



SKATE REGINA

Providing Opportunity. Inspiring Passion. Building Excellence.

2022 Summer Skating School
6 Weeks - July 5th to August 11th, 2022

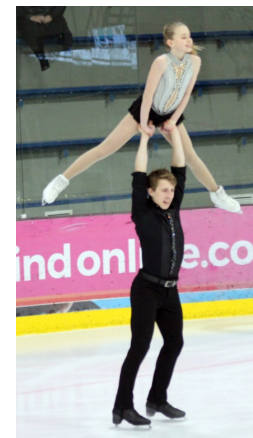
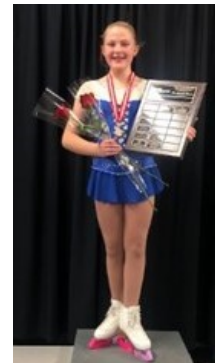
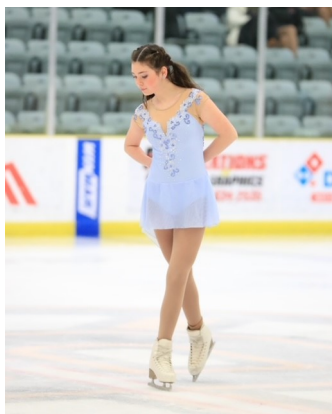
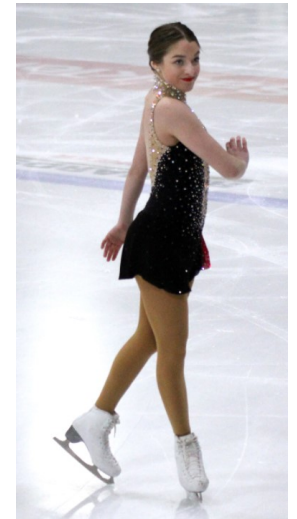
skateregina@myaccess.ca
(306) 586-4898

LOOKING FOR A PLACE TO?

- Fine tune your skating techniques or skills....
- Get an edge on the competitive season....
- Have fun while training in a world class facility....

LOOK NO FURTHER THAN THE SKATE REGINA SUMMER SCHOOL!

***Training Centre for Skate Canada
National & Provincial Champions
& Challenge Qualifiers***



Sponsored By



May 6, 2022

Skate Regina 2022 Summer School Schedule - WEEK 1

For the Week of: July 4, 2022 (Monday)

| | Mon | Tue | Wed | Thu | Fri | |
|----------|---------------|------------------------------------|---|---|---|---|
| 9:00 AM | NO ICE | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Open Freeskiate 9:00-9:45 | |
| 9:15 AM | | Flood | Flood | Flood | Flood | |
| 9:30 AM | | Int/Sr Group Class | Jr/Int Jump class 10:00-10:30 | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Jr/Int Freeskiate 1 10:00-10:45 |
| 9:45 AM | | Int/Sr Freeskiate 1 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Flood |
| 10:00 AM | | Flood | | Junior/Intermediate Posture & Stretch 10:30-11:15 | | Int/Sr Freeskiate 1 11:00-11:45 |
| 10:15 AM | | Jr/Int Freeskiate 2 11:15-12:00 | Inter/Sr Jump class 11:45-12:15 | Jr/Int Freeskiate 2 11:30-12:15 | Jr/Int Freeskiate 2 11:15-12:00 | Junior/Intermediate Off-ice at PEAK 11:00-11:45 |
| 10:30 AM | | Int/Sr Freeskiate 2 1:30-2:15 | | Int/Sr Freeskiate 2 2:00-2:45 | Int/Sr Freeskiate 2 1:30-2:15 | Jr Prep/Academy Off-ice 11:00-11:45 |
| 10:45 AM | | Flood | | Flood | | |
| 11:00 AM | | Jr/Int Freeskiate 2 11:15-12:00 | | Jr/Int Freeskiate 2 11:30-12:15 | Int/Sr Jump class 11:45-12:15 | |
| 11:15 AM | | Int/Sr Freeskiate 3 2:30-3:15 | Sr/Pair Freeskiate 2:30-3:15 (C6) | Int/Sr Freeskiate 3 3:00-3:45 | Int/Sr Freeskiate 3 2:30-3:15 | Interm/Seniors Off-ice Level 10 3:00-4:00 |
| 11:30 AM | | | Interm/Seniors Off-ice Level 10 3:45-4:45 | | Interm/Seniors Off-ice Level 10 3:45-4:45 | |
| 11:45 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:15 PM | | | | | | |
| 12:30 PM | | | | | | |
| 12:45 PM | | | | | | |
| 1:00 PM | | | | | | |
| 1:15 PM | | | | | | |
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| 2:30 PM | | | | | | |
| 2:45 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:15 PM | | | | | | |
| 3:30 PM | | | | | | |
| 3:45 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:15 PM | | | | | | |
| 4:30 PM | | | | | | |
| 4:45 PM | | | | | | |

