



SKATE REGINA

Providing Opportunity. Inspiring Passion. Building Excellence.

2020 Summer Skating School
6 Weeks - July 6th to August 13th, 2020

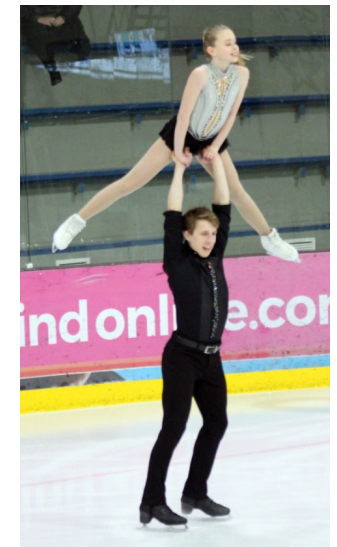
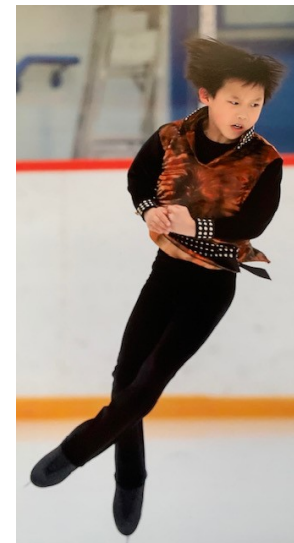
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LOOKING FOR A PLACE TO?

- 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



Schedule* - Weeks 1, 2, 3, (July 6th to 24th)

SKATE REGINA 2020 SUMMER SCHOOL, WEEKS 1, 2, and 3										
	Monday		Tuesday		Wednesday		Thursday		Friday	
8:45										
9:00	FreeSkate 1 9:00-9:45		FreeSkate 1 9:00-9:45		FreeSkate 1 9:00-9:45		FreeSkate 1 9:00-9:45		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		Flood 9:45-10:00	
10:00	FreeSkate 2 10:00-10:45		FreeSkate 2 10:00-10:45		FreeSkate 2 10:00-10:45		FreeSkate 2 10:00-10:45		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		Flood 10:45-11:00	
11:00										
11:15	Flood 11:15-11:30		FreeSkate 4 11:00-11:45		Flood 11:15-11:30		FreeSkate 4 11:00-11:45		FreeSkate 4 11:00-11:45	
11:30										
11:45	FreeSkate 4 11:30-12:15		Flood 11:45-12:00		FreeSkate 4 11:30-12:15		Flood 11:45-12:00		Flood 11:45-12:00	
12:00										
12:15	Flood 12:15-12:30		FreeSkate 5 12:00-12:45	FreeSkate 3 12:00-12:45	Flood 12:15-12:30		FreeSkate 5 12:00-12:45	FreeSkate 3 12:00-12:45	FreeSkate 5 12:00-12:45	FreeSkate 3 12:00-12:45
12:30		FreeSkate 3 12:30-1:15								
12:45	FreeSkate 5 12:30-1:15		Flood 12:45-1:00		FreeSkate 5 12:30-1:15	FreeSkate 3 12:30-1:15	Flood 12:45-1:00		Flood 12:45-1:00	
1:00										
1:15	Flood 1:15-1:30		FreeSkate 6 1:00-1:45		Flood 1:15-1:30		FreeSkate 6 1:00-1:45		FreeSkate 6 1:00-1:45	
1:30										
1:45	FreeSkate 6 1:30-2:15		Flood 1:45-2:00		FreeSkate 6 1:30-2:15		Flood 1:45-2:00		Flood 1:45-2:00	
2:00										
2:15	Flood -2:15-2:30		FreeSkate 7 2:00-2:45		Flood -2:15-2:30		FreeSkate 7 2:00-2:45		FreeSkate 7 2:00-2:45	
2:30										
2:45	Edge B 2:30-3:00				Edge B 2:30-3:00					
3:00										
3:15	FreeSkate 7 3:00-3:45				FreeSkate 7 3:00-3:45					
3:30										

