

# SKATE **REGINA**

Providing Opportunity. Inspiring Passion. Building Excellence.

2021 Summer Skating School

6 Weeks - July 5<sup>th</sup> to August 13<sup>th</sup>, 2021

skateregina@myaccess.ca (306) 586-4898

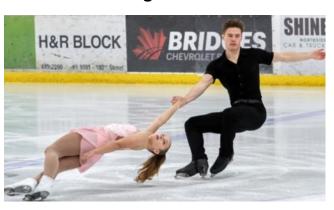
## LOOKING FOR A PLACE TO?

- 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!

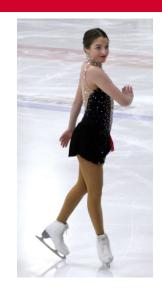


Training Centre for Skate Canada National & Provincial Champions & Challenge Qualifiers









**Sponsored By** 



#### Skate Regina 2021 Summer School Schedule - WEEK 1

July 5, 2021 (Monday)

	Mon	Mo	on	Tue	Tue	Wed	Wed	Thu	Thu	Fri	Fri		July 2	0021	
15 AM 30 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		Open Freeskate 9:00-9:45		Su M	Tu W	Th	F S
45 AM	Flood			Flood		Flood		Flood		Flood		4 5			9 1
0:00 AM 0:15 AM 0:30 AM	Jr/Int Freeskate 2 10:00-10:45			Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		<b>SIMULATIONS</b> 10:00-10:45	Jr Prep/Academy Off-ice 10:00-10:30	11 12 18 19 25 26	20 2	L 22	23 2
:45 AM	Jr/Int EDGE Class			Flood		Jr/Int <b>EDGE</b> Class		Jr/Int SPIN Class							
:00 AM	10:45-11:15		Jr Prep/Academy Off-ice		Jr Prep/Academy Off-ice	10:45-11:15	Jr Prep/Academy Off-ice	10:45-11:15	Jr Prep/Academy Off-ice	Jr/Int Freeskate 1 10:45-11:30					
:15 AM	Flood		11:00-11:30	Int/Sr Freeskate 1 11:00-11:45	11:00-11:30	Flood	11:00-11:30	Flood	11:00-11:30						
:30 AM	7.1/C 5			11.00 11.15		T.1/C F		T-1/C - 5 1 - 1 - 4		Flood					
:45 AM	Int/Sr Freeskate 1 11:30-12:15	Junior/Intermediate Ballet 11:30-12:15		Flood		Int/Sr Freeskate 1 11:30-12:15		Int/Sr Freeskate 1 11:30-12:15		11/6 5					
:00 PM				Open Freeskate	Sr/Pair Freeskate					Int/Sr Freeskate 1 11:45-12:30					
:15 PM	Flood			12:00-12:45	12:00-12:45	Flood		Flood							
:30 PM	Open Freeskate	Sr/Pair Freeskate				Open Freeskate	Sr/Pair Freeskate	Open Freeskate	Sr/Pair Freeskate	Flood					
:45 PM	12:30-1:15	12:30-1:15		Flood		12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	SIMULATIONS	Junior/Intermediate Off-ice at Level 10				
00 PM				Int/Sr Freeskate 2	Junior/Intermediate					12:45-1:30	12:30-1:30pm				
5 PM	Flood			1:00-1:45	Off-ice at PEAK	Flood		Flood				ļ			
80 PM 15 PM	Int/Sr Freeskate 2				1:00-2:00	Int/Sr Freeskate 2		Int/Sr Freeskate 2		Int/Sr Freeskate 2					
0 PM	1:30-2:15			Flood		1:30-2:15		1:30-2:15		1:30-2:15					
.5 PM				Int/Sr Freeskate 3						El I					
0 PM	Int/Sr EDGE Class 2:15-2:45			2:00-2:45		Int/Sr EDGE Class 2:15-2:45		Int/Sr SPIN Class 2:15-2:45		Flood					
15 PM	Flood					Flood		Flood		Sr/Pair Freeskate					
0 PM	Flood					riood		Flood		2:30-3:15					
5 PM	Int/Sr Freeskate 3					Int/Sr Freeskate 3		Int/Sr Freeskate 3							
0 PM	3:00-3:45					3:00-3:45		3:00-3:45							
5 PM				Intermediate/Seniors											
0 PM				Off-ice Level 10 3:30-4:30						Intermediate/Seniors					
5 PM				3.30-4.30				Intermediate/Senior		Off-ice Level 10 3:45-4:45					
0 PM	Intermediate/Seniors				1	Intermediate/Seniors		Ballet 4:00-4:45		3.133					
5 PM	Off-ice Level 10 4:15-5:15					Off-ice Level 10 4:15-5:15									
0 PM						3.13									
5 PM															

