



# SKATE REGINA

Providing Opportunity. Inspiring Passion. Building Excellence.

2020 Summer Skating School  
**6 Weeks** - July 6<sup>th</sup> to August 13<sup>th</sup>, 2020

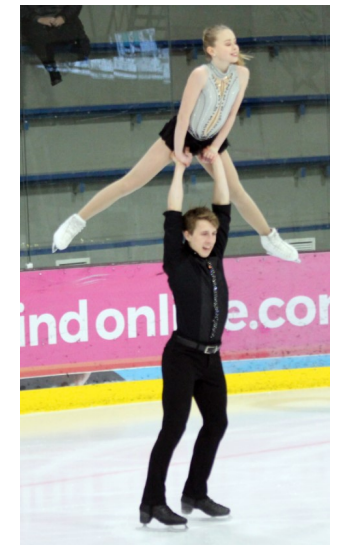
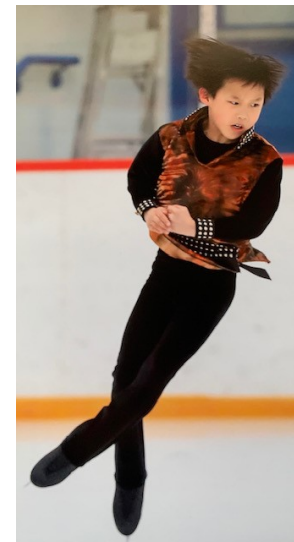
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(306) 586-4898

## **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



Updated June 14, 2020

# Schedule\* - Weeks 1 and 3 (weeks beginning July 6th and 20th)

## SKATE REGINA 2020 SUMMER SCHOOL, WEEKS 1 and 3

	Mon July 6 & 20 RMP		Tues Jul 7 & 21 RMP		Wed Jul 8 & 22 RMP		Thurs July 9 & 23 RMP		Fri Jul 10 & 24 RMP	
8:45										
9:00	Junior/Intermed		Junior/Intermed		Junior/Intermed		Junior/Intermed		Junior/Intermed	
9:15	FreeSkate 1		FreeSkate 1		FreeSkate 1		FreeSkate 1		FreeSkate 1	
9:30	9:00-9:45		9:00-9:45		9:00-9:45		9:00-9:45		9:00-9:45	
9:45	Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00	
10:00	Junior/Intermed		Junior/Intermed		Junior/Intermed		Junior/Intermed		Junior/Intermed	
10:15	FreeSkate 2		FreeSkate 2		FreeSkate 2		FreeSkate 2		FreeSkate 2	
10:30	10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45	
10:45	Edge A		Flood 10:45-11:00		Edge A		Flood 10:45-11:00		Flood 10:45-11:00	
11:00	10:45-11:15		Intermed/Senior		10:45-11:15		Intermed/Senior		Intermed/Senior	
11:15	Flood 11:15-11:30		FreeSkate 1		Flood 11:15-11:30		FreeSkate 1		FreeSkate 1	
11:30	Intermed/Senior		11:00-11:45		Intermed/Senior		11:00-11:45		Intermed/Senior	
11:45	FreeSkate 1		Flood 11:45-12:00		FreeSkate 1		Flood 11:45-12:00		Flood 11:45-12:00	
12:00	11:30-12:15		Senior/Pair	Open	11:30-12:15		Senior/Pair	Open	Senior/Pair	Open
12:15	Flood 12:15-12:30		FreeSkate	12:00-12:45	DQ	Flood 12:15-12:30	FreeSkate	12:00-12:45	FreeSkate	12:00-12:45
12:30	Senior/Pair	Open	12:00-12:45		Senior/Pair	Open	12:00-12:45		Senior/Pair	Open
12:45	FreeSkate	12:30-1:15	Flood 12:45-1:00		FreeSkate	12:30-1:15	Flood 12:45-1:00		Flood 12:45-1:00	
1:00	12:30-1:15	C6	Intermed/Senior		12:30-1:15		Intermed/Senior		Intermed/Senior	
1:15	Flood 1:15-1:30		FreeSkate 2		Flood 1:15-1:30		FreeSkate 2		FreeSkate 2	
1:30	Intermed/Senior		1:00-1:45		Intermed/Senior		1:00-1:45		Intermed/Senior	
1:45	FreeSkate 2		Flood 1:45-2:00		FreeSkate 2		Flood 1:45-2:00		Flood 1:45-2:00	
2:00	1:30-2:15		Intermed/Senior		1:30-2:15		Intermed/Senior		Intermed/Senior	
2:15	Flood -2:15-2:30		FreeSkate 3		Flood -2:15-2:30		FreeSkate 3		FreeSkate 3	
2:30	Edge B		2:00-2:45		Edge B		2:00-2:45		Edge B	
2:45	2:30-3:00				2:30-3:00					
3:00	Intermed/Senior				Intermed/Senior					
3:15	FreeSkate 3				FreeSkate 3					
3:30	3:00-3:45				3:00-3:45					
3:45										

