



## Winter 2025-2026 Brochure

Winter 1: Oct 1/25 – Dec 19/25

Winter 2: Jan 5/26 – Mar 17/26

[www.skateregina.ca](http://www.skateregina.ca)

[admin@skateregina.ca](mailto:admin@skateregina.ca)

306-586-4898

### Registration Opens:

**Skate Regina Members:** August 25<sup>th</sup> @ 10:00am (Members registered in a program from Sept 2024 - Aug 2025 will receive a link to the priority registration)

**Non-Members:** August 27<sup>th</sup> @ 10:00am

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday		Saturday	Saturday	Sunday	
	Doug Wick 4:45-8:45	OFF-ICE	Doug Wick 5:45-8:00	OFF-ICE	Doug Wick 5:00-9:00	OFF-ICE	Cooperators 4:45-8:45	OFF-ICE	Doug Wick 4:45-7:00	OFF-ICE	Time	Balfour 11:45-3:15	OFF-ICE	Doug Wick 12:30-3:30	
4:00											11:00		Junior Star Off-ice (11:00-11:30)		
4:15							Competition Simulations 4:15-4:45				11:15				
4:30											11:30				
4:45	Pre-Power 4:45-5:30								8 Star/Competitive Open 4:45-5:30		11:45	Jr Prep/Jr Academy Group Class 5 Star 1-6 Open 11:45-12:30			
5:00					CanSkate/Parent Assisted CanSkate 5:00-5:45	Junior Star Off-ice (5:00-5:30)	CanSkate/Parent Assisted CanSkate 5:00-5:45	Junior Star Off-ice (5:00-5:30)			12:00				
5:15											12:15				
5:30	PowerSkating 5:30-6:15								9 Star/Competitive Open 5:30-6:15		12:30	CanSkate/Parent Assisted CanSkate 12:30-1:15		Special O 12:30-1:15	
5:45		Junior Star Off-ice (5:45-6:15)	CanSkate/Parent Assisted CanSkate 5:45-6:30	Off Ice Jump Class (5:45-6:15)	Jr Prep/Jr Academy Group Class 2 Star 1-6 Open 5:45-6:30	Off Ice Jump Class (5:45-6:15)	Jr Prep/Jr Academy Group Class 3 Star 1-6 Open 5:45-6:30				12:45				
6:00								Off Ice Jump Class (6:00-6:30)			1:00				
6:15	Flood (6:15-6:30)	Off Ice Jump/ Performance Class (6:15-7:00)			Star 1-6 Open 5:45-6:30		Star 1-6 Open 5:45-6:30		Jr Prep/Jr Academy Group Class 4 Star 1-6 Open 6:15-7:00		1:15	Flood (1:15-1:30)		CanSkate/Parent Assisted CanSkate 1:15-2:00	
6:30	Jr Prep/Jr Academy Group Class 1 Star 1-6 Open 6:30-7:15		2 Star/Competitive Open 6:30-7:30		Flood (6:30-6:45)		Flood (6:30-6:45)				1:30	CanSkate/Parent Assisted CanSkate 1:30-2:15			
6:45											1:45				
7:00						Star/Competitive Open 6:45-7:30		Star/Competitive Group Class 6:45-7:15			2:00			Star/Competitive Group Class 2:00-2:30	
7:15	Star/Competitive Group Class 7:15-7:45						6 Star/Competitive Open 7:15-8:00			Junior Star Off-ice (7:15-7:45)	2:15	Break (2:15-2:30)			
7:30			Star/Competitive Group Class 7:30-8:00								2:30	CanSkate/Parent Assisted CanSkate 2:30-3:15		10 Star/Competitive Open 2:30-3:30	
7:45	1 Star/Competitve Open 7:45-8:45				Star/Competitive Open 7:30-8:15						2:45				
8:00											3:00				
8:15											3:15				
8:30					5 Adult/Teen Group Class/Adult Open 8:15-9:00		7 Star/Competitive Open 8:00-8:45				3:30				
8:45															

## Registration

All registration is to be completed online on 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, view your cart to 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 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 purpose of this session is to give the young skaters a few sessions with their parents to get comfortable skating. The adult will also need to purchase a Skate Canada membership for their insurance on the ice (\$58.65). If the skater is able to be integrated into the regular CanSkate program before the 4th session, the Parent's insurance will be refunded.

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

*\*Please note, due to various events being held at REAL, we only have 6 Thursdays for skating in our Winter 1 season. Due to the limited number of days, we will NOT be conducting skater assessments on Thursday CanSkate for Winter 1. Assessments for Thursdays will resume in January during our Winter 2 season.*

Day/Time	# of Weeks	Location	Cost
Tuesday 5:45-6:30pm	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$210</b> (Winter 1) <b>\$210</b> (Winter 2)
Wednesday 5:00-5:45pm	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$210</b> (Winter 1) <b>\$210</b> (Winter 2)
Thursday 5:00-5:45pm	6 (Winter 1) 8 (Winter 2)	Cooperators Arena	<b>\$126</b> (Winter 1) <b>\$168</b> (Winter 2)
Saturday 12:30-1:15pm	9 (Winter 1) 10 (Winter 2)	Balfour Arena	<b>\$189</b> (Winter 1) <b>\$210</b> (Winter 2)
Saturday 1:30-2:15pm	9 (Winter 1) 10 (Winter 2)	Balfour Arena	<b>\$189</b> (Winter 1) <b>\$210</b> (Winter 2)
Saturday 2:30-3:15pm	9 (Winter 1) 10 (Winter 2)	Balfour Arena	<b>\$189</b> (Winter 1) <b>\$210</b> (Winter 2)
Sunday 1:15-2:00pm	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$189</b> (Winter 1) <b>\$210</b> (Winter 2)



Pre-Power

Geared towards young skaters ages 4-8 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 4:45-5:30pm	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$210</b> (Winter 1) <b>\$210</b> (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 and helmet with a cage.