Updated June 15, 2021

Tentative - subject to change based on number of skaters registered

#### Skate Regina 2021 Summer School Schedule - WEEK 2

July 12, 2021 (Monday)

Week of:	July 12, 2021										_	
	Mon	M	on	Tue	Tue	Wed	Wed	Thu	Thu	Fri	F	ri
9:00 AM	1.00.5			Jr/Int Freeskate 1		Jr/Int Freeskate 1		Jr/Int Freeskate 1		0 5		
9:15 AM	Jr/Int Freeskate 1 9:00-9:45			9:00-9:45		9:00-9:45		9:00-9:45		Open Freeskate 9:00-9:45		
9:30 AM	3.00 3.15			3.00 3.15		3.00 3.15		5.00 5.15		3.00 3.15		
9:45 AM	Flood			Flood		Flood		Flood		Flood		
10:00 AM												Jr Prep/Academy Off-ice
L0:15 AM	Jr/Int Freeskate 2 10:00-10:45			Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		SIMULATIONS 10:00-10:45	Sr/Pair Freeskate 10:00-10:45	10:00-10:30
10:30 AM	10.00 10.15			10:00 10:15		10:00 10:15		10:00 10:15		10:00 10:15	10.00 10.15	
10:45 AM	Jr/Int EDGE Class			Flood		Jr/Int <b>EDGE</b> Class		Jr/Int SPIN Class				
11:00 AM	10:45-11:15		Jr Prep/Academy		Jr Prep/Academy	10:45-11:15	Jr Prep/Academy	10:45-11:15	Jr Prep/Academy	Jr/Int Freeskate 1 10:45-11:30		
11:15 AM	Flood		Off-ice 11:00-11:30	Int/Sr Freeskate 1 11:00-11:45	Off-ice 11:00-11:30	Flood	Off-ice 11:00-11:30	Flood	Off-ice 11:00-11:30	10.45-11.50		
11:30 AM			22.23 22.50	11.00-11.45			22.00		22.02 11.00	Flood		
11:45 AM	Int/Sr Freeskate 1 11:30-12:15	Junior/Intermediate Ballet 11:30-12:15		Flood		Int/Sr Freeskate 1 11:30-12:15		Int/Sr Freeskate 1 11:30-12:15			İ	
12:00 PM	11.30-12.13	Dallet 11.30-12.13				11.30-12.13		11.30-12.13		Int/Sr Freeskate 1 11:45-12:30		
12:15 PM	Flood			Open Freeskate 12:00-12:45	Sr/Pair Freeskate 12:00-12:45	Flood		Flood		11.45 12.50		
12:30 PM				12.00-12.43	12.00-12.43					Flood		
12:45 PM	Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Flood		Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15	Open Freeskate 12:30-1:15			Junior/Intermediate Off-ice at Level 10	
1:00 PM	12.50 1.15	12.50 1.15				12.50 1.15	12.30 1.13	12.50 1.15		SIMULATIONS 12:45-1:30	12:30-1:30pm	
1:15 PM	Flood			Int/Sr Freeskate 2 1:00-1:45	Junior/Intermediate Off-ice at PEAK	Flood		Flood				
1:30 PM				1.00 1.15	1:00-2:00							
1:45 PM	Int/Sr Freeskate 2 1:30-2:15			Flood		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		
2:00 PM	-10.0					-100 -110						
2:15 PM	Int/Sr EDGE Class			Int/Sr Freeskate 3 2:00-2:45		Int/Sr EDGE Class		Int/Sr SPIN Class				
2:30 PM	2:15-2:45			2.00 2.15		2:15-2:45		2:15-2:45				
2:45 PM	Flood					Flood		Flood				
3:00 PM	Int/Sr Freeskate 3					Int/Sr Freeskate 3		Int/Sr Freeskate 3	Sr/Pair Freeskate			
3:15 PM	3:00-3:45					3:00-3:45		3:00-3:45	3:00-3:45			
3:30 PM												
3:45 PM				Intermediate/Seniors Off-ice Level 10								
4:00 PM				3:30-4:30						Intermediate/Seniors Off-ice Level 10		
4:15 PM								Intermediate/Senior		3:45-4:45		
4:30 PM	Intermediate/Seniors Off-ice Level 10					Intermediate/Seniors Off-ice Level 10		Ballet 4:00-4:45				
4:45 PM	4:15-5:15					4:15-5:15						
5:00 PM												
5:15 PM												

