



SKATE SASKATOON HIGH PERFORMANCE CAMP

**A summer of skills, spirit and success
All levels are welcome**

July 2, 2025

To

August 29, 2025

(see important dates page 10)

www.skatesaskatoon.com

Email: office@skatesaskatoon.com

Sanctioned by SKATE CANADA

ACT Skating Centre

107 – 105 Street East, Saskatoon, SK S7N 1Z2



Skate Saskatoon Program Information

CANSKATE GROUP LESSONS: Learn-to-skate Program – Age 3 and over

- Working on CanSkate stages 1 -6. *****This is not an adult-tot program*****
- Weekly Registration Weeks 2- 9
- Monday – Thursday 5:45 pm – 6:30 pm
- Hockey or Figure Skates.
- Helmet information can be found [here](#)
- Skaters MUST have skate guards. Rubber or plastic skate guards are preferred rather than cloth guards
- Skate Saskatoon does not provide skates, guards, helmet, or mitts
- For the younger skaters, gloves or mitts and a metal cage facemask is recommended.

ADULT PROGRAM:

- Coach supervised but not coach instructed
- All levels welcome
- Weekly registration Weeks 3 – 8
- Monday – Thursday 8:15 pm – 9:00 pm
- **Available for drop in registration – adults only.**

POWER SKATING GROUP LESSONS:

- Week 9 Monday – Thursday
- U10/U12 Ringette 6:30 pm – 7:15 pm
- U9/U11 Hockey 7:15 pm – 8:00 pm
- Must skate in hockey skates
- Must have a stick, gloves, helmet and hockey face mask
- Other types of equipment are optional (elbow pads, shin pads, shoulder pads, pants etc.)
- Must have registered for U9/U11 hockey or U10/U12 ringette for the 2025/2026 year
- Must have played at least one year of organized hockey/ringette
- *****This is not a learn to skate program*****

POWER SKATING PRIVATE LESSONS OPTION:

- Designated ice time for power skating private lessons
- Weeks 2- 8 Monday, Tuesday, Wednesday, Thursday 9:00 pm – 9:45 pm
- Once-a-week registration (7 sessions) or drop in registration available
- Coaching not included in ice time registration. Coaches will invoice directly
- Must skate in hockey skates
- See the ice, registration and attendance rules for important information



Figure Skating Training Programs - Group Packages

- Recommended for optimal skater development
- Skater level is based on level at the start of the season – July 2 2025
 - For questions email directorofskating@skatesaskatoon.com.

JUNIOR EXCEL/JUNIOR PREP GROUP PROGRAM

- Must skate in figure skates
- Helmet information can be found [here](#)
- Must have a coach recommendation and coordinator approval to advance from CanSkate into Junior Prep (Stages 4-6 CanSkate)
- Must have permission from the Director of Skating, Natasha Taylor, to participate in Junior Excel
 - Email directorofskating@skatesaskatoon.com
- Weekly Registration Weeks 2- 8
- Daily Monday – Friday
 - On ice class - 4:45 pm – 5:30 pm
 - Off ice class - 5:45 pm – 6:15 pm
- Receive a 50% discount on options purchased, including drop in registrations, in the same week as a package registration

INTERMEDIATE

- Skaters working on STAR 1-5; completed Stage 6 CanSkate
- Weekly registration Weeks 2- 8
- Daily Monday - Friday:
 - Guided Warm up
 - Stroking
 - Off Ice
 - 1 or 2 options
 - Package with two options includes Options 5 and Option 8
 - Package with one option is offered with the selection of Option 5 or Option 8, space permitting
 - See Schedule on Page 11
- Receive a 50% discount on additional options purchased, including drop in registrations, in the same week as a package registration
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session, with the exception of group package sessions, within the same day to accommodate lessons
- Package with one option available for daily registration with special permission from Natasha Taylor, Director of Skating
 - Email directorofskating@skatesaskatoon.com
 - Price of \$57 per day, pre-tax
 - The discount on additional options purchased, including drop in registrations, noted above is not applicable unless a skater is registered for the week