Power Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 5:30-6:15pm	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$250</b> (Winter 1) <b>\$250</b> (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.

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.

Jr Prep & Jr Academy Classes and Costs:

**\*\*Please note: a 30 min off ice class has been included in each day of the Jr Prep & Jr Academy classes!!!\*\***

Day/Time	# of Weeks	Location	Cost
Monday:  5:45-6:15pm (Off-ice)  6:30-7:15pm (On ice)	  10 (Winter 1) 10 (Winter 2)	  Doug Wick Arena	  <b>\$310</b> (Winter 1) <b>\$310</b> (Winter 2)
Wednesday:  5:00-5:30pm (Off-Ice)  5:45-6:30pm (On ice)	  10 (Winter 1) 10 (Winter 2)	  Doug Wick Arena	  <b>\$310</b> (Winter 1) <b>\$310</b> (Winter 2)
Thursday:  5:00-5:30pm (Off-ice)  5:45-6:30pm (On ice)	  6 (Winter 1) 8 (Winter 2)	  Cooperators Arena	  <b>\$186</b> (Winter 1) <b>\$248</b> (Winter 2)
Friday:  6:15-7:00pm (On ice)  7:15-7:45pm (Off-ice)	  8 (Winter 1) 10 (Winter 2)	  Doug Wick Arena	  <b>\$248</b> (Winter 1) <b>\$310</b> (Winter 2)
Saturday:  11:00-11:30am (off-ice)  11:45am-12:30pm (On ice)	  9 (Winter 1) 10 (Winter 2)	  Balfour Arena	  <b>\$279</b> (Winter 1) <b>\$310</b> (Winter 2)

STAR 1-6 Open

This session will share the ice with the Jr Prep/Jr Academy group sessions. These sessions are a great way to offer private lessons to those registered and allow younger STAR 1-6 skaters to skate earlier in the evening. The Junior Star off-ice is optional for those registered, but highly encouraged. Registration for the off-ice can be completed separately.

Skaters on this session are required to have a private lesson coach.

\*For help selecting a private lesson coach, please email us at [admin@skateregina.ca](mailto:admin@skateregina.ca).





Adult/Teen Learn to Skate Class

This is a group program 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) 10 (Winter 2)	Doug Wick Arena	<b>\$210</b> (Winter 1) <b>\$210</b> (Winter 2)

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) 10 (Winter 2)	Doug Wick Arena	<b>\$127.50</b> (Winter 1) <b>\$127.50</b> (Winter 2)

Star/Competitive 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](mailto:skateregina@myaccess.ca).

Off-Ice

Skaters registered in the Star/Competitive Open sessions can register for off-ice jump class and off-ice performance class. Help build confidence and consistency in jump technique and performance skills. *Skaters must be a minimum of STAR 2 or higher.*

Off-Ice Classes and Costs:

Day/Time	# of Weeks	Location	Cost
Monday 6:15-7:00pm <b>Jump &amp; Performance</b>	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$90</b> (Winter 1) <b>\$90</b> (Winter 2)
Tuesday 5:45-6:15pm <b>Jump Class</b>	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$60</b> (Winter 1) <b>\$60</b> (Winter 2)
Wednesday 5:45-6:15pm <b>Jump Class</b>	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$60</b> (Winter 1) <b>\$60</b> (Winter 2)
Thursday 6:00-6:30pm <b>Jump Class</b>	6 (Winter 1) 8 (Winter 2)	Cooperators Arena	<b>\$36</b> (Winter 1) <b>\$48</b> (Winter 2)

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
<b>GROUP</b> Monday 7:15-7:45pm	10 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$150</b> (Winter 1) <b>\$150</b> (Winter 2)
<b>GROUP</b> Tuesday 7:30-8:00pm	10 (Winter 1) 11 (Winter 2)	Doug Wick Arena	<b>\$150</b> (Winter 1) <b>\$165</b> (Winter 2)
<b>GROUP</b> Thursday 6:45-7:15pm	6 (Winter 1) 8 (Winter 2)	Cooperators Arena	<b>\$90</b> (Winter 1) <b>\$120</b> (Winter 2)
<b>GROUP</b> Sunday 2:00-2:30pm	9 (Winter 1) 10 (Winter 2)	Doug Wick Arena	<b>\$135</b> (Winter 1) <b>\$150</b> (Winter 2)



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.

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).

**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)	<b>\$53.00</b>
Safe Sport Fee		<b>\$5.00</b>
Accident Insurance		<b>\$0.65</b>
Total Membership Fees:		<b>\$58.65</b>

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 \$25 Account Credit!**

On the check-out screen of our registration page, the system will ask if you want to fundraise. If you choose yes, then you will receive information on all of our fundraisers. We will also include the fundraising information in our monthly emails so you can choose to participate at any time.

A Fundraising Fee of \$35.00 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.

Fundraising Options

- A summarized list of fundraisers has been provided. Stay tuned for more fundraising information in our newsletters!
- **Chocolate Almonds (October)**
  - **Little Caesars (October)**
  - **Online Dieleman (November)**
  - **Ukrainian Co-op (February)**
  - **Cowboy Caviar Beef Jerky (March)**
  - **Online Dieleman Cards (April/May)**
  - **Volunteer Your Time (various times during the seasons)**
  - **\$35 Buy-Out (no fundraiser/volunteer hours needed)**
- \*Fundraisers are subject to change based on supplier availability and terms\**