

Skate Regina Winter 1/2020 Schedule

	Monday	Monday	Tuesday	Wednesday	Wednesday	Thursday	Friday	Friday		Saturday	Sunday	Sunday
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SKATE REGINA

Winter 1/2020

October 2nd – December 20th

Winter 2 (January-March) Details and Registration will be released before Christmas

Registration Opens:

Skate Regina Members: Sept 23rd @ 8:00am
(For those who registered in a program during the 2019-2020 season)

Non-Members: Sept 26th @ 8:00am

Skate Regina

www.skater Regina.ca

skater Regina@myaccess.ca

306-586-4898

Registration

All registration is to be completed online at our website. You will need to create a member account with your information. You will add each participant (skater) information separately.

Once logged in, go to the Registration page and select the program(s) of your choice. Add it to your cart and select the correct participant to register. Once all programs have been added to your cart, go to view cart or checkout and follow the steps to finalize registration and submit payment.

Pre-CanSkate

Due to our current guidelines and social distancing requirements, we are unable to offer our Pre-CanSkate program until further notice.

Parent & Tot

For ages 3-6. This program allows the skater to go on the ice with a parent/guardian that will also have skates on. There is an instructor that will help you work with your child. The adult will also need to purchase a Skate Canada membership for their insurance on the ice.

Since we are unable to run Pre-CanSkate and we anticipate a larger than normal waitlist for P&T - If your skater is deemed eligible to move into CanSkate, you will be contacted to transfer sessions.

Parent & Tot Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Sunday 1:30-2:00	9	Doug Wick Arena	\$126

Pre-Power

Geared towards young skaters ages 4-7 interested in hockey or ringette. The program helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. Skaters must wear full equipment (including sticks). **Skaters must be able to fall down/get up & skate the width of the ice unassisted.**

Pre-Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Thursday 6:00-6:45	11	Cooperators Arena	\$220

Power

Action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format. For skaters age 6 and older or for skaters who have already successfully completed Pre-Power. Skaters must wear full equipment (including sticks).

Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Thursday 7:00-7:45	11	Cooperators Arena	\$264

CanSkate

For ages 3+ working on stages 1 to 4 of the CanSkate program. It teaches basic skating skills and fundamental movements such as how to go forward, go backward, stop, turn, spin and jump. The program emphasizes fun and continuous movement. CanSkate gives the best foundation for all ice sports such as figure skating, hockey, ringette, speed skating or recreational skating.

Skaters must be able to fall down/get up & skate the width of the ice unassisted.

CanSkate Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 5:00-5:45	9	Cooperators Arena	\$180
Wednesday 5:00-5:45	9	Cooperators Arena	\$180
Thursday 5:00-5:45	11	Cooperators Arena	\$220
Friday 5:00-5:45	10	Cooperators Arena	\$200
Sunday 12:45-1:30	10	Cooperators Arena	\$200

Jr Prep

For skaters who are working on Stages 5 & 6 of the CanSkate program. Skaters continue to develop superior basic skating skills with an introduction to the figure skating STARSkate program. This is also an excellent program for skaters wanting to do hockey or ringette who are looking to improve their skating.

STAR 1-4 Group

For skaters who have completed CanSkate and are working within the STAR 1-4 levels. Group instruction with detailed lessons for all FreeSkate, Dance, Skills, and Artistic categories of the STARSkate program.

Jr Prep & STAR 1-4 Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 5:15-6:00	9	Doug Wick Arena	\$180
Friday 6:15-7:00	10	Doug Wick Arena	\$200

Junior Academy

A group program that teaches introductory figure skating skills to young skaters who show potential to excel in competitive figure skating. **Entrance to our Junior Academy program is by invitation only** and skaters must register for 2 sessions per week. Skaters must be 4-8 years old and will be talent identified and selected from CanSkate.

Junior Academy Classes and Costs:

Day/Time	Location	Schedule & Cost
Wed: 5:15-6:00 Fri: 6:15-7:00	Doug Wick Arena	Schedule and cost to be finalized with invitation

Edge Class

Skaters must be working on STAR 2 or higher. Group format class using timing, musicality and unique exercises to help improve turns and quality edge development.

Edge Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 6:15-6:45	9	Doug Wick Arena	\$121.50

STAR Group Class

30 minute class for skaters working on STAR 2 or higher to focus on spin development/progressions, field moves, skating exercises and creative movement.

