

SKATE REGINA

Providing Opportunity. Inspiring Passion. Building Excellence.

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

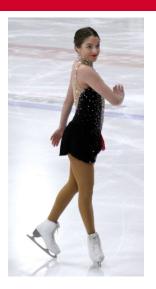
LOOK NO FURTHER THAN THE SKATE REGINA SUMMER SCHOOL!



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







Sponsored By



Updated June 13, 2021

Skate Regina 2021 Summer School Schedule - WEEK 1

	Mon	Mo	on	Tue	Tue	Wed	Wed	Thu	Thu	Fri	Fri	July 2021
:00 AM :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 Sa
:45 AM 0:00 AM 0:15 AM 0:30 AM	Flood Jr/Int Freeskate 2 10:00-10:45			Flood Jr/Int Freeskate 2 10:00-10:45		Flood Jr/Int Freeskate 2 10:00-10:45		Flood Jr/Int Freeskate 2 10:00-10:45		Flood SIMULATIONS 10:00-10:45	Jr Prep/Academy Off-ice 10:00-10:30	4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 3
0:45 AM 1:00 AM 1:15 AM	Jr/Int EDGE Class 10:45-11:15 Flood		Jr Prep/Academy Off-ice	Flood Int/Sr Freeskate 1	Jr Prep/Academy Off-ice	Jr/Int EDGE Class 10:45-11:15 Flood	Jr Prep/Academy Off-ice	Jr/Int SPIN Class 10:45-11:15 Flood	Jr Prep/Academy Off-ice	Jr/Int Freeskate 1 10:45-11:30		
1:30 AM 1:45 AM 2:00 PM	Int/Sr Freeskate 1 11:30-12:15	Junior/Intermediate Ballet 11:30-12:15	11:00-11:30	11:00-11:45	11:00-11:30	Int/Sr Freeskate 1 11:30-12:15	11:00-11:30	Int/Sr Freeskate 1 11:30-12:15	11:00-11:30	Flood Int/Sr Freeskate 1 11:45-12:30		
2:15 PM 2:30 PM 2:45 PM :00 PM	Flood Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Open Freeskate 12:00-12:45 Flood	Sr/Pair Freeskate 12:00-12:45	Flood 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	Flood	Junior/Intermediate Off-ice at Level 10	
:15 PM :30 PM :45 PM	Flood Int/Sr Freeskate 2 1:30-2:15			Int/Sr Freeskate 2 1:00-1:45 Flood	Junior/Intermediate Off-ice at PEAK 1:00-2:00	Flood Int/Sr Freeskate 2 1:30-2:15		Flood Int/Sr Freeskate 2 1:30-2:15		12:45-1:30 Int/Sr Freeskate 2 1:30-2:15	12:30-1:30pm	
:00 PM :15 PM :30 PM	Int/Sr EDGE Class 2:15-2:45			Int/Sr Freeskate 3 2:00-2:45		Int/Sr EDGE Class 2:15-2:45		Int/Sr SPIN Class 2:15-2:45		Flood Sr/Pair Freeskate		
:45 PM :00 PM :15 PM :30 PM	Flood Int/Sr Freeskate 3 3:00-3:45					Flood Int/Sr Freeskate 3 3:00-3:45		Flood Int/Sr Freeskate 3 3:00-3:45		2:30-3:15		
:45 PM :00 PM :15 PM	Intermediate/Seniors			Intermediate/Seniors Off-ice Level 10 3:30-4:30		Intermediate/Seniors		Intermediate/Senior Ballet 4:00-4:45		Intermediate/Seniors Off-ice Level 10 3:45-4:45		
:30 PM :45 PM :00 PM :15 PM	Off-ice Level 10 4:15-5:15					Off-ice Level 10 4:15-5:15		Ballet 4.00-4.45				

Updated June 28, 2021 Tentative - subject to change based on number

of skaters registered

Skate Regina 2021 Summer School Schedule - WEEK 2

For the July 12, 2021 (Monday)