### Skate Regina 2021 Summer School Schedule - WEEK 3

or the Veek of:	July 19, 2021	(Monday)										July 202:	1
	Mon	M	on	Tue	Tue	Wed	Wed	Thu	Thu	Fri	Fri	Su M Tu W Th	1 F S
:00 AM 1:15 AM 1:30 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		Open Freeskate 9:00-9:45		11 12 13 14 15	9 1
:45 AM	Flood			Flood		Flood		Flood		Flood		18 19 20 21 22	
0:00 AM 0:15 AM 0:30 AM	Jr/Int Freeskate 2 10:00-10:45			Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		SIMULATIONS 10:00-10:45	Sr/Pair Freeskate 10:00-10:45	25 26 27 28 29	30 3
0:45 AM 1:00 AM	Jr/Int <b>EDGE</b> Class 10:45-11:15		Jr Prep/Academy Off-ice	Flood  Int/Sr Freeskate 1	Jr Prep/Academy Off-ice	Jr/Int <b>EDGE</b> Class 10:45-11:15	Jr Prep/Academy Off-ice	Jr/Int <b>SPIN</b> Class 10:45-11:15	Jr Prep/Academy Off-ice	Jr/Int Freeskate 1 10:45-11:30			
1:15 AM	Flood		11:00-11:30	11:00-11:45	11:00-11:30	Flood	11:00-11:30	Flood	11:00-11:30				
1:30 AM	Int/Sr Freeskate 1	Junior/Intermediate				Int/Sr Freeskate 1		Int/Sr Freeskate 1		Flood	Ja Daga (A and ann)		
1:45 AM 2:00 PM	11:30-12:15	Ballet 11:30-12:15		Flood Open Freeskate	Sr/Pair Freeskate	11:30-12:15		11:30-12:15		Int/Sr Freeskate 1 11:45-12:30	Jr Prep/Academy Off-ice 11:45-12:15		
2:15 PM	Flood			12:00-12:45	12:00-12:45	Flood		Flood					
2:30 PM 2:45 PM :00 PM	Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Flood		Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15	Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15	SIMULATIONS	Junior/Intermediate Off-ice at Level 10 12:30-1:30pm		
:15 PM	Flood			Int/Sr Freeskate 2	Junior/Intermediate	Flood		Flood		12:45-1:30	12.30 1.30pm		
:30 PM :45 PM :00 PM	Int/Sr Freeskate 2 1:30-2:15			1:00-1:45 Flood	Off-ice at PEAK 1:00-2:00	Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15			
:15 PM :30 PM	Int/Sr <b>EDGE</b> Class 2:15-2:45			Int/Sr Freeskate 3 2:00-2:45		Int/Sr <b>EDGE</b> Class 2:15-2:45		Int/Sr <b>SPIN</b> Class 2:15-2:45					
:45 PM	Flood					Flood		Flood					
:00 PM :15 PM :30 PM	Int/Sr Freeskate 3 3:00-3:45					Int/Sr Freeskate 3 3:00-3:45		Int/Sr Freeskate 3 3:00-3:45					
45 PM 00 PM				Intermediate/Seniors Off-ice Level 10 3:30-4:30						Intermediate/Seniors Off-ice Level 10			
15 PM 30 PM	Intermediate/Seniors Off-ice Level 10					Intermediate/Seniors Off-ice Level 10		Intermediate/Senior Ballet 4:00-4:45		3:45-4:45			
45 PM 00 PM 15 PM	4:15-5:15					4:15-5:15							

