

2023-2024 Skate Regina Winter 1 & 2 Skating Schedule														
	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday		Saturday	Saturday	Sunday
Times	Doug Wick 4:45-8:45	OFF-ICE	Doug Wick 5:45-8:00	OFF-ICE	Doug Wick 5:00-9:00	OFF-ICE	Co-operators 5:00-8:45	OFF-ICE	Doug Wick 4:45-7:00	OFF-ICE	Times	Balfour 11:15-3:15	OFF-ICE	Doug Wick 12:30-3:30
											10:30		Jr Prep off ice 10:30-11:00AM	
											10:45			
4:15							Competition Simulations 4:15-4:45				11:00			
4:30											11:15	Jr Academy/Jr Prep Star 1-4 Group 11:15-12:00		
4:45	Pre-Power 4:45-5:30									9 Open 4:45-5:30	11:30			
5:00					Pre-CanSkate/ CanSkate/Parent Assist (Stage1, 2,3&4) 5:00-5:45		Pre-CanSkate/CanSkate/ Parent Assist (Stage 1, 2,3&4) 5:00-5:45		11:45					
5:15										12:00	Star/Competitive Group training 12:00-12:30			
5:30										10 Open 5:30-6:15	12:15			
5:45	Power 5:30-6:15	Jr Prep off ice 5:45-6:15	Pre-CanSkate/ CanSkate/Parent Assist (Stage1, 2,3&4) 5:45-6:30	Off ice jump 5:45-6:15	Jr Academy/ Jr Prep Star 1-4 Group 5:45-6:30		6 Star 1-6 Open 5:45-6:30				12:30	11 Open 12:30-1:15		Special O 12:30-1:15
6:00						Off ice jump 6:00-6:30		Off ice jump 6:00-6:30			12:45			
6:15	Flood 6:15-6:30								Jr Academy/ Jr Prep Star 1-4 Group 6:15-7:00		1:00			
6:30	Jr Academy/ Jr Prep Star 1-4 Group 6:30-7:15	Posture and Stretch 6:15-7:00			Flood 6:30-6:45		Flood 6:30-6:45				1:15	Flood 1:15-1:30		Pre-CanSkate/CanSkate/ Parent Assist (Stage 1, 2,3&4) 1:15-2:00
6:45			2 Open 6:30-7:15		4 Open 6:45-7:30	Jr Prep off ice 6:45-7:15	Star/Competitive Group training 6:45-7:15				1:30	Pre-CanSkate/ CanSkate/Parent Assist (Stage 1, 2,3&4) 1:30-2:15		
7:00											1:45			
7:15	Star/Competitive Group training 7:15-7:45									Jr Prep off ice 7:15-7:45	2:00			Flood 2:00-2:15
7:30			3 Open 7:15-8:00		5 Open 7:30-8:15		7 Open 7:15-8:00				2:15	Break		Pre-CanSkate/CanSkate/ Parent Assist (Stage 1, 2,3&4) 2:15-3:00
7:45											2:30	Pre-CanSkate/ CanSkate/Parent Assist (Stage 1, 2,3&4) 2:30-3:15		
8:00	1 Open 7:45-8:45						8 Open 8:00-8:45				2:45			Pre-CanSkate/Parent Assist 3:00-3:30
8:15					6 Adult/Teen Open 8:15-9:00						3:00			
8:30											3:15			
8:45											3:30			
9:00														
9:15														
9:30														
9:45														
10:00														



Registration

All registration is to be completed online on our website. The parent/guardian 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.

Winter 2023-2024

Winter 1: Oct 5/23 – Dec 18/23

Winter 2: Jan 6/24 – Mar 14/24

Registration Opens:

Skate Regina Members: July 11th @ 8:00 am (Members registered in a program from Sept 2022 – Aug 2023 will receive a link to the priority registration)

Non-Members: July 13th @ 8:00 am

www.skater Regina.ca

skater Regina@myaccess.ca

306-586-4898

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 make 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. Parents can receive a refund of this membership cost if the skater is able to participate in the CanSkate class without the parent before the 4th class.



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

Day/Time	# of Weeks	Location	Cost
Tuesday 5:45-6:30	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$180.00 \$200.00
Wednesday 5:00-5:45	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$200.00 \$200.00
Thursday 5:00-5:45pm	8 (Winter 1) 9 (Winter 2)	Cooperators Arena	\$160.00 \$180.00
Saturday 1:30-2:15	9 (Winter 1) 9 (Winter 2)	Balfour Arena	\$180.00 \$180.00
Saturday 2:30-3:15	9 (Winter 1) 9 (Winter 2)	Balfour Arena	\$180.00 \$180.00
Sunday 1:15-2:00	9 (Winter 1) 8 (Winter 2)	Doug Wick Arena	\$180.00 \$160.00
Sunday 2:15-3:00	9 (Winter 1) 8 (Winter 2)	Doug Wick Arena	\$180.00 \$160.00

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 and helmet with a cage.