	Mon	M	on	Tue	Tue	Wed	Wed	Thu	Thu	Fri	F	ri
:00 AM :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		
:45 AM 0:00 AM 0:15 AM	Flood Jr/Int Freeskate 2			Flood Jr/Int Freeskate 2		Flood Jr/Int Freeskate 2		Flood Jr/Int Freeskate 2		Flood SIMULATIONS	Sr/Pair Freeskate	Jr Prep/Academ Off-ice 10:00-10:30
0:30 AM 0:45 AM	10:00-10:45 Jr/Int EDGE Class			10:00-10:45 Flood		10:00-10:45 Jr/Int EDGE Class		10:00-10:45 Jr/Int SPIN Class		10:00-10:45 Jr/Int Freeskate 1	10:00-10:45	10:00-10:30
1:00 AM 1:15 AM 1:30 AM	10:45-11:15 Flood		Jr Prep/Academy Off-ice 11:00-11:30	Int/Sr Freeskate 1 11:00-11:45	Jr Prep/Academy Off-ice 11:00-11:30	10:45-11:15 Flood	Jr Prep/Academy Off-ice 11:00-11:30	10:45-11:15 Flood	Jr Prep/Academy Off-ice 11:00-11:30	10:45-11:30 Flood		
1:45 AM 2:00 PM 2:15 PM	Int/Sr Freeskate 1 11:30-12:15	Junior/Intermediate Ballet 11:30-12:15		Flood Open Freeskate	Sr/Pair Freeskate	Int/Sr Freeskate 1 11:30-12:15		Int/Sr Freeskate 1 11:30-12:15		Int/Sr Freeskate 1 11:45-12:30		
2:30 PM 2:45 PM	Flood Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		12:00-12:45 Flood	12:00-12:45	Flood Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15	Flood Open Freeskate 12:30-1:15		Flood SIMULA TIONS	Junior/Intermediate Off-ice at Level 10	
:00 PM :15 PM :30 PM	Flood			Int/Sr Freeskate 2 1:00-1:45	Junior/Intermediate Off-ice at PEAK 1:00-2:00	Flood		Flood		12:45-1:30	12:30-1:30pm	
:45 PM :00 PM	Int/Sr Freeskate 2 1:30-2:15			Flood Int/Sr Freeskate 3	1.00 2.00	Int/Sr Freeskate 2 1:30-2:15		Int/Sr Freeskate 3 1:30-2:15		Int/Sr Freeskate 2 1:30-2:15		
:15 PM :30 PM :45 PM	Int/Sr EDGE Class 2:15-2:45 Flood			2:00-2:45		Int/Sr EDGE Class 2:15-2:45 Flood		Int/Sr SPIN Class 2:15-2:45 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 2 3:00-3:45	Sr/Pair Freeskate 3:00-3:45			
:45 PM :00 PM :15 PM	Intermediate/Seniors			Intermediate/Seniors Off-ice Level 10 3:30-4:30		Intermediate/Seniors		Intermediate/Senior Ballet 4:00-4:45		Intermediate/Seniors Off-ice Level 10 3:45-4:45		
:30 PM :45 PM :00 PM	Off-ice Level 10 4:15-5:15					Off-ice Level 10 4:15-5:15		Dance 4.00-4.45				

Skate Regina 2021 Summer School Schedule - WEEK 3

For the Week of:	July 19, 2021	(Monday)											J	uly	202	1	
	Mon	M	on	Tue	Tue	Wed	Wed	Thu	Thu	Fri	Fri	Su	м	Tu V	V TI	ו F	Sa
9:00 AM 9:15 AM 9:30 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				6 7 13 1		9	3 10 17
9:45 AM	Flood			Flood		Flood		Flood		Flood				20 2			
10:00 AM 10:15 AM 10:30 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 2	8 29	9 30	31
10:45 AM 11:00 AM 11:15 AM	Jr/Int EDGE Class 10:45-11:15 Flood		Jr Prep/Academy Off-ice 11:00-11:30	Flood	Jr Prep/Academy Off-ice 11:00-11:30	Jr/Int EDGE Class 10:45-11:15 Flood	Jr Prep/Academy Off-ice 11:00-11:30	Jr/Int SPIN Class 10:45-11:15 Flood	Jr Prep/Academy Off-ice 11:00-11:30	Jr/Int Freeskate 1 10:45-11:30							
11:30 AM			11.00 11.50	11:00-11:45	11.00 11.50		11.00 11.50		11.00 11.50	Flood							
11:45 AM 12:00 PM	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		Int/Sr Freeskate 1 11:45-12:30	Jr Prep/Academy Off-ice 11:45-12:15						
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 12:45 PM 1:00 PM	Open Freeskate 12:30-1:15	Sr/Pair Freeskate 12:30-1:15		Flood Int/Sr Freeskate 2		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	Flood SIMULATIONS 12:45-1:30	Junior/Intermediate Off-ice at Level 10 12:30-1:30pm						
1:15 PM	Flood			1:00-1:45	Junior/Intermediate Off-ice at PEAK	Flood		Flood									
1:30 PM 1:45 PM 2:00 PM	Int/Sr Freeskate 2 1:30-2:15			Flood	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							
2:15 PM 2:30 PM	Int/Sr EDGE Class 2:15-2:45			Int/Sr Freeskate 3 2:00-2:45		Int/Sr EDGE Class 2:15-2:45		Int/Sr SPIN Class 2:15-2:45									
2:45 PM	Flood					Flood		Flood									
3:00 PM 3:15 PM 3:30 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									
3:45 PM 4:00 PM 4:15 PM	-			Intermediate/Seniors Off-ice Level 10 3:30-4:30						Intermediate/Seniors Off-ice Level 10							
4:30 PM 4:45 PM 5:00 PM	Intermediate/Seniors Off-ice Level 10 4:15-5:15					Intermediate/Seniors Off-ice Level 10 4:15-5:15		Intermediate/Senior Ballet 4:00-4:45		3:45-4:45							
5:15 PM																	