STAR Group Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 6:15-6:45	9	Doug Wick Arena	\$121.50

STAR 1-6 Open, Open, FreeSkate Sessions

Skaters registered in these sessions must arrange private lessons with a Skate Regina coach. Please see detailed season schedule for session days and times.

*For help selecting a private lesson coach, please email us at skateregina@myaccess.ca.



Adult Open

This session is available for independent skating for adults. This is not a group format program and skaters will be required to arrange lessons with a coach if interested in receiving help.

Adult Open Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 7:45-8:30	10	Doug Wick Arena	\$110

Adult Edge Class

Group format class for experienced adult skaters focusing on edge quality and turns with the use of timing musicality and unique exercises.

Adult Edge Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 8:30-9:00	9	Doug Wick Arena	\$121.50



Additional Fees

All skaters are required to have an annual Skate Canada Membership. These Memberships are valid each year from Sept 1-Aug 31.

All skaters will be charged an annual Safe Sport fee and Participant Accident Insurance fee in addition to the Skate Canada Membership.

Breakdown of Additional Fees:

Item	Information	Cost
Skate Canada Membership	Mandatory Annual Fee. Valid Sept 1-Aug 30 (per registrant)	\$40.00
Safe Sport Fee		\$3.00
Accident Insurance		\$0.65
Total Membership Fees:		\$43.65

Equipment

All skaters must wear a CSA approved hockey helmet until they have successfully completed Stage 5 of the CanSkate Program.

Equipment is not supplied by Skate Regina. Skaters are to wear helmets (unless passed Stage 5), skates, and warm clothing (including mittens).

Refund Policy

CanSkate – A refund will be given to parents of NEW CanSkate skaters if that refund request is received in writing within 2 weeks of the start date of the program.

STAR - No refund is to be expected, unless with a doctor's note.

The mandatory annual Membership and fees of \$43.65 are non-refundable once the program has started.

Fundraising Requirements

Each Recreational Skater (Parent & Tot, CanSkate, Pre-Power/Power, Jr Prep, Junior Academy, Adult) will need to complete **one** fundraising option. This one commitment will apply for the entire winter season from October – March. If you register in both Winter 1 & 2, you will not be required to complete a second fundraiser.

Each STAR Skater (all skaters who take private lessons) will be required to complete **two** fundraising options. This commitment applies for the entire winter season from October – March.

Families with multiple skaters will only need to complete a **maximum of three** fundraisers.

Fundraising Options

On the check-out screen of our registration page, the system will require your choice(s) before the registration can be processed. A Fundraising Fee of \$40.00 will be applied to your invoice for each skater. This fee will be used towards the total cost of your fundraiser choice, when applicable. You will be required to pay the remainder once the fundraiser is ready to start. **Click [HERE](#) for the full details of our 20-21 Fundraising.**

1. Chocolate Almonds (October)

Total case is \$90. Each case has 30 boxes which can be sold for \$3.

2. Rock Climbing/Fun Workout

Must sell a minimum of 2 tickets to a Level 10 Fitness Event in Oct/Nov. Tickets are \$25 each.

3. Online Dieleman Catalogue (Oct/Nov)

Must sell \$100 worth of product. Will arrive in time for Christmas.

4. Skate Saskatchewan Lottery Book (Nov – Jan)

Must sell 1 lottery book. Books have 20 tickets that can be sold for \$5 each.

5. Online Mom's Pantry (Jan/Feb)

Must sell \$100 worth of product. Orders will arrive in Feb/Mar.

6. Cowboy Caviar Beef Jerky (February)

Total case is \$100. Each case has 10 packages which can be sold for \$10.

7. Rock Climbing/Fun Workout

Must sell a minimum of 2 tickets to a Level 10 Fitness Event in March. Tickets are \$25 each.

8. \$40 Buy-Out

Your \$40 fundraising fee will be kept by Skate Regina and you will not be contacted to participate in any of our fundraisers.

For members who need to complete multiple fundraisers, this option can only be selected **once**.

COVID-19 Update

All participants with Skate Regina will be required to fill out a Skate Canada Risk of Assumption Waiver. During the online registration, the system will prompt the parent/guardian to sign a digital signature of this waiver for **EACH** participant.

If you wish to view/print this waiver prior to registration, a copy can be found here:

[Assumption of Risk Waiver](#)

*Our COVID-19 Guidelines will be sent to all members prior to the start of sessions and updates will be emailed to registered members as required.