**\*Tentative schedule subject to change based on number of skaters registered**

**Updated June 14, 2020**

# Schedule\* - Week 2 (week beginning July 13th)

## SKATE REGINA 2020 SUMMER SCHOOL, WEEK 2

	Monday July 13 RMP		Tuesday July 14 RMP		Wed July 15 RMP		Thursday July 16 RMP		Friday July 17 RMP
8:45									
9:00									
9:15	Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45
9:30									
9:45	Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00
10:00									
10:15	Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45
10:30									
10:45	Edge A 10:45-11:15		Flood 10:45-11:00		Edge A 10:45-11:15		Flood 10:45-11:00		Flood 10:45-11:00
11:00									
11:15	Flood 11:15-11:30		Intermed/Senior FreeSkate 1 11:00-11:45		Flood 11:15-11:30		Intermed/Senior FreeSkate 1 11:00-11:45		Intermed/Senior FreeSkate 1 11:00-11:45
11:30									
11:45	Intermed/Senior FreeSkate 1 11:30-12:15		Flood 11:45-12:00		Intermed/Senior FreeSkate 1 11:30-12:15		Flood 11:45-12:00		Flood 11:45-12:00
12:00									
12:15	Flood 12:15-12:30		Senior/Pair FreeSkate 12:00-12:45	Open 12:00-12:45 BW	Flood 12:15-12:30		Senior/Pair FreeSkate 12:00-12:45	Open 12:00-12:45 BW	Senior/Pair FreeSkate 12:00-12:45
12:30									
12:45	Senior/Pair FreeSkate 12:30-1:15	Open 12:30-1:15 BW	Flood 12:45-1:00		Senior/Pair FreeSkate 12:30-1:15	Open 12:30-1:15 BW	Flood 12:45-1:00		Senior/Pair FreeSkate 12:30-1:15
1:00									
1:15	Flood 1:15-1:30		Intermed/Senior FreeSkate 2 1:00-1:45		Flood 1:15-1:30		Intermed/Senior FreeSkate 2 1:00-1:45		Intermed/Senior FreeSkate 2 1:00-1:45
1:30									
1:45	Intermed/Senior FreeSkate 2 1:30-2:15		Flood 1:45-2:00		Intermed/Senior FreeSkate 2 1:30-2:15		Flood 1:45-2:00		Flood 1:45-2:00
2:00									
2:15	Flood ~2:15-2:30		Intermed/Senior FreeSkate 3 2:00-2:45		Flood ~2:15-2:30		Intermed/Senior FreeSkate 3 2:00-2:45		Intermed/Senior FreeSkate 3 2:00-2:45
2:30									
2:45	Edge B 2:30-3:00				Edge B 2:30-3:00				
3:00									
3:15	Intermed/Senior FreeSkate 3 3:00-3:45				Intermed/Senior FreeSkate 3 3:00-3:45				
3:30									
3:45									