Updated May 5th

**Tentative - subject to
change based on
number of skaters
registered**

Skate Regina 2022 Summer School Schedule - WEEK 2

For the Week of: July 11, 2022 (Monday)

| | Mon | Tue | Wed | Thu | Fri |
|----------|---|--|---|------------------------------------|--|
| 9:00 AM | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Open Freeskiate 9:00-9:45 |
| 9:15 AM | Flood | Flood | Flood | Flood | Flood |
| 9:30 AM | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Jr/Int Jump class 10:00-10:30 |
| 9:45 AM | Int/Sr Freeskiate 1 10:30-11:15 | Junior/Intermediate Yoga 10:30-11:15 | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | SIMULATIONS 10:00-10:45 |
| 10:00 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 10:15 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Sr/Pair Freeskiate 10:45-11:30 (C6) |
| 10:30 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 10:45 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 11:00 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 11:15 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 11:30 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 11:45 AM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 12:00 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 12:15 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 12:30 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 12:45 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 1:00 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 1:15 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 1:30 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 1:45 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 2:00 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 2:15 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 2:30 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 2:45 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 3:00 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 3:15 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 3:30 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 3:45 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 4:00 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 4:15 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 4:30 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |
| 4:45 PM | Int/Sr Freeskiate 1 10:30-11:15 | | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Jr/Int Freeskiate 1 10:45-11:30 |

Skate Regina 2022 Summer School Schedule - WEEK 3

For the Week of: July 18, 2022 (Monday)

