

SKATE REGINA 2019 SUMMER SCHOOL, WEEK 1

	Monday July 1	Tuesday July 2			Wednesday July 3				Thursday July 4			Friday July 5	
		On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	Off-ice	
8:00-	NO SKATING	REMAX	RMP		REMAX	RMP		REMAX	RMP		REMAX		
8:15-		Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45		
8:30-													
8:45-		Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00		
9:00-													
9:15-		Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45	Junior/Intermed 9:00-9:45 Fitness Training Peak Performance	
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			Intermed/Senior Freeskate 2 10:00-10:45			Junior/Intermed 10:00-10:45 Ballet	Junior/Intermed Freeskate 2 10:00-10:45			Junior/Intermed Freeskate 2 10:00-10:45	Intermed/Senior 10:00-10:45 Yoga
10:30-													
10:45-		Jnr/Int Group			Flood 10:45-11:00				Jnr/Int Group			Jnr/Int Group	
11:00-		Flood 11:00-11:15			Junior/Intermed Edge Class 11:00-11:30			Intermed/Senior 11:00-11:45 Ballet	Flood 11:00-11:15			Flood 11:00-11:15	
11:15-				Junior/Intermed 11:15-12:00 Musical Theatre/Jazz							Junior/Intermed 11:15-12:00 Yoga		
11:30-		Intermed/Senior Freeskate 2 11:15-12:00			Junior/Intermed Freeskate 2 11:30-12:15				Intermed/Senior Freeskate 2 11:15-12:00			Intermed/Senior Freeskate 2 11:15-12:00	
11:45-													
12:00-		Flood 12:00-12:15			Flood 12:15-12:30				Flood 12:00-12:15			Flood 12:00-12:15	
12:15-													
12:30-		Open Freeskate 12:15-1:00	Competitive Pair 12:15-1:15 (RMP)		Open Freeskate 12:30-1:15	Competitive Pair 12:15-1:15 (RMP)			Open Freeskate 12:15-1:00	Competitive Pair 12:15-1:15 (RMP)		Open 12:15-1:00	
12:45-													
1:00-		Flood 1:00-1:15			Flood 1:15-1:30				Flood 1:00-1:15			Competitive Pair 1:00-2:00	
1:15-													
1:30-		Intermed/Senior Freeskate 3 1:15-2:00			Int/Sr Edge Class 1:30-2:00				Intermed/Senior Freeskate 3 1:15-2:00				
1:45-													
2:00-													
2:15-					Intermed/Senior Freeskate 3 2:00-2:45								
2:30-													
2:45-													
3:00-													
3:15-			Intermed/Senior Fitness Training 2:45-3:30 *Level 10*							Intermed/Senior Fitness Training 2:45-3:30 *Level 10*			
3:30-													

SKATE REGINA 2019 SUMMER SCHOOL, WEEK 2

	Monday July 8			Tuesday July 9			Wednesday July 10			Thursday July 11			Friday July 12	
	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	Off-ice
8:00-	REMAX	C6		REMAX	C6		REMAX	C6		REMAX	C6		REMAX	
8:15-	Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45	
8:30-														
8:45-	Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00	
9:00-														
9:15-	Intermed/Senior Freeskate 1 9:00-9:45		9:00-9:45 Jr/Int Off Ice Jumps/Stretch	Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45	Junior/Intermed 9:00-9:45 Fitness Training
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-	Intermed/Senior Freeskate 2 10:00-10:45			Simulations 10:00-10:45			Intermed/Senior Freeskate 2 10:00-10:45		Junior/Intermed 10:00-10:45 Ballet	Simulations 10:00-10:45			Junior/Intermed Freeskate 2 10:00-10:45	Intermed/Senior 10:00-10:45 Yoga
10:30-														
10:45-	Flood 10:45-11:00						Flood 10:45-11:00						Jnr/Int Group	
11:00-	Junior/Intermed Edge Class 11:00-11:30			Junior/Intermed Freeskate 2 10:45-11:30			Junior/Intermed Edge Class 11:00-11:30			Junior/Intermed Freeskate 2 10:45-11:30			Flood 11:00-11:15	
11:15-			Intermed/Senior 11:00-11:45 Musical Theatre/Jazz						Intermed/Senior 11:00-11:45 Ballet				Intermed/Senior Freeskate 2 11:15-12:00	
11:30-	Junior/Intermed Freeskate 2 11:30-12:15			Jnr/Int Group			Junior/Intermed Freeskate 2 11:30-12:15			Jnr/Int Group				
11:45-				Flood 11:45-12:00						Flood 11:45-12:00			Flood 12:00-12:15	
12:00-														
12:15-	Flood 12:15-12:30	Competitive Pair 12:00-1:00 (C6)		Intermed/Senior Freeskate 2 12:00-12:45	Competitive Pair 12:00-1:00 (C6)	Junior/Intermed 12:00-12:45 Musical Theatre/Jazz	Flood 12:15-12:30	Competitive Pair 12:00-1:00 (C6)		Intermed/Senior Freeskate 2 12:00-12:45	Competitive Pair 12:00-1:00 (C6)	Junior/Intermed 12:00-12:45 Yoga	Open 12:15-1:00	
12:30-														
12:45-	Open Freeskate 12:30-1:15			Flood 12:45-1:00			Open Freeskate 12:30-1:15			Flood 12:45-1:00				
1:00-														
1:15-	Flood 1:15-1:30			Open Freeskate 1:00-1:45			Flood 1:15-1:30			Open Freeskate 1:00-1:45			Competitive Pair 1:00-2:00	
1:30-														
1:45-	Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00			Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00				
2:00-														
2:15-	Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45				
2:30-														
2:45-														
3:00-														
3:15-						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*		
3:30-														