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**Updated June 14, 2020**

# Schedule\* - Week 4 (July 27th to 30th - No skating Friday July 31st)

SKATE REGINA 2020 SUMMER SCHOOL, WEEK 4									
	Monday July 27 RMP		Tuesday July 28 RMP		Wed July 29 RMP		Thursday July 30 RMP		Friday July 31
8:45									No Skating
9:00	Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45		Junior/Intermed FreeSkate 1 9:00-9:45		
9:15									
9:30									
9:45	Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00		Flood 9:45-10:00		
10:00	Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45		Junior/Intermed FreeSkate 2 10:00-10:45		
10:15									
10:30									
10:45	Edge A 10:45-11:15		Flood 10:45-11:00		Edge A 10:45-11:15		Flood 10:45-11:00		
11:00			Intermed/Senior FreeSkate 1 11:00-11:45				Intermed/Senior FreeSkate 1 11:00-11:45		
11:15	Flood 11:15-11:30				Flood 11:15-11:30				
11:30	Intermed/Senior FreeSkate 1 11:30-12:15	Senior/Pair FreeSkate 11:30-12:15 C6			Intermed/Senior FreeSkate 1 11:30-12:15	Senior/Pair FreeSkate 11:30-12:15 C6			
11:45			Flood 11:45-12:00				Flood 11:45-12:00		
12:00			Open 12:00-12:45	Senior/Pair FreeSkate 12:00-12:45 C6			Open 12:00-12:45	Senior/Pair FreeSkate 12:00-12:45 C6	
12:15	Flood 12:15-12:30				Flood 12:15-12:30				
12:30	Open 12:30-1:15				Open 12:30-1:15				
12:45			Flood 12:45-1:00				Flood 12:45-1:00		
1:00			Intermed/Senior FreeSkate 2 1:00-1:45				Intermed/Senior FreeSkate 2 1:00-1:45		
1:15	Flood 1:15-1:30				Flood 1:15-1:30				
1:30	Intermed/Senior FreeSkate 2 1:30-2:15				Intermed/Senior FreeSkate 2 1:30-2:15				
1:45			Flood 1:45-2:00				Flood 1:45-2:00		
2:00			Intermed/Senior FreeSkate 3 2:00-2:45				Intermed/Senior FreeSkate 3 2:00-2:45		
2:15	Flood -2:15-2:30				Flood -2:15-2:30				
2:30	Edge B 2:30-3:00				Edge B 2:30-3:00				
2:45									
3:00	Intermed/Senior FreeSkate 3 3:00-3:45				Intermed/Senior FreeSkate 3 3:00-3:45				
3:15									
3:30									
3:45									

*\*Tentative schedule subject to change based on number of skaters registered*

*Updated June 14, 2020*

# Schedule\* - Week 5 (August 4th to 7th - no skating Monday August 3rd)

<b>SKATE REGINA 2020 SUMMER SCHOOL, WEEK 5</b>					
	<b>Mon August 3</b>	<b>Tues Aug 4</b>	<b>Wed Aug 5</b>	<b>Thurs Aug 6</b>	<b>Fri Aug 7</b>
		<b>RMP</b>	<b>RMP</b>	<b>RMP</b>	<b>RMP</b>
9:00-	<b>NO SKATING</b>				
9:15-		Junior/Intermed FreeSkate 1 9:00-9:45	Junior/Intermed FreeSkate 1 9:00-9:45	Junior/Intermed FreeSkate 1 9:00-9:45	Junior/Intermed FreeSkate 1 9:00-9:45
9:30-					
9:45-		Flood 9:45-10:00	Flood 9:45-10:00	Flood 9:45-10:00	Flood 9:45-10:00
10:00-					
10:15-		Junior/Intermed FreeSkate 2 10:00-10:45	Junior/Intermed FreeSkate 2 10:00-10:45	Junior/Intermed FreeSkate 2 10:00-10:45	Junior/Intermed FreeSkate 2 10:00-10:45
10:30-					
10:45-		Edge A 10:45-11:15	Edge A 10:45-11:15		Flood 10:45-11:00
11:00-					
11:15-		Flood 11:15-11:30	Flood 11:15-11:30		Intermed/Senior FreeSkate 1 11:00-11:45
11:30-					
11:45-		Intermed/Senior FreeSkate 1 11:30-12:15	Intermed/Senior FreeSkate 1 11:30-12:15		Intermed/Senior FreeSkate 1 11:00-11:45
12:00-					
12:15-		Flood 12:15-12:30	Flood 12:15-12:30		Flood 11:45-12:00
12:30-					
12:45-		Open 12:30-1:15	Open 12:30-1:15		Open 12:00-12:45
1:00-					
1:15-		Flood 1:15-1:30	Flood 1:15-1:30		Flood 12:45-1:00
1:30-					
1:45-		Senior/Pair 1:30-2:15	Senior/Pair 1:30-2:15		Senior/Pair 1:00-1:45
2:00-					
2:15-	Flood 2:15-2:30	Flood 2:15-2:30		Flood 1:45-2:00	
2:30-					
2:45-	Edge B 2:30-3:00	Edge B 2:30-3:00		Intermed/Senior FreeSkate 2 2:00-2:45	
3:00-					
3:15-	Intermed/Senior FreeSkate 2 3:00-3:45	Intermed/Senior FreeSkate 2 3:00-3:45		Intermed/Senior FreeSkate 2 2:00-2:45	
3:30-					