| | Mon | Tue | Wed | Thu | Fri |
|----------|------------------------------------|---|---|---|---|
| 9:00 AM | | | | | |
| 9:15 AM | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Open Freeskiate 9:00-9:45 |
| 9:30 AM | Flood | Flood | Flood | Flood | Flood |
| 9:45 AM | | | | | |
| 10:00 AM | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Jr/Int Jump class 10:00-10:30 |
| 10:15 AM | | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 |
| 10:30 AM | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Int/Sr Freeskiate 1 10:15-11:00 |
| 10:45 AM | | | Junior/Intermediate Posture & Stretch 10:30-11:15 | | |
| 11:00 AM | | | | | |
| 11:15 AM | Flood | Flood | Flood | Flood | Jr/Int Freeskiate 1 10:45-11:30 |
| 11:30 AM | | | | | Sr/Pair Freeskiate 10:45-11:30 (C6) |
| 11:45 AM | Jr/Int Freeskiate 2 11:30-12:15 | Intermed/Seniors Off-ice YOGA 11:30-12:15 | Jr/Int Freeskiate 2 11:30-12:15 | Intermed/Seniors Off-ice YOGA 11:30-12:15 | Flood |
| 12:00 PM | | Jr/Int Group Class | Jr/Int Group Class | Jr/Int Spin Class | Int/Sr Freeskiate 1 11:45-12:30 |
| 12:15 PM | Jr/Int EDGE Class 12:15-12:45 | Flood | Jr/Int EDGE Class 12:15-12:45 | Flood | Junior/Intermediate Off-ice at PEAK 11:45-12:30 |
| 12:30 PM | | | | | Jr Prep/Academy Off-ice 11:45-12:30 |
| 12:45 PM | Flood | Open Freeskiate 12:30-1:15 | Open Freeskiate 12:30-1:15 | Open Freeskiate 12:30-1:15 | |
| 1:00 PM | | | | | |
| 1:15 PM | Open Freeskiate 1:00-1:45 | Sr/Pair Freeskiate 12:45-1:30 (C6) | Open Freeskiate 1:00-1:45 | Sr/Pair Freeskiate 1:00-1:45 (C6) | SIMULATIONS 12:45-1:30 |
| 1:30 PM | | | | | Int/Sr Freeskiate 2 1:30-2:15 |
| 1:45 PM | Flood | Int/Sr Freeskiate 2 1:30-2:15 | Int/Sr Freeskiate 2 1:30-2:15 | Int/Sr Freeskiate 2 1:30-2:15 | |
| 2:00 PM | | | | | |
| 2:15 PM | Int/Sr Freeskiate 2 2:00-2:45 | Flood | Int/Sr Freeskiate 2 2:00-2:45 | Flood | |
| 2:30 PM | | | | | |
| 2:45 PM | Flood | Int/Sr Freeskiate 3 2:30-3:15 | Int/Sr Freeskiate 3 2:30-3:15 | Int/Sr Freeskiate 3 2:30-3:15 | |
| 3:00 PM | Int/Sr Freeskiate 3 3:00-3:45 | | Int/Sr Freeskiate 3 3:00-3:45 | Sr/Pair Freeskiate 2:30-3:15 (BKO) | |
| 3:15 PM | | | | | |
| 3:30 PM | | | | | |
| 3:45 PM | | | | | Interm/Seniors Off-ice Level 10 3:00-4:00 |
| 4:00 PM | | Interm/Seniors Off-ice Level 10 3:45-4:45 | | Interm/Seniors Off-ice Level 10 3:45-4:45 | |
| 4:15 PM | | | | | |
| 4:30 PM | | | | | |
| 4:45 PM | | | | | |

Skate Regina 2022 Summer School Schedule - WEEK 4

For the Week of: July 25, 2022 (Monday)

