

Spring 2024 Brochure

Spring runs April 15 – June 14, 2024. No skating on May 3, May 10, May 20, May 24, 31.

• 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.

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



Registration Opens: March 9 at 8:00 am for Members & March 11 at 8:00 am for Non-Members.

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

Members registered in a program from Sept 2023 – March 2024 will receive a link to the priority registration.

• Jr Academy/Jr Prep Group Class/ Star 1-6 Open

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. An off ice class each day before the on ice class is included with this group registration.

Jr Prep: For skaters who are working on Stages 4, 5 & 6 of the CanSkate program, as well as Star 1-3 of the StarSkate program. Skaters continue to develop superior basic skating skills with an introduction to the figure skating STARSkate program. This is a group instruction with detailed lessons for all FreeSkate, Dance, Skills, and Artistic categories of the STARSkate program. An off ice class each day before the on ice class is included with this group registration.

Star 1-6 Open: This is an Open session for skaters who are in private lessons (must be pre-arranged with a coach). This session shares the ice with the Jr Academy and Jr Prep group programs, creating an exciting and fun environment! This is not a group program. Instruction must be arranged in advance with a coach and lessons are an additional cost that will be invoiced directly by the coach. An off ice class is optional for this session and is not included with registration.

Days/Times	# of Weeks	# of Sessions	Location	Cost for Jr Academy /Jr Prep Group	Cost for Star 1-6 Open (ice time only)
Tuesday Off-ice - 5:00-5:30 On Ice- 5:45-6:30pm	9	9	Co-operators Centre	\$270	\$135
Wednesday Off-ice - 5:00-5:30 On Ice- 5:45-6:30pm	9	9	Co-operators Centre	\$270	\$135
Thursday Off-ice - 5:00-5:30 On Ice- 5:45-6:30pm	9	9	Co-operators Centre	\$270	\$135





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• 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

****New this year**** We are offering an option to purchase a Skate Regina jersey. Cost is \$25.00 and comes in sizes Youth XS/S, Youth MD/LG or Adult XS/S. Look for the option on our website!



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• Adult/Teen Learn to Skate Group Class:

A group class that teaches introductory skating skills to teen and adult skaters who have little to no experience skating! This is a learn to skate class for anyone 13 and older.

• Adult Open:

This session is available for independent skating for adults. This is not a group format program and skaters will be required to arrange lessons with a coach if interested in receiving instruction. This session shares the ice with the adult/teen learn to skate class.

Days/Times	# of Weeks	# of Sessions	Location	Learn to Skate Group Program Cost	Adult Open session Cost
Friday 6:30-7:15pm	5	5	Co-operators Centre	\$110	\$75



Additional Information

• STAR 1-6 Open, and Open 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



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• 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.

Days/Times	# of Weeks	# of Sessions	Location	Ice cost
Monday Open 1 6:45-7:45pm	8	8	Co-operators Centre	\$184
Monday Open 2 7:45-8:30pm	8	8	Co-operators Centre	\$120
Tuesday Star 1-6 Open 3 5:45-6:30pm	9	9	Co-operators Centre	\$135
Tuesday Open 4 6:30-7:15pm	9	9	Co-operators Centre	\$162
Tuesday Open 5 7:30-8:30pm	9	9	Co-operators Centre	\$180
Wednesday Star 1-6 Open 6 5:45-6:30pm	9	9	Co-operators Centre	\$135
Wednesday Open 7 6:30-7:15pm	9	9	Co-operators Centre	\$162
Wednesday Open 8 7:30-8:30pm	9	9	Co-operators Centre	\$180
Thursday Star 1-6 Open 9 5:45-6:30pm	9	9	Co-operators Centre	\$135
Thursday Open 10 6:30-7:15pm	9	9	Co-operators Centre	\$162
Thursday Open 11 7:30-8:30pm	9	9	Co-operators Centre	\$180
Friday Open 12 5:00-5:45pm	5	5	Co-operators Centre	\$75
Friday Open 13 5:45-6:30pm	5	5	Co-operators Centre	\$75
Friday Open 14 6:30-7:15pm	5	5	Co-operators Centre	\$75



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Off-Ice Classes

Days/Times	# of Weeks	# of Sessions	Location	Cost
Monday (Strength and Conditioning) 5:45-6:30pm	8	8	Co-operators Centre (Peak Performance)	\$120 *registration through Level 10 Fitness
Tuesday (Posture & Stretch) 5:30-6:15pm	9	9	Co-operators Centre	\$72
Wednesday (Jump Class) 5:45-6:15pm	9	9	Co-operators Centre	\$54
Thursday (Jump Class) 5:45-6:15pm	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.

Figure Skating Strength and Conditioning @ PEAK:

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.

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)	\$53
Safe Sport Fee		\$5
Accident Insurance		\$0.65
Total Membership Fees:		\$58.65

Skate Regina 2024 Spring Schedule

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday
	5:00-8:30	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
4:30									
4:45									
5:00	Pre-Power 5:00-5:45		CanSkate/Parent Assisted CanSkate 5:00-5:45	Jr Prep / Star 1-6 Off- ice (5:00-5:30)	CanSkate/Parent Assisted CanSkate 5:00-5:45	Jr Prep / Star 1-6 Off-ice (5:00-5:30)	CanSkate/Parent Assisted CanSkate 5:00-5:45	Jr Prep / Star 1-6 Off- ice (5:00-5:30)	12 Open 5:00-5:45
5:15									
5:30									
5:45	PowerSkating 5:45-6:30	Strength and Conditioning at Peak (5:45-6:30)	Jr Prep/Jr Academy Group Class 3 Star 1-6 Open 5:45-6:30	Posture and Stretch (5:30-6:15)	Jr Prep/Jr Academy Group Class 6 Star 1-6 Open 5:45-6:30	Jump Class (5:45-6:15)	Jr Prep/Jr Academy Group Class 9 Star 1-6 Open 5:45-6:30	Jump Class (5:45-6:15)	13 Open 5:45-6:30
6:00									
6:15									
6:30	Flood (6:30-6:45)		4 Open 6:30-7:15 (Group class from 6:30-6:45)		7 Open 6:30-7:15 (Group class from 6:30-6:45)		10 Open 6:30-7:15 (Group class from 6:30-6:45)		14 Adult/Teen Group class/ Open 6:30-7:15
6:45									
7:00	1 Open 6:45-7:45 (group class from 6:45-7:00)		7:15-7:30		7:15-7:30		7:15-7:30		
7:15									
7:30									
7:45	2 Open 7:45-8:30		5 Open 7:30-8:30		8 Open 7:30-8:30		11 Open 7:30-8:30		
8:00									
8:15									
8:30									
8:45									

Skate Regina Spring school runs April 15th-June 14th **NO ICE May 3, 10, 20, 24, 31**