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										
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 EDGE Class			Flood		Jr/Int EDGE Class		Jr/Int SPIN Class		
11:00 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	
11:15 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	
11:30 AM										
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		
12:00 PM										NO ICE
12:15 PM	Flood			Open Freeskate 12:00-12:45	Sr/Pair Freeskate 12:00-12:45	Flood		Flood		
12:30 PM										
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	Sr/Pair Freeskate 12:30-1:15	
1:00 PM										
1:15 PM	Flood			Int/Sr Freeskate 2 1:00-1:45	Junior/Intermediate Off-ice at PEAK	Flood		Flood		
1:30 PM					1:00-2:00					
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		
2:00 PM										
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			2100 2115		2:15-2:45		2:15-2:45		
2:45 PM	Flood	1]	Flood		Flood		
3:00 PM										
3:15 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		
3:30 PM	5.00 5.15					5100 5115		5.00 5.15		
3:45 PM				Intermediate/Seniors Off-ice Level 10						
4:00 PM				3:30-4:30						
4:15 PM								Intermediate/Senior		
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										

Updated June 15, 2021

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

Skate Regina 2021 Summer School Schedule - WEEK 5

For the Week of: August 3, 2021 (Tuesday)

	Mon	Tues	Τι	ies		w	ed	Thurs	Th	urs	Friday	Friday	August 2021	
9:00 AM 9:15 AM 9:30 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		Su M Tu W Th F 1 2 3 4 5 6	7
9:45 AM		Flood			Flood			Flood			Flood		8 9 10 11 12 13	
10:00 AM 10:15 AM 10:30 AM		Int/Sr Freeskate 1 10:00-10:45			Int/Sr Freeskate 1 10:00-10:45			Int/Sr Freeskate 1 10:00-10:45	Junior/Intermediate Ballet 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45		15 16 17 18 19 20 22 23 24 25 26 27 29 30 31	
10:45 AM		Flood			Flood			Flood			Flood			
11:00 AM 11:15 AM 11:30 AM		Jr/Int Freeskate 2 11:00-11:45			Jr/Int Freeskate 2 11:00-11:45			Jr/Int Freeskate 2 11:00-11:45			Int/Sr Freeskate 1 11:00-11:45	Jr Prep/Academy Off-ice 11:00-11:30	-	
11:45 AM		Jr/Int EDGE Class			Jr/Int SPIN Class			Jr/Int EDGE Class			Flood			
12:00 PM		11:45-12:15	Sr/Pair Freeskate	Jr Prep/Academy Off-ice	11:45-12:15	Sr/Pair Freeskate	Jr Prep/Academy Off-ice	11:45-12:15	Sr/Pair Freeskate	Jr Prep/Academy Off-ice	Int/Sr Freeskate 2			
12:15 PM	NO ICE	Flood	12:00-12:45	12:00-12:30	Flood	12:00-12:45	12:00-12:30	Flood	12:00-12:45	12:00-12:30	12:00-12:45			
12:30 PM 12:45 PM 1:00 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 12:30-1:30pm		
1:15 PM		Flood		-	Flood			Flood			Sr/Pair Freeskate 1:00-1:45	12.30-1.30pm		
1:30 PM 1:45 PM		Int/Sr EDGE Class 1:30-2:00	Junior/Intermediate Off-ice at PEAK 1:30-2:30		Int/Sr SPIN Class 1:30-2:00			Int/Sr EDGE Class 1:30-2:00			1:00-1:45	_		
2:00 PM 2:15 PM 2:30 PM		Int/Sr Freeskate 2 2:00-2:45			Int/Sr Freeskate 2 2:00-2:45			Int/Sr Freeskate 2 2:00-2:45						
2:45 PM 3:00 PM														
3:15 PM 3:30 PM								Intermediate/Senior Ballet 3:00-3:45						
3:45 PM		Intermediate/Seniors Off-ice Level 10									T. I			U
4:00 PM		3:30-4:30						1			Intermediate/Seniors Off-ice Level 10			
4:15 PM					Intermediate/Seniors			1			3:45-4:45			
4:30 PM		1			Off-ice Level 10			1						
4:45 PM		1			4:15-5:15			1						
5:00 PM 5:15 PM		1						1						
C15 PM										L				