| | Mon | Tue | Wed | Thu | Fri |
|----------|------------------------------------|---|---|---|---|
| 9:00 AM | | | | | |
| 9:15 AM | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | Jr/Int Freeskiate 1 9:00-9:45 | |
| 9:30 AM | Flood | Flood | Flood | Flood | |
| 9:45 AM | | | | | |
| 10:00 AM | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Int/Sr EDGE Class 10:00-10:30 | Int/Sr Group Class | Jr/Int Jump class 10:00-10:30 |
| 10:15 AM | | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 |
| 10:30 AM | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Int/Sr Freeskiate 1 10:30-11:15 | Int/Sr Freeskiate 1 10:15-11:00 | Int/Sr Freeskiate 1 10:15-11:00 |
| 10:45 AM | | | Junior/Intermediate Posture & Stretch 10:30-11:15 | | |
| 11:00 AM | | | | | |
| 11:15 AM | Flood | Flood | Flood | Flood | |
| 11:30 AM | | | | | |
| 11:45 AM | Jr/Int Freeskiate 2 11:30-12:15 | Intermed/Seniors Off-ice YOGA 11:30-12:15 | Jr/Int Freeskiate 2 11:30-12:15 | Intermed/Seniors Off-ice YOGA 11:30-12:15 | |
| 12:00 PM | | Jr/Int Group Class | Jr/Int Group Class | Jr/Int Spin Class | |
| 12:15 PM | Jr/Int EDGE Class 12:15-12:45 | Flood | Jr/Int EDGE Class 12:15-12:45 | Flood | |
| 12:30 PM | | Open Freeskiate 12:30-1:15 | Open Freeskiate 12:30-1:15 | Open Freeskiate 12:30-1:15 | |
| 12:45 PM | Flood | Sr/Pair Freeskiate 12:45-1:30 (BKO) | Open Freeskiate 1:00-1:45 | Open Freeskiate 1:00-1:45 (BKO) | |
| 1:00 PM | Open Freeskiate 1:00-1:45 | | Open Freeskiate 1:00-1:45 | | |
| 1:15 PM | | | | | |
| 1:30 PM | | | | | |
| 1:45 PM | Flood | Int/Sr Freeskiate 2 1:30-2:15 | Int/Sr Freeskiate 2 1:30-2:15 | Int/Sr Freeskiate 2 1:30-2:15 | |
| 2:00 PM | | | | | |
| 2:15 PM | Int/Sr Freeskiate 2 2:00-2:45 | Flood | Int/Sr Freeskiate 2 2:00-2:45 | Flood | |
| 2:30 PM | | | | | |
| 2:45 PM | Flood | Int/Sr Freeskiate 3 2:30-3:15 | Int/Sr Freeskiate 3 2:30-3:15 | Int/Sr Freeskiate 3 2:30-3:15 | |
| 3:00 PM | Int/Sr Freeskiate 3 3:00-3:45 | | Int/Sr Freeskiate 3 3:00-3:45 | | |
| 3:15 PM | | | | | |
| 3:30 PM | | | | | |
| 3:45 PM | | | | | |
| 4:00 PM | | Interm/Seniors Off-ice Level 10 3:45-4:45 | | Interm/Seniors Off-ice Level 10 3:45-4:45 | |
| 4:15 PM | | | | | |
| 4:30 PM | | | | | |
| 4:45 PM | | | | | |

Updated May 5th

Tentative - subject to
change based on
number of skaters
registered

NO ICE

Skate Regina 2022 Summer School Schedule - WEEK 5

For the Week of: **August 1, 2022 (Monday)**

| | Mon | Tues | Wed | Thurs | Friday |
|----------|-----------------------------------|---|---|---|---|
| 9:00 AM | | | | | |
| 9:15 AM | Jr/Int Freeskate 1 9:00-9:45 | | Jr/Int Freeskate 1 9:00-9:45 | Jr/Int Freeskate 1 9:00-9:45 | Open Freeskate 9:00-9:45 |
| 9:30 AM | | | Inter/Sr Jump class 9:15-9:45 | Inter/Sr Jump class 9:15-9:45 | |
| 9:45 AM | Flood | | | Flood | Flood |
| 10:00 AM | Int/Sr SPIN Class | | Jr/Int Jump class 10:00-10:30 | Int/Sr SPIN Class | Jr/Int Jump class 10:00-10:30 |
| 10:15 AM | | Jr Prep/Academy Off-ice 10:15-11:00 | Int/Sr EDGE Class 10:00-10:30 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr/Int Freeskate 1 10:00-10:45 |
| 10:30 AM | Int/Sr Freeskate 1 10:15-11:00 | | Jr Prep/Academy Off-ice 10:15-11:00 | Int/Sr Freeskate 1 10:15-11:00 | Flood |
| 10:45 AM | | | | | |
| 11:00 AM | Flood | | | Flood | |
| 11:15 AM | Jr/Int Freeskate 2 11:15-12:00 | | | Jr/Int Freeskate 2 11:15-12:00 | Int/Sr Freeskate 1 11:00-11:45 |
| 11:30 AM | | | | | Jr Prep/Academy Off-ice 11:00-11:45 |
| 11:45 AM | | | | | Junior/Intermediate Off-ice at PEAK 11:00-11:45 |
| 12:00 PM | Jr/Int Group Class | Sr/Pair Freeskate 11:45-12:30 | | Jr/Int SPIN Class | |
| 12:15 PM | Flood | | Sr/Pair Freeskate 12:00-12:45 | Flood | SIMULATIONS 12:00-12:45 |
| 12:30 PM | | | | | |
| 12:45 PM | Open Freeskate 12:30-1:15 | | | Open Freeskate 12:30-1:15 | |
| 1:00 PM | | | | | Int/Sr Freeskate 2 12:45-1:30 |
| 1:15 PM | Flood | | | Flood | Flood |
| 1:30 PM | | | | | |
| 1:45 PM | Int/Sr Freeskate 2 1:30-2:15 | | | Int/Sr Freeskate 2 1:30-2:15 | Sr/Pair Freeskate 1:45-2:30 |
| 2:00 PM | | | | | |
| 2:15 PM | | | | | |
| 2:30 PM | | | | | |
| 2:45 PM | | | | | |
| 3:00 PM | | Intermed/Seniors Off-ice Level 10 2:45-3:45 | | Intermed/Seniors Off-ice Level 10 2:45-3:45 | Intermed/Seniors Off-ice Level 10 3:00-4:00 |
| 3:15 PM | | | | | |
| 3:30 PM | | | | | |
| 3:45 PM | | | | | |
| 4:00 PM | | | | | |