**Updated June 14, 2020**

**\*Tentative schedule subject to change based on number of skaters registered**

# Schedule\* - Week 6 (August 10th to 13th - no skating Friday August 14th)

SKATE REGINA 2020 SUMMER SCHOOL, WEEK 6					
	Mon Aug 10	Tue Aug 11	Wed Aug 12	Thur Aug 13	Fri August 14
	RMP	RMP	RMP	RMP	
9:30-					<b>NO SKATING</b>
9:45-					
10:00-					
10:15-	Junior/Intermed FreeSkate 1 10:00-10:45	Junior/ Intermed FreeSkate 1 10:00-10:45	Junior/ Intermed FreeSkate 1 10:00-10:45	Junior/ Intermed FreeSkate 1 10:00-10:45	
10:30-					
10:45-	Flood 10:45-11:00	Flood 10:45-11:00	Flood 10:45-11:00	Flood 10:45-11:00	
11:00-					
11:15-	Junior/Intermed FreeSkate 2 11:00-11:45	Junior/Intermed FreeSkate 2 11:00-11:45	Junior/Intermed FreeSkate 2 11:00-11:45	Junior/Intermed FreeSkate 2 11:00-11:45	
11:30-					
11:45-	Flood 11:45-12:00		Flood 11:45-12:00		
12:00-		Edge A 11:45-12:15		Edge A 11:45-12:15	
12:15-	Edge B 12:00-12:30	Flood 12:15-12:30	Intermed/Senior FreeSkate 1 12:00-12:45	Flood 12:15-12:30	
12:30-					
12:45-	Intermed/Senior FreeSkate 1 12:30-1:15	Intermed/Senior FreeSkate 1 12:30-1:15	Flood 12:45-1:00	Intermed/Senior FreeSkate 1 12:30-1:15	
1:00-					
1:15-	Flood 1:15-1:30	Flood 1:15-1:30	Open 1:00-1:45	Flood 1:15-1:30	
1:30-					
1:45-	Open 1:30-2:15	Open 1:30-2:15	Flood 1:45-2:00	Open 1:30-2:15	
2:00-					
2:15-	Flood 2:15-2:30	Flood 2:15-2:30	Senior/Pair 2:00-2:45	Flood 2:15-2:30	
2:30-					
2:45-	Senior/Pair 2:30-3:15	Senior/Pair 2:30-3:15	Flood 2:45-3:00	Senior/Pair 2:30-3:15	
3:00-					
3:15-				Flood 3:15-3:30	
3:30-	Intermed/Senior FreeSkate 2 3:15-4:00	Intermed/Senior FreeSkate 2 3:15-4:00	Intermed/Senior FreeSkate 2 3:00-3:45	Edge B 3:30-4:00	
3:45-					
4:00-					
4:15-				Intermed/Senior FreeSkate 2 4:00-4:45	
4:30-					
4:45-					