Updated June 15, 2021

Tentative - subject to change based upon the number of skaters

Skate Regina 2021 Summer School Schedule - WEEK 6

For the Week of: August 9, 2021 (Monday)

Week of:	Mon	M	on	Tue	Т	le	Wed	w	ed	Thu	T	าน	Fri	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			Jr/Int Freeskate 1 9:00-9:45	
9:30 AM	9:00-9:45			9:00-9:45			9:00-9:45			9:00-9:45			9:00-9:45	
9:45 AM	Flood			Flood			Flood			Flood			Flood	
10:00 AM														
0:15 AM	Int/Sr Freeskate 1 10:00-10:45			Int/Sr Freeskate 1 10:00-10:45			Int/Sr Freeskate 1 10:00-10:45			Int/Sr Freeskate 1 10:00-10:45	Junior/Intermediate Ballet 10:00-10:45		Jr/Int Freeskate 2 10:00-10:45	
.0:30 AM	10.00 10.45			10.00 10.45			10.00 10.45			10.00 10.45	Dallet 10.00 10.45		10.00 10.45	
0:45 AM	Flood			Flood			Flood			Flood			Flood	
1:00 AM	Jr/Int Freeskate 2			Jr/Int Freeskate 2			Jr/Int Freeskate 2			Jr/Int Freeskate 2			Int/Sr Freeskate 1	Jr Prep/Academy Off-ice
1:15 AM	11:00-11:45			11:00-11:45			11:00-11:45			11:00-11:45			11:00-11:45	11:00-11:30
1:30 AM														
1:45 AM	Jr/Int EDGE Class 11:45-12:15	Sr/Pair Freeskate	Jr Prep/Academy	Flood	Sr/Pair Freeskate	Jr Prep/Academy	Jr/Int EDGE Class 11:45-12:15	Sr/Pair Freeskate	Jr Prep/Academy	Jr/Int SPIN Class 11:45-12:15	Sr/Pair Freeskate	Jr Prep/Academy	Flood	
L2:00 PM		11:45-12:30	Off-ice	Open Freeskate	11:45-12:30	Off-ice		11:45-12:30	Off-ice		11:45-12:30	Off-ice	Int/Sr Freeskate 2	
2:15 PM	Flood		12:00-12:30	12:00-12:45		12:00-12:30	Flood		12:00-12:30	Flood		12:00-12:30	12:00-12:45	
2:30 PM	Open Freeskate			Flood			Open Freeskate			Open Freeskate			Flood	Junior/Intermediate
12:45 PM 1:00 PM	12:30-1:15			FIOOd			12:30-1:15			12:30-1:15			FIOOD	Off-ice at Level 10
1:15 PM	Flood			Int/Sr Freeskate 2	Junior/Intermediate		Flood			Flood			Sr/Pair Freeskate	12:30-1:30pm
:30 PM	Int/Sr EDGE Class			1:00-1:45	Off-ice at PEAK 1:00-2:00		Int/Sr EDGE Class			Int/Sr SPIN Class			1:00-1:45	
:45 PM	1:30-2:00				1:00-2:00		1:30-2:00			1:30-2:00				
2:00 PM														
:15 PM	Int/Sr Freeskate 2 2:00-2:45						Int/Sr Freeskate 2 2:00-2:45			Int/Sr Freeskate 2 2:00-2:45				
:30 PM	2.00-2.45						2.00-2.45			2.00-2.45				
:45 PM														
:00 PM														
15 PM										Intermediate/Senior				
3:30 PM										Ballet 3:00-3:45				
:45 PM				Intermediate/Seniors Off-ice Level 10										
:00 PM				3:30-4:30									Intermediate/Seniors Off-ice Level 10	
:15 PM													3:45-4:45	
:30 PM	Intermediate/Seniors Off-ice Level 10						Intermediate/Seniors Off-ice Level 10							
:45 PM	4:15-5:15						4:15-5:15							
:00 PM														
:15 PM														

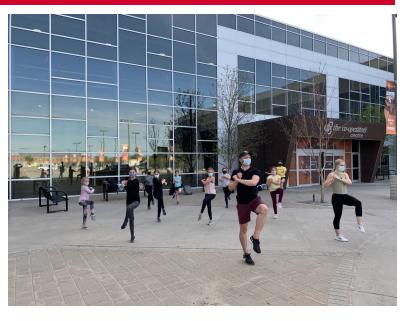
Skate Regina













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. <u>Note, a \$60 registration fee will be added</u> to the package fees.

All packages include:

- 1, 2 or 3 free skate sessions per day/per week purchased. <u>Note, 3 session packages include 3 sessions on Monday thru</u> <u>Thursday and 2 sessions on Friday.</u>
- 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.