SENIOR

- **Pre-Juv to Juv Competitive Skaters, STAR 6+ (passed STAR 5 Freeskate both parts)**
- Weekly registration Weeks 2- 8
- Daily Monday - Friday:
 - Guided Warm up
 - Stroking
 - Off Ice
 - 2 or 3 options
 - Package with three options includes Options 3, 4 and 6
 - Package with two options includes Options 3 and the selection of Option 4 or Option 6, space permitting
 - See Schedule on Page 11
- **Receive a 50% discount on additional options purchased, including drop in registrations, in the same week as a package registration**
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session, with the exception of group package sessions, within the same day to accommodate lessons
- Package with two options available for daily registration with special permission from Natasha Taylor, Director of Skating
 - Email directorofskating@skatesaskatoon.com
 - Price of \$72 per day, pre-tax
 - The discount on additional options purchased, including drop in registrations, noted above, is not applicable unless a skater is registered for the week

ELITE

- **Pre-Novice to Senior Competitive Skaters**
- Weekly registration Weeks 2- 8
- Daily Monday - Friday:
 - Guided Warm up
 - Stroking
 - Off Ice
 - 2 or 3 options
 - Package with three options includes Options 2, 4 and 6
 - Package with two options includes Options 2 and the selection of Option 4 or Option 6, space permitting
 - See Schedule on Page 11
- **Receive a 50% discount on additional options purchased, including drop in registrations, in the same week as a package registration**
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session, with the exception of group package sessions, within the same day to accommodate lessons
- Package with two options available for daily registration with special permission from Natasha Taylor, Director of Skating
 - Email directorofskating@skatesaskatoon.com
 - Price of \$72 per day, pre-tax
 - The discount on additional options purchased, including drop in registrations, noted above, is not applicable unless a skater is registered for the week



OFF ICE:

- **Ballet STAR 1 and up**

- ACT Hall
- Class to develop fundamental ballet technique and a correct understanding of anatomical positioning, artistry and musicality
- Wednesday at 1:45 pm – 2:30 pm Weeks 2- 8
- Available for registration both for Weeks 2 -8 or drop-in

OPTIONS:

- Designated ice time which does not include coaching
- See the ice, registration and attendance rules for important information
- Figure skating open options available for weekly registration only
 - Monday – Friday Weeks 2- 8
- All levels options available for weekly registration and once a week registration
 - Monday – Friday Weeks 2 – 8
 - Once a week Weeks 2- 8
- For the process to arrange private lessons email directorofskating@skatesaskatoon.com.

Drop-In Sessions:

To register for a drop-in session, follow the instructions below:

1. Log into your Skate Saskatoon account.
2. On the Registration Tab click on “Calendar View”.
3. Click on the name of the session you wish to purchase and select register. Any sessions that are available for drop-in will include drop-in as a selection.
4. Select drop-in, the participant from the drop-down menu and date(s) desired to drop in. **There is no swapping of drop-in registrations for different dates.**
5. Click “ADD” to add the drop-in purchases to your cart.
6. Most Figure Skating Open options, All Levels options, Power Skating Private Lessons option, the Wednesday off ice class and the Adult Program are available for drop-in registration. For All Levels options, which is offered by the week or once a week, the drop in registration is available under the weekly registration – e.g. Week 2 7:30 am

Notes:

- Skaters must have the 24-25 Skate Canada membership. If this is not already in place it will be automatically added at checkout. See the pricing section for further information.
- Skaters must be at the appropriate level for the session they are buying.
- Must be purchased prior to skating.



15-Minute Lesson Ice Tickets:

- Must be in a private lesson to use this ticket – private coaching fees not included.
- Must have a current week registration in group lessons.
- 15-minute tickets must be purchased prior to use/skating session.
- Coach, date, and option number are required to be completed in order to finalize the purchase.
- Maximum TWO tickets per day.
- Only valid on Figure Skating Open or All Levels Options. Not valid on Coach Bookable Ice.
- Only valid for skaters below STAR 3.
- Tickets expire at the end of the current season.

Coach Bookable Ice:

- Ice time that must be booked by a Skate Canada Coach with Skate Saskatoon a minimum of 48 hours in advance: Email office@skatesaskatoon.com.
- The coach must be in attendance for the entire session.
- Payment must be made ahead of the session.
- **Once the session has been set up in the system it is non-refundable, and it cannot be exchanged for a different time.**

All Sessions are BYOC: “Bring Your Own Coach”

- Must be Skate Canada Accredited Coach in good standing.
- Non-Skate Saskatoon coaches must get permission from Skate Saskatoon Executive to coach on Skate Saskatoon Summer sessions in person or virtually. Email office@skatesaskatoon.com a minimum of 48 hours in advance. Failure to do so may result in revoking permission to coach on Skate Saskatoon sessions.
- The permission is for the season only.