Updated June 15, 2021

Tentative - subject to change based upon the number of skaters registered

### Skate Regina 2021 Summer School Schedule - WEEK 4

	Mon	M	on	Tue	Tue	Wed	Wed	Thu	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										
9:45 AM	Flood			Flood		Flood		Flood		
10:00 AM	2.77.5			2.00.5		3.00.00.00.00.0		3.50.50.00.00		
10:15 AM	Jr/Int Freeskate 2 10:00-10:45			Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		
10:30 AM										
10:45 AM	Jr/Int <b>EDGE</b> Class			Flood		Jr/Int <b>EDGE</b> Class		Jr/Int <b>SPIN</b> Class		
11:00 AM	10:45-11:15		Jr Prep/Academy Off-ice	Int/Sr Freeskate 1	Jr Prep/Academy Off-ice	10:45-11:15	Jr Prep/Academy Off-ice	10:45-11:15	Jr Prep/Academy Off-ice	
11:15 AM	Flood		11:00-11:30	11:00-11:45	11:00-11:30	Flood	11:00-11:30	Flood	11:00-11:30	
11:30 AM	Int/Sr Freeskate 1	Junior/Intermediate				Int/Sr Freeskate 1		Int/Sr Freeskate 1		
11:45 AM	11:30-12:15	Ballet 11:30-12:15		Flood		11:30-12:15		11:30-12:15		
12:00 PM				Open Freeskate	Sr/Pair Freeskate					NO ICE
12:15 PM	Flood			12:00-12:45	12:00-12:45	Flood		Flood		
12:30 PM	Open Freeskate	Sr/Pair Freeskate				Open Freeskate	Sr/Pair Freeskate	Open Freeskate	Sr/Pair Freeskate	
12:45 PM	12:30-1:15	12:30-1:15		Flood		12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	
1:00 PM				Int/Sr Freeskate 2						
1:15 PM	Flood			1:00-1:45	Junior/Intermediate Off-ice at PEAK	Flood		Flood		
1:30 PM	Int/Sr Freeskate 2				1:00-2:00	Int/Sr Freeskate 2		Int/Sr Freeskate 2		
1:45 PM	1:30-2:15			Flood		1:30-2:15		1:30-2:15		
2:00 PM				Int/Sr Freeskate 3						
2:15 PM	Int/Sr EDGE Class			2:00-2:45		Int/Sr EDGE Class		Int/Sr SPIN Class		
2:30 PM	2:15-2:45					2:15-2:45		2:15-2:45		
2:45 PM	Flood					Flood		Flood		
3:00 PM	Int/Sr Freeskate 3					Int/Sr Freeskate 3		Int/Sr Freeskate 3		
3:15 PM	3:00-3:45					3:00-3:45		3:00-3:45		
3:30 PM 3:45 PM				Intermediate/Seniors			1			
4:00 PM				Off-ice Level 10						
4:00 PM 4:15 PM				3:30-4:30						
4:15 PM 4:30 PM	Intermediate/Seniors					Intermediate/Seniors		Intermediate/Senior Ballet 4:00-4:45		
4:45 PM	Off-ice Level 10					Off-ice Level 10		23		
5:00 PM	4:15-5:15					4:15-5:15				
J.00 FI4		I	1	ı	ı				1	

#### Skate Regina 2021 Summer School Schedule - WEEK 5

August 3, 2021 (Tuesday)

