

Spring 2022 Brochure

Spring runs April 19 – June 17, 2022. No skating on May 6, May 23, May 27, and June 3.

- CanSkate:

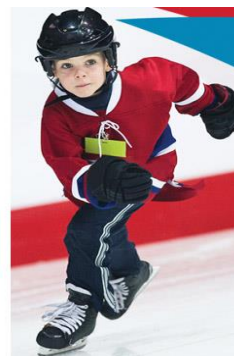
For ages 3+ working on stages 1 to 4 of the CanSkate program. This is a group program that focuses on basic skating skills and fundamental movements such as how to go forward, go backward, stop, turn, spin, and jump. This program emphasizes fun and continuous movement while giving the best foundation for all ice sports such as figure skating, hockey, ringette, speed skating, or recreational skating.

Days/Times	# of Weeks	# of Sessions	Location	Cost
Tuesday 5:00-5:45pm	9	9	Co-operators Centre	\$198
Wednesday 5:00-5:45pm	9	9	Co-operators Centre	\$198
Thursday 5:00-5:45pm	9	9	Co-operators Centre	\$198

- Parent Assisted CanSkate:

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. Parents must be able to skate the width of the ice and be stable on their skates. The adult will also need to purchase a Skate Canada membership for their insurance on the ice (\$10 for parents).

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Tuesday 5:00-5:45pm	9	9	Co-operators Centre	\$198
Wednesday 5:00-5:45pm	9	9	Co-operators Centre	\$198
Thursday 5:00-5:45pm	9	9	Co-operators Centre	\$198



- Jr Academy/Jr Prep/STAR 1-2 Group:

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 4, 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, and who are looking to improve their skating skills.

STAR 1-2: For skaters who have completed CanSkate and who are working within the STAR 1-2 levels. Group instruction with detailed lessons for all FreeSkate, Dance, Skills, and Artistic categories of the STARSkate program.

*** All on ice sessions for this level will include a 30 minute off ice training session**

Days/Times	# of Weeks	# of Sessions	Location	Cost
Tuesday Off-ice - 5:00-5:30 On Ice- 5:45-6:30pm	9	9	Co-operators Centre	\$270
Thursday Off-ice - 5:00-5:30 On Ice- 5:45-6:30pm	9	9	Co-operators Centre	\$270
Friday On Ice- 5:00-5:45pm Off Ice- 6:00-6:30pm	6	6	Co-operators Centre	\$180



- 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).

Days/Times	# of Weeks	# of Sessions	Location	Cost
Monday 5:00-5:45pm	7	7	Co-operators Centre	\$154

- 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 aged 6 and older or for skaters who have already successfully completed Pre-Power. Skaters must wear full equipment (including sticks).

Days/Times	# of Weeks	# of Sessions	Location	Cost
Monday 5:45-6:30pm	7	7	Co-operators Centre	\$168





Registration Opens: March 7 at 8:00am for Members
& March 9 at 8:00 am for Non-Members.

All classes take place at the Co-operator's Centre

Members registered in a program from Sept 2021 – March 2022 will receive a link to the priority registration.

Additional Information

• Star/Competitive Group Class (Tuesday, Wednesday, Thursday):

These 15-minute group classes are for STAR and Competitive Skaters who are registered on the Open session following these classes. This is a structured class with the purpose of warming skaters up. The focus of these classes will include edge work, stroking, and spins. Cost for this class is included in the Open session price.

• STAR 1-6 Open, Open, and FreeSkate Sessions:

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

*For help selecting a private lesson coach, please email us at skateregina@myaccess.ca

• Off-Ice Classes

Days/Times	# of Weeks	# of Sessions	Location	Cost
Monday (Posture & Stretch) 5:45-6:30pm	7	7	Co-operators Centre	\$56
Tuesday (Core & Mobility) 6:00-6:30pm	9	9	Co-operators Centre (Peak Performance)	Cost is \$10 per class, *registration through Level 10 Fitness
Thursday (Jump Class) 6:00-6:30pm	9	9	Co-operators Centre	\$54

▪ Posture & Stretch:

A 45-minute ballet and dance class where skaters will focus on proper posture and hand and foot placement. Skaters will also learn how to properly stretch.

▪ Core & Mobility @ PEAK:

A 30-minute class where skaters will focus on properly warming up their bodies and perform core and mobility exercises to help them jump and develop flexibility. Registration for this class is through Level 10 Fitness, by clicking [here](#).

▪ Jump Class

A 30-minute class where skaters will focus on rotational jumps specific to figure skating.



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- 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)	\$40.00
Safe Sport Fee		\$3.00
Accident Insurance		\$0.65
Total Membership Fees:		\$43.65

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday
	5:00-8:15 PM	OFF-ICE	5:00-8:30 PM	OFF-ICE	5:00-8:30 PM	OFF-ICE	5:00-8:30 PM	OFF-ICE	5:00-7:15	OFF-ICE
4:30										
4:45										
5:00	Pre-Power 5:00-5:45		CanSkate/Parent Assisted CanSkate 5:00-5:45	Jr Prep Off-ice (5:00-5:30)	CanSkate/Parent Assisted CanSkate 5:00-5:45		CanSkate/Parent Assisted CanSkate 5:00-5:45	Jr Prep Off-ice (5:00-5:30)	Jr Prep/Jr Academy/Star 1-2 Group Class 5:00-5:45	
5:15										
5:30										
5:45										
6:00	PowerSkating 5:45-6:30	Posture and Stretch (5:45-6:30)	Jr Prep/Jr Academy/Star 1-2 Group Class 5:45-6:30	Core/mobility at Peak (6:00-6:30)	5 Star1-6 Open 5:45-6:30		Jr Prep/Jr Academy/Star 1-2 Group Class 5:45-6:30	Jump Class (6:00-6:30)	10 Open 5:45-6:30	Jr Prep Off-ice (6:00-6:30)
6:15										
6:30	Flood (6:30-6:45)		Flood (6:30-6:45)		Flood (6:30-6:45)		Flood (6:30-6:45)		11 FreeSkate 6:30-7:15	
6:45	1 Open 6:45-7:30		Group Class 6:45-7:00		Group Class 6:45-7:00		Group Class 6:45-7:00			
7:00										
7:15			3 Open 7:00-7:45		6 Open 7:00-7:45		8 Open 7:00-7:45			
7:30										
7:45	2 FreeSkate 7:30-8:15		4 FreeSkate 7:45-8:30		7 FreeSkate 7:45-8:30		9 FreeSkate 7:45-8:30			
8:00										
8:15										
8:30										
8:45										

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