SKATE REGINA 2019 SUMMER SCHOOL, WEEK 3

	Monday July 15			Tuesday July 16			Wednesday July 17			Thursday July 18			Friday July 19	
	DQ	REMAX	Off-ice	DQ	REMAX	Off-ice	DQ	REMAX	Off-ice	DQ	RMP	Off-ice	DQ	Off-ice
8:00-														
8:15-	Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45	
8:30-														
8:45-	Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00	
9:00-	Intermed/Senior Freeskate 1 9:00-9:45		Junior/Intermed 9:00-9:45 Off-Ice Jumps/Stretch	Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45	Junior/Intermed 9:00-9:45 Fitness Training
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			Flood 9:45-10:00	
10:00-	Intermed/Senior Freeskate 2 10:00-10:45			Simulations 10:00-10:45			Intermed/Senior Freeskate 2 10:00-10:45		Junior/Intermed 10:00-10:45 Ballet	Simulations 10:00-10:45			Junior/Intermed Freeskate 1 10:00-10:45	Intermed/Senior 10:00-10:45 Yoga
10:15-														
10:30-														
10:45-	Flood 10:45-11:00						Flood 10:45-11:00			Flood 10:45-11:00			Jnr/Int Group	
11:00-	Junior/Intermed Edge Class 11:00-11:30		Intermed/Senior 11:00-11:45 Musical Theatre/Jazz	Junior/Intermed Freeskate 2 10:45-11:30			Junior/Intermed Edge Class 11:00-11:30		Intermed/Senior 11:00-11:45 Ballet	Junior/Intermed Freeskate 2 10:45-11:30			Intermed/Senior Freeskate 2 11:15-12:00	
11:15-														
11:30-				Jnr/Int Group						Jnr/Int Group				
11:45-	Junior/Intermed Freeskate 2 11:30-12:15			Flood 11:45-12:00			Junior/Intermed Freeskate 2 11:30-12:15			Junior/Intermed Freeskate 2 11:30-12:15			Flood 11:45-12:00	
12:00-														
12:15-	Flood 12:15-12:30			Intermed/Senior Freeskate 2 12:00-12:45		Junior/Intermed 12:00-12:45 Musical Theatre/Jazz	Flood 12:15-12:30			Intermed/Senior Freeskate 2 12:00-12:45		Junior/Intermed 12:00-12:45 Yoga	Flood 12:00-12:15	
12:30-	Open Freeskate 12:30-1:15	Competitive Pair 12:15-1:15 (REMAX)		Flood 12:45-1:00			Open Freeskate 12:30-1:15		Competitive Pair 12:30-1:30 (REMAX)	Open Freeskate 12:30-1:15			Flood 12:45-1:00	Open 12:15-1:00
12:45-														
1:00-				Open Freeskate 1:00-1:45						Open Freeskate 1:00-1:45			Competitive Pair 1:00-2:00	
1:15-	Flood 1:15-1:30						Flood 1:15-1:30							
1:30-	Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00			Int/Sr Edge Class 1:30-2:00			Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00	
1:45-														
2:00-	Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45		Competitive Pair 2:00-3:00 (RMP)		
2:15-														
2:30-														
2:45-														
3:00-						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*							Intermed/Senior Fitness Training 3:30-4:15 *Level 10*	
3:15-														
3:30-														