Updated May 5th

Tentative -

**Subject to change
based on number of
skaters registered**

Skate Regina 2022 Summer School Schedule - WEEK 6

For the Week of: **August 8, 2022 (Monday)**

| | Mon | Tue | Wed | Thu | Fri |
|----------|---|---|---|---|---|
| 9:00 AM | | | | | |
| 9:15 AM | Jr/Int Freeskate 1 9:00-9:45 | Jr/Int Freeskate 1 9:00-9:45 | Jr/Int Freeskate 1 9:00-9:45 | Jr/Int Freeskate 1 9:00-9:45 | |
| 9:30 AM | | Inter/Sr Jump class 9:15-9:45 | | Inter/Sr Jump class 9:15-9:45 | |
| 9:45 AM | Flood | | Flood | Flood | |
| 10:00 AM | Int/Sr EDGE Class 10:00-10:30 | Junior/Intermediate Yoga 10:00-10:45 | Jr/Int Jump class 10:00-10:30 | Int/Sr SPIN Class | Jr/Int Jump class 10:00-10:30 |
| 10:15 AM | Jr Prep/Academy Off-ice 10:15-11:00 | | Int/Sr EDGE Class 10:00-10:30 | Jr Prep/Academy Off-ice 10:15-11:00 | Jr Prep/Academy Off-ice 10:15-11:00 |
| 10:30 AM | Int/Sr Freeskate 1 10:30-11:15 | | Int/Sr Freeskate 1 10:30-11:15 | Int/Sr Freeskate 1 10:15-11:00 | |
| 10:45 AM | | | | | |
| 11:00 AM | | | | Flood | |
| 11:15 AM | Flood | | | | |
| 11:30 AM | | | | Jr/Int Freeskate 2 11:15-12:00 | |
| 11:45 AM | Jr/Int Freeskate 2 11:30-12:15 | | Jr/Int Freeskate 2 11:30-12:15 | | |
| 12:00 PM | | | | Jr/Int Spin Class 12:00-12:15 | Sr/Pair Freeskate 11:45-12:30 (C6) |
| 12:15 PM | Jr/Int EDGE Class 12:15-12:45 | Sr/Pair Freeskate 12:00-12:45 (BKO) | Jr/Int EDGE Class 12:15-12:45 | Flood | |
| 12:30 PM | | | | | |
| 12:45 PM | Flood | | | Open Freeskate 12:30-1:15 | |
| 1:00 PM | | | | | |
| 1:15 PM | Open Freeskate 1:00-1:45 | | | Open Freeskate 1:00-1:45 | |
| 1:30 PM | | | | | |
| 1:45 PM | Flood | | | Flood | |
| 2:00 PM | | | | | |
| 2:15 PM | Int/Sr Freeskate 2 2:00-2:45 | | | Int/Sr Freeskate 2 1:30-2:15 | |
| 2:30 PM | | | | | |
| 2:45 PM | | | | | |
| 3:00 PM | | Intermed/Seniors Off-ice Level 10 3:00-3:45 | | Intermed/Seniors Off-ice Level 10 2:45-3:45 | |
| 3:15 PM | | | Intermed/Seniors Off-ice Level 10 2:45-3:45 | | |
| 3:30 PM | | | | | |
| 3:45 PM | | | | | |
| 4:00 PM | | | | | |