Updated June 14, 2020

*\*Tentative schedule subject to change based on number of skaters registered*

# Skate Regina

*\*Schedule for week 6 is to be finalized as it will depend upon the number of registered skaters for that week.*



# Package Fees

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

Weeks 1, 2, 3 are five day weeks while weeks 4, 5 and 6 are four day weeks. Star 2 & 3 skaters may be limited to a 2 session per day package pending enrollment. (Note, a \$60 registration fee will be added to the package fees).

		Packages Offered					
		Weeks 1, 2, 3	Weeks 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	210.00	168.00					
2	260.00	208.00					
3	320.00	256.00					

# Additional Information

## Level of Skating Guideline

**Junior/Intermediate:** Star 2 to Pre-novice

**Intermediate/Senior:** Pre-novice and higher

\*\*Final groupings will be at the discretion of the summer school directors based on skaters registered, coaching availability and any COVID restrictions.

**Coaching Staff:** See Skate Regina website for details.

## To Register

Please visit the homepage of the skateregina.ca website for registration instructions. Due to the limited spots available for the school, the spots are granted on a first come, first served basis.

## Refund Policy

No refunds will be provided after June 22nd. Refunds will be considered for medical reasons substantiated by a doctor's medical certificate. The \$60.00 administration fee will be withheld on all refunds. Requests must be received in writing.



# Off-ice Training Information (Off-ice training is not included as part of your Summer School ice package)

## OFF-ICE TRAINING OPPORTUNITY

Skate Regina coach, Christine Laprairie, of Level 10 Fitness Regina will be providing an in-person and/online fitness training program for Skate Regina 2020 summer school skaters. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance. Pricing and class times will be communicated at a later date.

Workouts will be facilitated by Christine who holds a Bachelor of Kinesiology in Human Kinetics degree with Distinction. She is a National Strength and Conditioning Certified Specialist, Saskatchewan Sports Medicine & Science Consultant and works with many Skate Regina and Skate Saskatchewan figure skaters.



# Skate Regina Summer School 2020 Off-ice Training Information

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

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

- July 7th-30th
- Tuesday & Thursday 3:15-4:15
- Investment: \$132 plus tax/8 sessions

Drop-in individual sessions - \$20 plus tax/session

\*Extra Intermediate/Senior Session - Friday 3:30-4:30 (July 10, 17, 24)

Investment: \$49.50 plus tax/3 sessions

## Junior/Intermediate Figure Skating Group -Monday/Wednesday

- July 6th-29th, 2:00-2:45pm
- Session Dates:
- July 6th, 8th, 13th, 15th, 20th, 22nd, 27th, 29th

Investment: In person - \$13.50 plus tax/session

**Location:** 2124 Grant Road

## Covid-19 Protocol:

1. Clients & Staff must be able to answer NO to all pre-screening questions (no travel in the last 14 days, no fever, no cough or trouble breathing, etc.)
2. Upon entering the building NO more than 3-5mins before your appointment time, we ask that you use the provided hand sanitizer. Also, to keep a social distance from other clients & staff in the building at all times.
3. Each client will have their own social distancing area marked off to workout out in, as well as their own equipment to use. Equipment will NOT be shared. After each session ALL equipment will be disinfected
4. There will be NO towel service at this time. If you require a "sweat towel" we ask that you bring your own. As well as water fountains will be CLOSED but water coolers will be available to fill your water bottle. We suggest though bringing your own FILLED water bottle.
5. Bathrooms will be available BUT showers WILL NOT be available at this time.
6. Christine, along with other staff will be socially distancing from clients during their session.

**Follow this link to register for group training:**

<https://www.level10regina.com/programs--events>

## Drop-in registration procedure:

For intermediate/senior drop-in sessions please do not use the above link. You will have to contact Level 10 directly by at [level10fitness@sasktel.net](mailto:level10fitness@sasktel.net) to register.

