

Spring 2023 Brochure

Spring runs April 17 – June 16, 2022. No skating on May 12, May 22, May 25, May 26, June 1st, and June 2nd.

- 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	7	7	Co-operators Centre	\$154

- 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).

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	7	7	Co-operators Centre	\$154



- 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 - 5:00-5:30pm On Ice- 5:45-6:30pm	9	9	Co-operators Centre	\$270
Thursday Off-ice - 5:00-5:30pm On Ice- 5:45-6:30pm	7	7	Co-operators Centre	\$210
Friday On Ice- 5:00-5:45pm Off Ice- 6:00-6:30pm	6	6	Co-operators Centre	\$180



Registration Opens: March 4 at 8:00 am for Members
& March 6 at 8:00 am for Non-Members.

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

Members registered in a program from Sept 2022 – March 2023 will receive a link to the priority registration.

- 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	8	8	Co-operators Centre	\$176

- 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	8	8	Co-operators Centre	\$192





Registration Opens: March 4 at 8:00 am for Members
& March 6 at 8:00 am for Non-Members.

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

Members registered in a program from Sept 2022 – March 2023 will receive a link to the priority registration.

Additional Information

Star/Competitive Group Class (Monday, 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 (Core & Mobility) 5:45-6:30pm	8	8	Co-operators Centre (Peak Performance)	Cost is \$120 + tax *registration through Level 10 Fitness
Tuesday (Posture & Stretch) 5:45-6:30pm	9	9	Co-operators Centre	\$72
Wednesday (Jump Class) 6:00-6:30pm	9	9	Co-operators Centre	\$54
Thursday (Jump Class) 6:00-6:30pm	7	7	Co-operators Centre	\$42
Saturday (Level 10 Workout) 10:00-11:00am	9	9	Level 10 (Grant Road)	Cost is \$148.50 + tax *registration through Level 10 Fitness

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.

Jump Class

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



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▪ Figure Skating @ PEAK with Christine Laprairie

Skate Regina coach Christine Laprairie of Level 10 Fitness will be providing an in-person fitness training program for Skate Regina skaters at Peak Performance (Co-Operators Centre upstairs). All sessions will include a proper off-ice warm up and will focus on improving overall strength, jump height, flexibility, and balance, along with mobility and core.

Dates/Times:

April 17-June 12 (8 sessions)

***No session on May 22nd**

Mondays @ 5:45-6:30pm @ Peak Performance (Co-operators Centre)

Investment: \$120+tax

Registration for this class is through Level 10 Fitness, by clicking [here](#).

▪ Figure Skating @ Level 10 with Christine Laprairie

Saturday 10-11am at Level 10 (2124 Grant Road)

April 15-June 17 (9 sessions)

***No Session on May 20**

Investment: \$148.50+tax

Punch Pass Options:

Drop in - \$22+tax

5 skating pass = \$100+tax (\$20/session)

*Skaters must pre-register for Saturday by emailing or calling Level 10 - level10fitness@sasktel.net or 306-337-0010.

▪ 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
Fundraising Fee	Mandatory Annual Fee. Applied once for registrations October to June. See fundraising note below for more details	\$40.00
Total Membership Fees:		\$83.65



Registration Opens: March 4 at 8:00 am for Members & March 6 at 8:00 am for Non-Members.

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Fundraising Information:

Fundraising Requirements Each Recreational Skater (Parent & Tot, Pre-CanSkate/CanSkate, Pre-Power/Power, Jr Prep, Junior Academy, Adult) will need to complete one fundraising option. This one commitment will apply for the entire winter and spring seasons from October – June. If you register in both Winter 1 & 2 and Spring, you will **not be required** to complete a second fundraiser. Families with multiple skaters in recreational programs will only need to complete a maximum of two fundraisers. Each STAR Skater (all skaters who take private lessons) will be required to complete two fundraising options. This commitment applies for the entire winter and spring season from October – June. Families with multiple skaters in STAR Skate will only need to complete a maximum of three fundraisers. **Additional fundraisers completed will earn you a \$30 Account Credit!** On the check-out screen of our registration page, the system will require your choice to Fundraise or not before the registration can be processed. A Fundraising Fee of \$40.00 will be applied to your invoice for each skater. This fee will be used towards the total cost of your fundraiser choice, when applicable. You will be required to pay the remainder of your fundraiser once the fundraiser is ready to start. If you choose to fundraise, you will receive information on each fundraiser. If you choose not to fundraise, your fundraising fee will be kept by Skate Regina. You can choose to participate even if at check-out you choose not to fundraise.

More information on our Spring fundraisers will be sent out once they are finalized.

Skate Regina 2023 Spring Schedule										
	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										
5:15	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	
5:30										
5:45										
6:00	PowerSkating 5:45-6:30	Core/mobility at Peak (5:45-6:30)	Jr Prep/Jr Academy/ Star 1-2 Group Class 5:45-6:30	Posture and Stretch (5:45-6:30)	5 Star1-5 Open 5:45-6:30	Jump Class (6:00-6:30)	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	Group Class 6:45-7:00		Group Class 6:45-7:00		Group Class 6:45-7:00		Group Class 6:45-7:00			
7:00										
7:15	1 Open 7:00-7:45		3 Open 7:00-7:45		6 Open 7:00-7:45		8 Open 7:00-7:45			
7:30										
7:45										
8:00	2 FreeSkate 7:45-8:30		4 FreeSkate 7:45-8:30		7 FreeSkate 7:45-8:30		9 FreeSkate 7:45-8:30			
8:15										
8:30										
8:45										

Spring session runs from April 17 - June 16, 2023. All ice is at the Cooperators centre. No ice on May 12, 22,25,26, June 1, 2