



SKATE REGINA

Providing Opportunity. Inspiring Passion. Building Excellence.

2021 Summer Skating School
6 Weeks - July 5th to August 13th, 2021

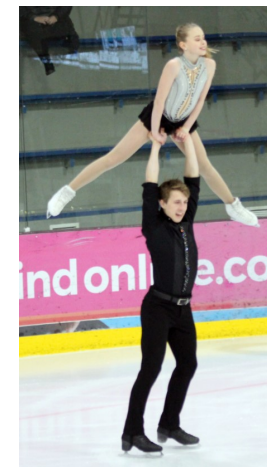
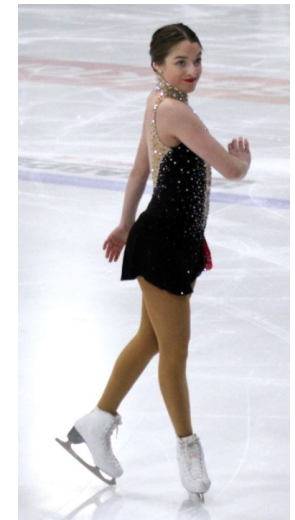
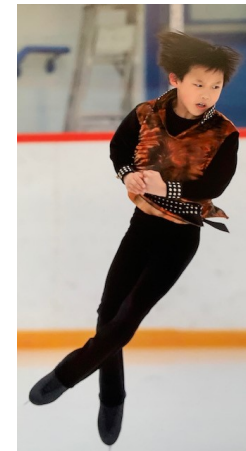
skater Regina@myaccess.ca
(306) 586-4898

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



Updated June 13, 2021

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.

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 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) ☞ 16 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) ☞ 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) ☞ 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 <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.