SKATE REGINA 2019 SUMMER SCHOOL, WEEK 4

	Monday July 22			Tuesday July 23			Wednesday July 24			Thursday July 25			Friday July 26	
	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	Off-ice
8:00	REMAX	RMP		REMAX	RMP		REMAX	RMP		REMAX	RMP			
8:15	Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45				
8:30														
8:45	Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00				
9:00														
9:15	Intermed/Senior Freeskate 1 9:00-9:45		Junior/Intermed 9:00-9:45 Off-Ice Jumps/Stretch	Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45		Junior/Intermed 9:00-9:45 Yoga		
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	Intermed/Senior Freeskate 2 10:00-10:45			Simulations 10:00-10:45			Intermed/Senior Freeskate 2 10:00-10:45		Junior/Intermed 10:00-10:45 Ballet	Simulations 10:00-10:45				
10:30														
10:45	Flood 10:45-11:00						Flood 10:45-11:00			Flood 10:45-11:00				
11:00	Junior/Intermed Edge Class 11:00-11:30			Junior/Intermed Freeskate 2 10:45-11:30			Junior/Intermed Edge Class 11:00-11:30			Junior/Intermed Freeskate 2 10:45-11:30				
11:15			Intermed/Senior 11:00-11:45 Musical Theatre/Jazz						Intermed/Senior Training 11:00-11:45 Ballet					
11:30	Junior/Intermed Freeskate 2 11:30-12:15			Jnr/Int Group			Junior/Intermed Freeskate 2 11:30-12:15			Jnr/Int Group				
11:45														
12:00				Flood 11:45-12:00						Flood 11:45-12:00				
12:15	Flood 12:15-12:30			Intermed/Senior Freeskate 2 12:00-12:45		Junior/Intermed 12:00-12:45 Musical Theatre/Jazz	Flood 12:15-12:30			Intermed/Senior Freeskate 2 12:00-12:45				
12:30		Competitive Pair 12:15-1:15												
12:45	Open Freeskate 12:30-1:15			Flood 12:45-1:00			Open Freeskate 12:30-1:15	Competitive Pair 12:15-1:15		Flood 12:45-1:00				
1:00					Competitive Pair 12:45-1:45									
1:15	Flood 1:15-1:30			Open Freeskate 1:00-1:45			Flood 1:15-1:30			Open Freeskate 1:00-1:45				
1:30														
1:45	Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00			Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00				
2:00														
2:15	Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45				
2:30														
2:45														
3:00														
3:15														
3:30														
3:45						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*		
4:00														

NO SKATING

SKATE REGINA 2019 SUMMER SCHOOL, WEEK 5

	Monday July 29			Tuesday July 30			Wednesday July 31			Thursday August 1			Friday August 2	
	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	Off-ice
8:00-	REMAX			REMAX			REMAX			REMAX				
8:15-	Junior/Intermed Freeskat 1			Junior/Intermed Freeskat 1			Junior/Intermed Freeskat 1			Junior/Intermed Freeskat 1				
8:30-	8:00-8:45			8:00-8:45			8:00-8:45			8:00-8:45				
8:45-	Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00				
9:00-			Junior/Intermed 9:00-9:45	Intermed/Senior Freeskat 1			Intermed/Senior Freeskat 1			Intermed/Senior Freeskat 1				
9:15-	Intermed/Senior Freeskat 1		Off-Ice Jumps/Stretch	9:00-9:45			9:00-9:45			9:00-9:45				
9:30-	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				
10:00-														
10:15-	Intermed/Senior Freeskat 2			Simulations			Intermed/Senior Freeskat 2			Junior/Intermed 10:00-10:45 Ballet	Simulations			
10:30-	10:00-10:45			10:00-10:45			10:00-10:45				10:00-10:45			
10:45-	Flood 10:45-11:00			Flood 10:45-11:00			Flood 10:45-11:00				Flood 10:45-11:00			
11:00-				Junior/Intermed Freeskat 2			Junior/Intermed Edge Class			Intermed/Senior 11:00-11:45 Ballet	Junior/Intermed Freeskat 2	Competitive Pair 10:45-11:45		
11:15-	Junior/Intermed Edge Class		Intermed/Senior 11:00-11:45 Musical Theatre/Jazz	10:45-11:30			11:00-11:30				10:45-11:30			
11:30-	11:00-11:30			Jnr/Int Group			Junior/Intermed Freeskat 2				Jnr/Int Group			
11:45-	Junior/Intermed Freeskat 2			Flood 11:45-12:00			11:30-12:15				Flood 11:45-12:00			
12:00-	11:30-12:15			Intermed/Senior Freeskat 2		Junior/Intermed 12:00-12:45 Musical Theatre/Jazz	Flood 12:15-12:30			Intermed/Senior Freeskat 2		Junior/Intermed 12:00-12:45 Yoga		
12:15-	Flood 12:15-12:30	Competitive Pair 12:15-1:15		12:00-12:45			12:15-12:30	Competitive Pair 12:15-1:15		12:00-12:45				
12:30-	Open Freeskat 12:30-1:15			Flood 12:45-1:00			Open Freeskat 12:30-1:15			Flood 12:45-1:00				
12:45-				Open Freeskat 1:00-1:45	Competitive Pair 1:00-2:00		Flood 1:15-1:30			Open Freeskat 1:00-1:45				
1:00-							Int/Sr Edge Class 1:30-2:00							
1:15-	Flood 1:15-1:30			Flood 1:45-2:00						Flood 1:45-2:00				
1:30-	Int/Sr Edge Class 1:30-2:00			Intermed/Senior Freeskat 3			Intermed/Senior Freeskat 3			Intermed/Senior Freeskat 3				
1:45-				2:00-2:45			2:00-2:45			2:00-2:45				
2:00-														
2:15-	Intermed/Senior Freeskat 3													
2:30-	2:00-2:45													
2:45-														
3:00-						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*		
3:15-														
3:30-														