NO ICE

Skate Regina



Package Information and Fees

Registration fees will be derived by totalling the week and session rates then applying the applicable discount.

Weeks 2, 3 are five day weeks while weeks 1, 4, 5 and 6 are four day weeks. Note, a \$60 registration fee will be added to the package fees.

All packages include:

- 1, 2 or 3 free skate sessions per day/per week purchased. Note, 3 session packages include 3 sessions on Monday thru Thursday and 2 sessions on Friday where applicable.
- Two 45 minute off-ice training sessions per week. For Intermediate/Senior, yoga sessions are provided. For Junior/Intermediate, the classes are posture/stretch as well as yoga. (Additional off-ice sessions provided by Level 10, not included in these package fees, are offered. Details are provided on the last two pages of the brochure).
- Two 30 minute edge classes per week
- One 15 minute spin class per week and one 15 minute group session.

| | | Packages Offered | | | | | |
|--------------|-------------|------------------|---------------|-----------------|-----------------|-----------------|-----------------|
| | | Weeks 2, 3 | Weeks 1,4,5,6 | 3 week discount | 4 week discount | 5 week discount | 6 week discount |
| Sessions/day | Weekly Rate | Weekly Rate | 12% | 14% | 16% | 18% | |
| 1 | 225.00 | 180.00 | | | | | |
| 2 | 300.00 | 240.00 | | | | | |
| 3 | 375.00 | 300.00 | | | | | |

Simulations:

- Simulations are offered on July 15, 22, and August 5th
- Space is limited
- Cost is \$25 per simulation

Additional Information

Level of Skating Guideline

Junior/Intermediate: Star 2 to Pre-novice

Intermediate/Senior: Pre-novice and higher

Groupings:

Final groupings will be at the discretion of the summer school directors based on the number of skaters registered and coaching availability.

Coaching Staff: See Skate Regina website for details.

To Register

Registration for Skate Regina members begins on May 17th at 8:00 AM and non-members on May 19th at 8:00 AM. On May 17th, Skate Regina members will be sent a priority registration link to access the registration web page. On May 19th, registration opens to non-members and access to the web page can be found on the Skate Regina website under the registration link. For simulations, please add your skater to the waitlist for each simulation requested. Once the Summer School Directors fill the simulations, you will receive an invoice that you can pay online before the beginning of summer school. Refunds for simulations will only be given if another skater is able to take the spot.

Cancellation Policy

The cancellation deadline is June 18th. After June 18th, refunds will be considered for medical reasons substantiated by a doctor's medical certificate. Requests must be received in writing. The \$60.00 administration fee will be withheld on all refunds.

Tuition Tax Credit

Effective January 2021, Skate Regina has been approved as an Educational Institution by the Minister of Human Resources and Skills Development Canada. This certification enables Skate Regina to issue a tuition tax credit receipt for amounts over \$100 in respect of students 16 years of age and older. This tuition tax credit is valid for programs that provide students with sufficient skills to work in, or improves that student's existing skills in an occupation. Social or recreational courses are not eligible for the Tuition Tax Credit.

