

## 2020-2021 Skate Regina Winter Skating Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
Times	Doug Wick 4:45-8:45	Doug Wick 5:45-8:00	Doug Wick 5:00-9:00	Cooperators 4:45-8:45	Doug Wick 4:45-7:00	Times	Balfour 11:15-3:15	Doug Wick 1:00-3:30
4:30						11:00		
4:45	Pre-Power 4:45-5:30			Simulations 4:45-5:15	10 Star 1-6 Open 4:45-5:30	11:15	12 Freeskate 11:15-12:00	
5:00			Parent Assisted/ Pre-Can/CanSkate (Stage 1,2,3&4) 5:00-5:45	Jr Academy/Jr Prep Star 1-4 Group 5:15-6:00		11:30		
5:15						11:45		
5:30	Power 5:30-6:15		Jr Academy/Jr Prep Star 1-4 Group 5:45-6:30		11 Freeskate 5:30-6:15	12:00	13 Open 12:00-12:45	
5:45		Parent Assisted/ Pre-Can/CanSkate (Stage 1,2,3&4) 5:45-6:30				12:15		
6:00				8 Open 6:00-6:45		12:30		
6:15	Flood 6:15-6:30				Jr Academy/Jr Prep Star 1-4 Group 6:15-7:00	12:45	Jr Academy/Jr Prep Star 1-4 Group 12:45-1:30	
6:30	1 Star 1-6 Open 6:30-7:15	4 Open 6:30-7:15	Flood 6:30-6:45			1:00		Special O 1:00-1:45
6:45			Group Spin Class 6:45-7:00	Flood 6:45-7:00		1:15		
7:00			6 Freeskate 7:00-7:45	Star/Competitive Group Training 7:00-7:45		1:30	Flood 1:30-1:45	
7:15	2 Freeskate 7:15-8:00	5 Freeskate 7:15-8:00				1:45	Parent Assisted/ Pre-Can/CanSkate (Stage 1,2,3&4) 1:45-2:30	Parent Assisted/ Pre-Can/CanSkate (Stage 1,2,3&4) 1:45-2:30
7:30						2:00		
7:45			7 Adult/Open 7:45-8:30			2:15		
8:00	3 Open 8:00-8:45			9 Freeskate 7:45-8:45		2:30	Parent Assisted/ Pre-Can/CanSkate (Stage 1,2,3&4) 2:30-3:15	Flood 2:30-2:45
8:15						2:45		Parent Assisted/ Pre-Can/CanSkate (Stage 1,2,3&4) 2:45-3:30
8:30			Edge 8:30-9:00			3:00		
8:45						3:15		
9:00						3:30		



# SKATE REGINA

## Winter 2021-2022

Winter 1: Oct 12/21 – Dec 19/21

Winter 2: Jan 3/22 – Mar 15/22

Registration Opens:

**Skate Regina Members:** Aug 16th @ 8:00am  
(Members registered in a program from Sept 2020 – Aug 2021 will receive a link to the priority registration)

**Non-Members:** Aug 18th @ 8:00am

**Skate Regina**

[www.skater Regina.ca](http://www.skater Regina.ca)

[skater Regina@myaccess.ca](mailto: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

For ages 3 – 5 who are brand new to skating. This program introduces a variety of fundamental movements which will be further explored in the CanSkate program. We incorporate more games and props to help making learning to skate FUN!

## CanSkate

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

## Parent Assisted CanSkate

For ages 2-5 or for those who need more assistance on the ice. This program allows the skater to go on the ice with a parent/guardian that will also have skates on. You and your skater will follow the same structured CanSkate session as the other skaters. The adult will also need to purchase a Skate Canada membership for their insurance on the ice (\$10 for Parents).

## Pre-CanSkate/CanSkate & Parent Assisted Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Tuesday 5:45-6:30	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$200 (Winter 1) \$200 (Winter 2)
Wednesday 5:00-5:45	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$180 (Winter 1) \$200 (Winter 2)
Saturday 1:45-2:30	10 (Winter 1) 10 (Winter 2)	Balfour Arena	\$200 (Winter 1) \$200 (Winter 2)
Saturday 2:30-3:15	10 (Winter 1) 10 (Winter 2)	Balfour Arena	\$200 (Winter 1) \$200 (Winter 2)
Sunday 1:45-2:30	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$180 (Winter 1) \$200 (Winter 2)
Sunday 2:45-3:30	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$180 (Winter 1) \$200 (Winter 2)

## Pre-Power

Geared towards young skaters ages 4-7 interested in hockey or ringette. This 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).