	Mon	Tues	Tu	ies		W	ed	Thurs	Th	urs	Friday	Friday	August 2021
00 AM L5 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		Su M Tu W Th F
0 AM		9:00-9:45			9:00-9:45			9:00-9:45			9:00-9:45		1 2 3 4 5 6
5 AM		Flood			Flood			Flood			Flood		8 9 10 11 12 13
00 AM		Int/Sr Freeskate 1			Int/Sr Freeskate 1			Int/Sr Freeskate 1	Junior/Intermediate		Jr/Int Freeskate 2		15 16 17 18 19 20
L5 AM		10:00-10:45			10:00-10:45			10:00-10:45	Ballet 10:00-10:45		10:00-10:45		22 23 24 25 26 27 29 30 31
0 AM													29 30 31
5 AM		Flood			Flood			Flood			Flood	Jr Prep/Academy	
0 AM 5 AM		Jr/Int Freeskate 2			Jr/Int Freeskate 2			Jr/Int Freeskate 2			Int/Sr Freeskate 1	Off-ice	
BO AM		11:00-11:45			11:00-11:45			11:00-11:45			11:00-11:45	11:00-11:30	
15 AM		Jr/Int <b>EDGE</b> Class			Jr/Int <b>SPIN</b> Class			Jr/Int <b>EDGE</b> Class	-		Flood		
00 PM		11:45-12:15		Jr Prep/Academy	11:45-12:15		Jr Prep/Academy	11:45-12:15		Jr Prep/Academy			
5 PM	NO ICE	Flood	Sr/Pair Freeskate 12:00-12:45	Off-ice 12:00-12:30	Flood	Sr/Pair Freeskate 12:00-12:45	Off-ice 12:00-12:30	Flood	Sr/Pair Freeskate 12:00-12:45	Off-ice 12:00-12:30	Int/Sr Freeskate 2 12:00-12:45		
0 PM			12:00-12:45	12.00 12.50		12:00-12:45	12.00 12.30		12:00-12:45	12.00 12.50	12:00-12:45		
5 PM		Open Freeskate 12:30-1:15			Open Freeskate 12:30-1:15			Open Freeskate 12:30-1:15			Flood	Junior/Intermediate Off-ice at Level 10	
PM (		12:50 1:15									Sr/Pair Freeskate	12:30-1:30pm	
PM		Flood	Junior/Intermediate		Flood			Flood			1:00-1:45	· ·	
PM		Int/Sr EDGE Class	Off-ice at PEAK		Int/Sr SPIN Class			Int/Sr EDGE Class					
PM		1:30-2:00	1:30-2:30		1:30-2:00			1:30-2:00					
PM		Int/Sr Freeskate 2			Int/Sr Freeskate 2			Int/Sr Freeskate 2					
PM PM		2:00-2:45			2:00-2:45			2:00-2:45					
PM									-				
PM													
PM								Intermediate/Senior					
PM								Ballet 3:00-3:45					
PM		Intermediate/Seniors											
PM		Off-ice Level 10 3:30-4:30									Intermediate/Seniors		
PM		2,3230									Off-ice Level 10 3:45-4:45		
PM			1		Intermediate/Seniors								
PM					Off-ice Level 10 4:15-5:15								
PM													
PM		1					1		1				

Updated June 15, 2021

Tentative - subject to change based upon the number of skaters

### Skate Regina 2021 Summer School Schedule - WEEK 6

August 9, 2021 (Monday)

