Cooperators Arena	\$220
Wednesday 4:45-5:30	10	10	Cooperators Arena	\$220
Thursday 5:00-5:45	10	10	Cooperators Arena	\$220
Friday 5:00-5:45 No skating on May 28 th and June 4 th	10	8	Cooperators Arena	\$176

▪ Junior 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. **One (1) spectator per participant, will be allowed in the arena.**

Day/Time	# of Weeks	# of Sessions	Location	Cost
Tuesday 6:00-6:45	10	10	Cooperators Arena	\$220
Wednesday 5:45-6:30	10	10	Cooperators Arena	\$220
Thursday 6:00-6:45	10	10	Cooperators Arena	\$220

▪ 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 purchased as a once per week 45-minute session. We highly recommend registering for two sessions a week (or more) as your skater will progress much quicker! **One (1) spectator per participant, will be allowed in the arena.**

Day/Time	# of Weeks	# of Sessions	Location	Cost
Tuesday 6:00-6:45	10	10	Cooperators Arena	\$220
Wednesday 5:45-6:30	10	10	Cooperators Arena	\$220
Thursday 6:00-6:45	10	10	Cooperators Arena	\$220

▪ 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. One (1) spectator per participant, will be allowed in the arena.**

Day/Time	# of Weeks	# of Sessions	Location	Cost
Monday 4:45-5:30 No skating on May 24 th	10	9	Cooperators Arena	\$198

▪ 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). **One (1) spectator per participant, will be allowed in the arena.**

Day/Time	# of Weeks	# of Sessions	Location	Cost
Monday 5:45-6:30 No skating on May 24 th	10	9	Cooperators Arena	\$216

▪ 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, you will not be charged again.

Breakdown of Additional Fees:

Item	Information	Cost
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



Spring 2021 - Group Programming (April 12th to June 18th)

Registration Opens: March 23rd for Members & March 26th for Non-Members
Members registered in a program from October – March will receive a link to the priority registration

▪ Fundraising Requirement

New skaters will be required to complete **one** fundraiser each. **Returning members who completed a fundraiser in the winter will not be required to complete additional fundraisers.**

Families with multiple skaters will only need to complete a **maximum of two** fundraisers.

A fundraising fee of \$40.00 will be applied to your Spring invoice, if applicable. You can earn a refund of this fundraising fee by participating in our Spring Fundraiser. We will contact members with more details about this fundraiser later in the season.

Buy-out Option: If you choose not to participate in the fundraiser, the fundraising fee will be kept by Skate Regina.

▪ 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.