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

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

SKATE REGINA 2020 SUMMER SCHOOL, WEEK 4									
	Monday		Tuesday		Wednesday		Thursday		Friday
8:45									NO SKATING
9:00	FreeSkate 1 9:00-9:45		FreeSkate 1 9:00-9:45		FreeSkate 1 9:00-9:45		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	FreeSkate 2 10:00-10:45		FreeSkate 2 10:00-10:45		FreeSkate 2 10:00-10:45		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			FreeSkate 4 11:00-11:45		Flood 11:15-11:30		FreeSkate 4 11:00-11:45		
11:15	Flood 11:15-11:30								
11:30	FreeSkate 4 11:30-12:15	FreeSkate 5 11:30-12:15	Flood 11:45-12:00		FreeSkate 4 11:30-12:15	FreeSkate 5 11:30-12:15	Flood 11:45-12:00		
11:45									
12:00			FreeSkate 5 12:00-12:45	FreeSkate 3 12:00-12:45	Flood 12:15-12:30		FreeSkate 5 12:00-12:45	FreeSkate 3 12:00-12:45	
12:15	Flood 12:15-12:30								
12:30	FreeSkate 3 12:30- 1:15		Flood 12:45-1:00		FreeSkate 3 12:30- 1:15		Flood 12:45-1:00		
12:45									
1:00			FreeSkate 6 1:00-1:45		Flood 1:15-1:30		FreeSkate 6 1:00-1:45		
1:15	Flood 1:15-1:30								
1:30	FreeSkate 6 1:30-2:15		Flood 1:45-2:00		FreeSkate 6 1:30-2:15		Flood 1:45-2:00		
1:45									
2:00			FreeSkate 7 2:00-2:45		Flood -2:15-2:30		FreeSkate 7 2:00-2:45		
2:15	Flood -2:15-2:30								
2:30	Edge B 2:30-3:00				Edge B 2:30-3:00				
2:45									
3:00	FreeSkate 7 3:00-3:45				FreeSkate 7 3:00-3:45				
3:15									
3:30									
3:45									

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

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

SKATE REGINA 2020 SUMMER SCHOOL, WEEK 5						
	Mon Aug 3	Tues Aug 4	Wed Aug 5	Thurs Aug 6	Fri Aug 7	
9:00	No Skating					
9:15		FreeSkate 1 9:00-9:45	FreeSkate 1 9:00-9:45	FreeSkate 1 9:00-9:45	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		FreeSkate 2 10:00-10:45	FreeSkate 2 10:00-10:45	FreeSkate 2 10:00-10:45	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					Flood 10:45-11:00	
11:15		Flood 11:15-11:30	Flood 11:15-11:30		FreeSkate 3 11:00-11:45	
11:30					FreeSkate 3 11:00-11:45	
11:45		FreeSkate 3 11:30-12:15	FreeSkate 3 11:30-12:15		Flood 11:45-12:00	
12:00					Flood 11:45-12:00	
12:15		Flood 12:15-12:30	Flood 12:15-12:30		FreeSkate 4 12:00-12:45	
12:30					FreeSkate 4 12:00-12:45	
12:45		FreeSkate 4 12:30-1:15	FreeSkate 4 12:30-1:15		Flood 12:45-1:00	
1:00					Flood 12:45-1:00	
1:15		Flood 1:15-1:30	Flood 1:15-1:30		FreeSkate 5 1:00-1:45	
1:30					FreeSkate 5 1:00-1:45	
1:45		FreeSkate 5 1:30-2:15	FreeSkate 5 1:30-2:15		Flood 1:45-2:00	
2:00					Flood 1:45-2:00	
2:15		Flood 2:15-2:30	Flood 2:15-2:30		FreeSkate 6 2:00-2:45	
2:30					FreeSkate 6 2:00-2:45	
2:45		Edge B 2:30-3:00	Edge B 2:30-3:00			
3:00						
3:15	FreeSkate 6 3:00-3:45	FreeSkate 6 3:00-3:45				
3:30						

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

Schedule* - Week 6

**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 (refer to the yellow time blocks on the schedule)

Intermediate/Senior: Pre-novice and higher (refer to the pink time blocks on the schedule)

**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 1st come 1st 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.