Sr/Pair Freeskate 11:45-12:30	Jr Prep/Academy Off-ice 12:00-12:30	Jr/Int Freeskate 1 9:00-9:45 Flood Int/Sr Freeskate 1 10:00-10:45 Flood Jr/Int Freeskate 2 11:00-11:45 Flood Open Freeskate 12:00-12:45 Flood	Sr/Pair Freeskate 11:45-12:30	Jr Prep/Academy Off-ice 12:00-12:30	Jr/Int Freeskate 1 9:00-9:45 Flood Int/Sr Freeskate 1 10:00-10:45 Flood Jr/Int Freeskate 2 11:00-11:45 Jr/Int EDGE Class 11:45-12:15 Flood Open Freeskate 12:30-1:15	Sr/Pair Freeskate 11:45-12:30	Jr Prep/Academy Off-ice 12:00-12:30	Jr/Int Freeskate 1 9:00-9:45 Flood Int/Sr Freeskate 1 10:00-10:45 Flood Jr/Int Freeskate 2 11:00-11:45 Jr/Int SPIN Class 11:45-12:15 Flood Open Freeskate 12:30-1:15	Junior/Intermediate Ballet 10:00-10:45  Sr/Pair Freeskate 11:45-12:30	Jr Prep/Academy Off-ice 12:00-12:30	Jr/Int Freeskate 1 9:00-9:45 Flood Jr/Int Freeskate 2 10:00-10:45 Flood Int/Sr Freeskate 1 11:00-11:45 Flood Int/Sr Freeskate 2 12:00-12:45 Flood	Jr Prep/Acade Off-ice 11:00-11:3
Sr/Pair Freeskate	Off-ice	Int/Sr Freeskate 1 10:00-10:45 Flood Ir/Int Freeskate 2 11:00-11:45 Flood Open Freeskate 12:00-12:45 Flood		Off-ice	Int/Sr Freeskate 1 10:00-10:45  Flood  Jr/Int Freeskate 2 11:00-11:45  Jr/Int EDGE Class 11:45-12:15  Flood  Open Freeskate	Sr/Pair Freeskate 11:45-12:30	Off-ice	Int/Sr Freeskate 1 10:00-10:45 Flood Jr/Int Freeskate 2 11:00-11:45 Jr/Int <b>SPIN</b> Class 11:45-12:15 Flood Open Freeskate	Ballet 10:00-10:45	Off-ice	Ir/Int Freeskate 2 10:00-10:45 Flood Int/Sr Freeskate 1 11:00-11:45 Flood Int/Sr Freeskate 2 12:00-12:45	Off-ice 11:00-11:3
Sr/Pair Freeskate	Off-ice	Flood  Jr/Int Freeskate 2 11:00-11:45  Flood  Open Freeskate 12:00-12:45  Flood		Off-ice	Flood  Jr/Int Freeskate 2 11:00-11:45  Jr/Int EDGE Class 11:45-12:15  Flood  Open Freeskate	Sr/Pair Freeskate 11:45-12:30	Off-ice	Flood   Jr/Int Freeskate 2   11:00-11:45   Jr/Int SPIN Class   11:45-12:15   Flood   Open Freeskate	Sr/Pair Freeskate	Off-ice	Flood  Int/Sr Freeskate 1 11:00-11:45  Flood  Int/Sr Freeskate 2 12:00-12:45	Off-ice 11:00-11:3
Sr/Pair Freeskate	Off-ice	Flood  Open Freeskate 12:00-12:45  Flood		Off-ice	11:00-11:45  Jr/Int <b>EDGE</b> Class 11:45-12:15  Flood  Open Freeskate	Sr/Pair Freeskate 11:45-12:30	Off-ice	11:00-11:45  Jr/Int SPIN Class 11:45-12:15  Flood  Open Freeskate	Sr/Pair Freeskate 11:45-12:30	Off-ice	11:00-11:45 Flood Int/Sr Freeskate 2 12:00-12:45	
11:45-12:30		12:00-12:45 Flood	11:45-12:30		Open Freeskate	11:45-12:30		Open Freeskate	11:45-12:30		12:00-12:45	Junior/Interme
					12:30-1:15							
		Int/Sr Freeskate 2 1:00-1:45	Junior/Intermediate Off-ice at PEAK 1:00-2:00		Flood Int/Sr EDGE Class			Flood Int/Sr SPIN Class			Sr/Pair Freeskate 1:00-1:45	Off-ice at Lev 12:30-1:30
					1:30-2:00 Int/Sr Freeskate 2 2:00-2:45			1:30-2:00 Int/Sr Freeskate 2 2:00-2:45				
								Intermediate/Senior				
		Intermediate/Seniors Off-ice Level 10 3:30-4:30						Ballet 3:00-3:45			Intermediate/Seniors	
					Intermediate/Seniors Off-ice Level 10 4:15-5:15						3:45-4:45	
or	2 2 SVFS 0	ors	Intermediate/Seniors Off-ice Level 10 3:30-4:30	Intermediate/Seniors Off-ice Level 10 3:30-4:30	Intermediate/Seniors Off-ice Level 10 3:30-4:30	Intermediate/Seniors Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10 Off-ice Level 10	Int/Sr Freeskate 2 2:00-2:45  Intermediate/Seniors Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10	Intermediate/Seniors Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10 Off-ice Level 10	Int/Sr Freeskate 2 2:00-2:45  Intermediate/Seniors Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10 0	Int/Sr Freeskate 2 2:00-2:45  Intermediate/Seniors Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10	Int/Sr Freeskate 2 2:00-2:45  Int/Sr Freeskate 2 2:00-2:45  Intermediate/Senior Ballet 3:00-3:45  Intermediate/Senior Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10	Int/Sr Freeskate 2 2:00-2:45  Intermediate/Seniors Off-ice Level 10 3:30-4:30  Intermediate/Seniors Off-ice Level 10 3:45-4:45