Pre-Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 4:45-5:30	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$200.00 \$180.00

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 and helmet with a cage.

Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 5:30-6:15	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$240.00 \$216.00





****Please note: a 30 min off ice class has been included in each day of the Jr Prep, Jr Academy and Star 1-4 classes!!!****

Jr Prep

For skaters who are working on Stages 4-6 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.

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.

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

Day/Time	# of Weeks	Location	Cost
Monday 5:45-6:15 (Off-ice) 6:30-7:15 (On ice)	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$300.00 \$270.00
Wednesday 5:45-6:30 (On ice) 6:45-7:15 (Off-ice)	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	\$300.00 \$300.00
Friday 6:15-7:30 (On ice) 7:15-7:45 (Off-ice)	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$300.00 \$270.00
Saturday 10:30-11:00 (Off-ice) 11:15-12:00 (On ice)	9 (Winter 1) 9 (Winter 2)	Balfour Arena	\$270.00 \$270.00

Jr Prep, Jr Academy & STAR 1-4 Classes and Costs:

Adult/Teen Learn to Skate Class

A group class that teaches introductory skating skills to teen and adult skaters who have little to no experience skating! This is a learn to skate class for anyone 13 and older.

Adult /Teen Learn to Skate Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 8:15-9:00pm	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$200.00 \$180.00

Adult Open Session

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. This session shares the ice with the adult/teen learn to skate class.

Adult Open Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Wednesday 8:15-9:00pm	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$120.00 \$108.00

Star/Competitive Group Training

A 30 minute structured group training session for STAR and Competitive Skaters (Minimum STAR 2) that focuses on the many aspects of our sport including edge work, field movements, jump and spin technique, and stroking.

Star/Competitive Group Training Classes and Costs:

Day/Time	# of Weeks	Location	Cost
GROUP Monday 7:15-7:45	10 (Winter 1) 9 (Winter 2)	Doug Wick Arena	\$150.00 \$135.00
GROUP Thursday 6:45-7:15	8 (Winter 1) 9 (Winter 2)	Cooperators Arena	\$120.00 \$135.00
GROUP Saturday 12:00-12:30	9 (Winter 1) 9 (Winter 2)	Balfour Arena	\$135.00 \$135.00

STAR 1-6 Open & Open Sessions

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

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

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 \$58.65 are non-refundable once the program has started.

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.

Skate Regina is cognizant of the fee increase of the Skate Canada membership, so we have budgeted to avoid any increase in our registration fees and offering more fundraising options.

Breakdown of Additional Fees:

Item	Information	Cost
Skate Canada Membership	Mandatory Annual Fee. Valid Sept 1-Aug 30 (per registrant)	\$53.00
Safe Sport Fee		\$5.00
Accident Insurance		\$0.65
Total Membership Fees:		\$58.65

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 & spring season from October – June. If you register in both Winter 1 & 2 (and Spring), 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 and spring season from October – June. Families with multiple skaters in STAR Skate will only need to complete a **maximum of three** fundraisers.

For each additional fundraiser or completing more than the requirement of a Fundraiser (meeting another requirement) will earn you a \$30 Account Credit for each additional fundraiser!

On the check-out screen of our registration page, the system will ask if you would like to fundraise and if you would like to volunteer your time. A Fundraising Fee of \$40.00 will be applied to your invoice for each skater. The fee will be refunded/applied to a chosen fundraiser once the fundraiser requirement is met.

Fundraising Options

A summarized list of fundraisers has been provided. **Click [HERE](#) for the full details of our 23-24 Fundraising.**

- **Option 1: Chocolate Almonds (Oct)**
- **Option 2: Little Caesars (Oct)**
- **Option 3: Online Dieleman (Nov)**
- **Option 4: Cookie Crumbles (Nov)**
- **Option 5: Online Mom’s Pantry (Jan)**
- **Option 6: Ukrainian Co-op (Feb)**
- **Option 7: Cowboy Caviar Beef Jerky (March)**
- **Option 8: Online Dieleman Card Box (April/May)**
- **Option 9: Volunteer Time (Jan and March)**
- **Option 10: \$40 Buy-Out**