## Pre-Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 4:45-5:30	8 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$160 (Winter 1) \$200 (Winter 2)

## 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
Monday 5:30-6:15	8 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$192 (Winter 1) \$240 (Winter 2)



## 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 5:45-6:30	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$198 (Winter 1) \$220 (Winter 2)
Thursday 5:15-6:00	7 (Winter 1) 9 (Winter 2)	Cooperators Arena	\$154 (Winter 1) \$198 (Winter 2)
Friday 6:15-7:00	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$220 (Winter 1) \$198 (Winter 2)
Saturday 12:45-1:30	10 (Winter 1) 10 (Winter 2)	Balfour Arena	\$220 (Winter 1) \$220 (Winter 2)

## 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 will be talent identified and selected from CanSkate.

## Junior Academy Classes and Costs:

Day/Time	Location	Schedule & Cost
Wed: 5:45-6:30 Thurs: 5:15-6:00 Fri: 6:15-7:00 Sat: 12:45-1:30	Doug Wick Arena, Cooperators, & Balfour	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 8:30-9:00	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$126 (Winter 1) \$140 (Winter 2)

## Star/Competitive Group Training and Group Spin Class

Group Training: A 45-minute structured group training session for STAR and Competitive Skaters (Minimum STAR 3/Pre-Juvenile) that focuses on the many aspects of our sport including edge work, field movements, jump and spin technique, and stroking.

Spin Class: A 15-minute structured group training session that focuses on spin technique and conditioning. (Minimum Star 2)

## Spin/Group Training Classes and Costs:

Day/Time	# of Weeks	Location	Cost
<b>GROUP</b> Thursday 7:00-7:45	7 (Winter 1) 9 (Winter 2)	Cooperators Arena	\$154 (Winter 1) \$198 (Winter 2)
<b>SPIN</b> Wednesday 6:45-7:00	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$63 (Winter 1) \$70 (Winter 2)

## 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](mailto: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 instruction.

### Adult Open Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 7:45-8:30	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$108 (Winter 1) \$120 (Winter 2)

## 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 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$126 (Winter 1) \$140 (Winter 2)

## 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, Pre-CanSkate/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. Families with multiple skaters in recreational programs will only need to complete a **maximum of two** fundraisers.

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 in STAR Skate will only need to complete a **maximum of three** fundraisers. **Additional fundraisers completed will earn you a \$30 Account Credit!**

## 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 of your fundraiser once the fundraiser is ready to start.

A summarized list of fundraisers has been provided. **Click [HERE](#) for the full details of our 21-22 Fundraising.**

### - Option 1: Chocolate Almonds (Oct/Nov)

Sell one case of almonds. Entire case is \$90 (each case has 30 boxes that will be sold for \$3.00/each).

### - Option 2: Online Dieleman (Nov/Dec)

Sell \$100 worth of product. Orders will arrive in time for Christmas.

### - Option 3: Skate Saskatchewan Lottery Book (Nov-Jan)

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

### - Option 4: Online Mom's Pantry (Jan/Feb)

Must sell \$150 worth of product. Orders will arrive in late February.

### - Option 5: Cowboy Caviar Beef Jerky (February)

Sell one case of jerky. Total case is \$120. Each case has 10 packages which can be sold for \$12.

### - Option 6: Ukrainian Co-op (March)

Must sell \$200 worth of product. Orders will arrive in March.

### - Option 7: Level 10 Fitness Rock Climbing/Workout (March)

Must sell a minimum of 3 tickets. Tickets are \$25 each. Event will be held in March (date to be determined).

### - Option 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.

**Please ensure the adult members date of birth is up to date on the account prior to registering. This waiver now cross references the date of birth to ensure the member is of legal age to accept the waiver.**

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

[Assumption of Risk Waiver](#)

**\*Masks are no longer mandatory for skaters, coaches, or spectators.**

**Those who wish to continue wearing a mask may do so, based on personal preference.**