

Skate Regina 2020 Spring Schedule (Co-operators)						
	Monday	Tuesday	Wednesday	Thursday	Friday	
	5:00-8:15 PM	5:00-8:15 PM	5:00-8:15 PM	5:00-8:45 PM	6:45AM-8:15AM	
6:45					10 Open 6:45AM - 7:30AM	
7:00						
7:15						
7:30						
7:45					11 Freestyle 7:30AM - 8:15AM	
8:00						
8:15						
4:45						
5:00	Jr Prep (CanSkate Stage 5 & 6) & Star 1-4 Group 5:00-6:00	Pre-Power 5:00-5:45	Pre-CanSkate/CanSkate (Stage 1-4) 5:00-5:45	Pre-CanSkate/CanSkate (Stage 1-4) 5:00-5:45		
5:15						
5:30		Edge Class 6:00-6:30	Power 5:45-6:30	5 Star 1-6 Open 5:45-6:30	Jr Prep (CanSkate Stage 5 & 6) & Star 1-4 Group 5:45-6:45	
5:45						
6:00						
6:15						
6:30	Flood (6:30-6:45)	Flood (6:30-6:45)	Flood (6:30-6:45)			
6:45	1 Open 6:45-7:30	3 Open 6:45-7:30	6 Open 6:45-7:30	Flood (6:45-7:00)		
7:00						Group Class 7:00-7:15
7:15				8 Freestyle 7:15-8:00		
7:30	2 Freestyle 7:30-8:15	4 Freestyle 7:30-8:15	7 Freestyle 7:30-8:15			
7:45						
8:00				9 Open/Adult Open 8:00-8:45		
8:15						
8:30						

Most sessions will be on the Remax Arena. Please confirm ice surface on the monitors when arriving at the rink.

No Ice May 18th, May 22nd, or May 29th. June 10th has an altered schedule due to Test Day. Please see detailed calendar for more information.

### 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.



# SKATE REGINA

## Spring 2020

### April 14<sup>th</sup> – June 12<sup>th</sup>

Registration Opens:

**Skate Regina Members:** Feb 24<sup>th</sup>@ 8:00am

**Non-Members:** Feb 27<sup>th</sup>@ 8:00am

## Skate Regina

[www.skater Regina.ca](http://www.skater Regina.ca)

[skater Regina@myaccess.ca](mailto:skater Regina@myaccess.ca)

**306-586-4898**

## Pre-CanSkate

For ages 3 – 5 who are brand new to skating. This program introduces a variety of fundamental movements which will be further explored in the CanSkate program. We incorporate more games and props to help making learning to skate FUN!

## 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.

### Pre-CanSkate/CanSkate Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 5:00-5:45	9	Cooperators Arena	\$180
Thursday 5:00-5:45	9	Cooperators Arena	\$180

## Pre-Power

Geared towards young skaters age 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).

### Pre-Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Tuesday 5:00-5:45	9	Cooperators Arena	\$180

## 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 5:45-6:30	9	Cooperators Arena	\$216

## 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
Monday 5:00-6:00	7	Cooperators Arena	\$189
Thursday 5:45-6:45	9	Cooperators Arena	\$243

## 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
Monday 6:00-6:30	7	Cooperators Arena	\$94.50

## STAR Group Class

15 Minute Class for STARSkaters of all levels to focus on spin development/progressions, field moves, skating exercises and creative movement.

### STAR Group Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Thursday 7:00-7:15	9	Cooperators Arena	\$60.75

## 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](mailto:skateregina@myaccess.ca).



## 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

## 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).

## 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 they class has started.*