Competition Information

Wild Rose Invitational 2022 - Edmonton, Alberta - July 29 to 31, 2022

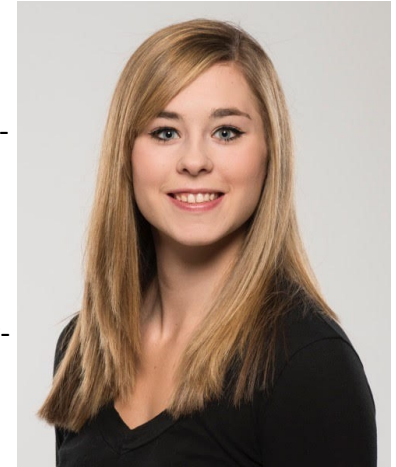
Skate Ontario Thornhill Summer Competition - Thornhill, Ontario - August 12 to 14, 2022

Level 10 Off-ice Training Information

OFF-ICE TRAINING OPPORTUNITY

Skate Regina coach, Christine Laprairie, of Level 10 Fitness Regina will be providing an in-person fitness training program for Skate Regina 20222 summer school skaters, along with Emery Millette, of Level 10 Fitness Regina. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance.

Workouts will be facilitated by Christine and Emery. Christine and Emery have both attained a Bachelor of Kinesiology in Human Kinetics degree. Christine is a part owner of Level 10 Fitness, National Strength and Conditioning Certified Specialist, Saskatchewan Sports Medicine & Science Consultant and works with many Skate Regina and Skate Saskatchewan figure skaters. Emery is a Certified Personal Trainer, Performance Coach, former National Level competitive Figure Skater, a Ukrainian Dancer and Instructor for the Poltava Ensemble of Music and Dance.



Level 10 Off-ice Training Opportunity

(Location, Schedules, Investment, Registration Instructions and Covid-19 Protocol)

Intermediate/Senior Figure Skating Group - Tuesday/Thursday/Friday

- Tuesday- 3:45-4:45 (2124 Grant Rd. - July 5,12,19,26)
- Tuesday-2:45-3:45 (2124 Grant Rd. - August 2,9)
- Thursday- 3:45-4:45 (2124 Grant Rd. - July 7,14,21,28)
- Thursday-2:45-3:45 (2124 Grant Rd. - August 4,11)
- Friday - 3:00-4:00 (2121 Grant Rd. Jul 8,15,22, Aug 5th)

Investment (Punch Pass Options):

- 5 punch pass = \$100 + tax (\$20/session)
- 12 punch pass = \$198 + tax (\$16.50/session)
- 16 punch pass = \$240 + tax (\$15/session)
- Drop in session = \$20 + tax

*Punch passes from Spring Level 10 training can be used

*Punch passes can also be used for August 15-31st sessions

****Skaters must PRE-REGISTER for classes**

COVID 19 PROTOCOL

At Level 10, we have been doing everything we can to eliminate the spread of COVID-19, and we will continue to keep the health and safety of our clients, staff, and community our highest priority.

Masks will not be required in our facilities but are recommended in common spaces. For physiotherapy services, clients will be asked to wear a mask for in-person treatments.

Our performance coaches and staff will continue to:

- Maintain a physical distance of 2 metres from clients and staff.
- Thoroughly disinfect and clean all equipment and all touched surfaces after each client and group.
- Space out all clients 3 meters apart and keep small groups at 12 people or less

For current Level 10 protocols, follow the link below:

level10regina.com/protocols

Junior/Intermediate Figure Skating Group - Friday (all sessions at PEAK PERFORMANCE)

- July 8th (11-11:45am)
- July 15,22 (11:45-12:30pm)
- August 5th (11-11:45am)

Investment: \$15 per session + tax

To Book/Register: 1. Create a level 10 account at <https://level10regina.com/waivers>; 2. Email Level10fitness@sasktel.net with athlete name and the dates they wish to register for, or call Level 10 at (306) 337-0010 to register. Payment is via credit card (on file or over the phone), e-transfer or payment at the front desk on the day of the first registered session.