# Skate Regina













# Package Information and Fees

Registration fees will be derived by totalling the week and session rates then applying the applicable discount. Weeks 1, 2, 3 and 6 are five day weeks while weeks 4, and 5 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.
- One 45 minute off-ice training session per week. For Intermediate/Senior, the class is ballet; for Junior/Intermediate, the class is strength and flexibility. (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 minutes edge classes per week
- One 30 minute spin class per week

			Packages	Offered		
	Weeks 1, 2, 3,6	Weeks 4, 5	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	290.00	232.00				
3	350.00	280.00				

### **Simulations:**

- Simulations are offered on July 9, 16, and 23
- 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 skater registered, coaching availability and any COVID restrictions.

**<u>Coaching Staff:</u>** 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 18th. 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.

### **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.

# 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 2021 summer school skaters. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance.

Workouts will be facilitated by Christine who is a part owner of Level 10. Christine has attained a Bachelor of Kinesiology in Human Kinetics degree with Distinction. She is a National Strength and Conditioning Certified Specialist, Sask Sports Medicine & Science Consultant and works with many Skate Regina and Skate Sask figure skaters.







# Level 10 Off-ice Training Information

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

### Intermediate/Senior Figure Skating Group - Monday/Tuesday/Wednesday/Friday

- Monday 4:15-5:15pm (2124 Grant Rd. July 5, 12,19,26 and August 9) © 8 spaces available
- Tuesday 3:30-4:30pm (2124 Grant Rd. July 6,13,20,27 and August 3, 10) © 6 spaces available
- Wednesday 4:15-5:15pm (2121 Grant Rd. July 7,14,21,28 and August 4,11) © 8 spaces available
- Friday 3:45-4:45pm (2121 Grant Rd. Jul 9,16,23, and August 6,13) \$\sigma\$ 8 spaces available
- Investment: 1 session/week \$20 per session + GST; 2 sessions/week \$16.50 per session + GST 3 sessions/week \$15 per session + GST; 4 sessions/week \$14 per session + GST

### Junior/Intermediate Figure Skating Group - Tuesday/Friday

- Tuesday 1:00-2:00pm (Peak Performance Cooperators. July 6,13,20,27 and August 3\*,10)
  - \*August 3rd the session is scheduled for 1:30-2:30pm. © 8 spaces available
- Friday 12:30-1:30pm (2121 Grant Rd. July 9,16,23, and August 6,13) \$\infty\$8 spaces available
- Investment: 1 session/week \$20 per session + GST; 2 sessions/week \$16.50 per session + GST

#### 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. A mask that covers your nose, mouth and chin must be worn while working out and at all times in the building.
- 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, changerooms / lockers will be available and showers will be available for use.
- 6. Christine, along with other staff will be socially distancing from clients during their session.

**To Book/Register:** 1. Create a level 10 account at <a href="https://level10regina.com/waivers">https://level10regina.com/waivers</a>; 2. Email <a href="Level10fitness@sasktel.net">Level10fitness@sasktel.net</a> 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.