NO SKATING

SKATE REGINA 2019 SUMMER SCHOOL, WEEK 6

	Monday August 5		Tuesday August 6			Wednesday August 7			Thursday August 8			Friday August 9		
	On-ice	On-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	On-ice	Off-ice	On-ice	Off-ice	
8:00-			REMAX	C6		REMAX	C6		REMAX	C6		REMAX		
8:15-	NO SKATING		Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45			Junior/Intermed Freeskate 1 8:00-8:45		
8:30-														
8:45-			Flood 8:45-9:00				Flood 8:45-9:00			Flood 8:45-9:00			Flood 8:45-9:00	
9:00-				Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45			Intermed/Senior Freeskate 1 9:00-9:45	Junior/Intermed 9:00-9:45 Fitness Training
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-				Simulations 10:00-10:45			Intermed/Senior Freeskate 2 10:00-10:45		Junior/Intermed 10:00-10:45 Ballet	Simulations 10:00-10:45			Junior/Intermed Freeskate 2 10:00-10:45	Intermed/Senior 10:00-10:45 Yoga
10:15-														
10:30-														
10:45-							Flood 10:45-11:00						Jnr/Int Group	
11:00-				Junior/Intermed Freeskate 2 10:45-11:30			Junior/Intermed Edge Class 11:00-11:30		Intermed/Senior Training 11:00-11:45 Ballet	Junior/Intermed Freeskate 2 10:45-11:30			Flood 11:00-11:15	
11:15-														
11:30-				Jnr/Int Group			Junior/Intermed Freeskate 2 11:30-12:15			Jnr/Int Group			Intermed/Senior Freeskate 2 11:15-12:00	
11:45-				Flood 11:45-12:00						Flood 11:45-12:00				
12:00-						Junior/Intermed 12:00-12:45 Musical Theatre/Jazz						Junior/Intermed 12:00-12:45 Yoga	Flood 12:00-12:15	
12:15-				Intermed/Senior Freeskate 2 12:00-12:45			Flood 12:15-12:30		Competitive Pair 12:15-1:15 (C6)	Intermed/Senior Freeskate 2 12:00-12:45			Open 12:15-1:00	
12:30-														
12:45-				Flood 12:45-1:00			Open Freeskate 12:30-1:15			Flood 12:45-1:00				
1:00-					Competitive Pair 12:45-1:45 (C6)						Competitive Pair 12:45-1:45 (C6)			
1:15-				Open Freeskate 1:00-1:45			Flood 1:15-1:30			Open Freeskate 1:00-1:45				Competitive Pair 1:00-2:00
1:30-														
1:45-			Flood 1:45-2:00			Int/Sr Edge Class 1:30-2:00			Flood 1:45-2:00					
2:00-														
2:15-			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45			Intermed/Senior Freeskate 3 2:00-2:45					
2:30-														
2:45-														
3:00-					Intermed/Senior Fitness Training 3:30-4:15 *Level 10*						Intermed/Senior Fitness Training 3:30-4:15 *Level 10*			
3:15-														
3:30-														