PRICING

- All skaters are required to have an 24-25 Skate Canada Membership.
 - The effective period for the 24-25 Skate Canada membership is Sept. 1, 2024 – Aug. 31, 2025, at a cost of \$58.65.
 - If this is not already in place it will be automatically added at checkout.
- All program fees listed do not include the Skate Canada membership or applicable taxes.
- There are no pricing prorations.
- There is a \$30 +GST administration fee for any changes to registered skating times requested less than a minimum of three business days ahead of program commencement.
- Package skaters (Junior Excel/Junior Prep, Intermediate, Senior and Elite) will receive a 50% discount on options purchased outside of the package, including drop-in registrations, in the same week as a weekly package registration.

Program	Details	Cost
CanSkate	<ul style="list-style-type: none"> • Weekly Registration Weeks 2 -9 • Monday – Thursday • See Page 2 	\$82 per week
Adult Program	<ul style="list-style-type: none"> • Weekly Registration Weeks 3- 8 • Monday – Thursday • See Page 2 	\$60 per week Drop in registration \$20 per session
Group Power Skating	<ul style="list-style-type: none"> • Week 9 • Two classes <ul style="list-style-type: none"> ○ U10/U12 Ringette ○ U9/U11 Hockey • Monday – Thursday • See Page 2 	\$82 per class
Junior Excel/Junior Prep Package	<ul style="list-style-type: none"> • Weekly Registration Weeks 2- 8 • Monday – Friday • See Page 3 	\$115 per week
Intermediate Group Package with one option	<ul style="list-style-type: none"> • Weekly Registration Weeks 2-8 • Monday – Friday • See Page 3 	\$200 per week
Intermediate Group Package with two options	<ul style="list-style-type: none"> • Weekly Registration Weeks 2- 8 • Monday – Friday • See Page 3 	\$230 per week
Senior Group Package with two options	<ul style="list-style-type: none"> • Weekly Registration Weeks 2- 8 • Monday – Friday • See Page 4 	\$255 per week



Senior Group Package with three options	<ul style="list-style-type: none"> Weekly Registration Weeks 2- 8 Monday – Friday See Page 4 	\$285 per week
Elite Group Package with two options	<ul style="list-style-type: none"> Weekly Registration Weeks 2- 8 Monday – Friday See Page 4 	\$255 per week
Elite Group Package with three options	<ul style="list-style-type: none"> Weekly Registration Weeks 2- 8 Monday – Friday See Page 4 	\$285 per week
Ballet – ACT Hall	<ul style="list-style-type: none"> See Page 5 	\$105 Weeks 2- 8 Drop in registration \$20 (per session)
Options	<p>Weekly Registration Weeks 2-8 (5 sessions per week \$60)</p> <ul style="list-style-type: none"> Figure Skating Open or All Levels Monday - Friday <p>Weeks 2-8 once a week (7 sessions \$84)</p> <ul style="list-style-type: none"> All Levels options Power Skating Private Lessons option <p>Weeks 1 and 9 Available by individual session registration only. Session pricing includes weeks 1 and 9 coach bookable sessions.</p> <ul style="list-style-type: none"> See Pages 2 and 5 	\$12 per session
Drop In Sessions	<ul style="list-style-type: none"> Weeks 2 – 8 See Page 5 	\$17 per session
15-Minute Lesson Ice Tickets	<ul style="list-style-type: none"> See Page 6 	\$5 per ticket
Lockers	<ul style="list-style-type: none"> Subscription effective July 1, 2025 – June 30 2026 	\$25



Ice, Registration and Attendance Rules:

1. Skaters who have not yet **PASSED** the complete STAGE 3 of CanSkate **MUST** also be registered in CanSkate group lessons in the current week to be eligible for non-group programming (private lessons), including using 15-minute lesson ice tickets.
 - Skaters who have not yet passed Stage 3 of CanSkate are required to be in a lesson while on the ice (private or group).
 - Exception: Skaters registered in U7, or older hockey are eligible for All Levels sessions provided they are in a lesson (for the entire time they are on the ice), without having passed CanSkate STAGE 3.
***Hockey sticks are not allowed on All Levels sessions.** Skaters are not eligible for 15-minute lesson ice tickets unless the skater is also registered in a Skate Saskatoon Group Program.
2. Skaters are not permitted on sessions out of their level range:
Level is based on FREESKATE LEVEL PASSED (both parts when applicable)
3. ***Parents are not allowed in the ice area or off ice room unless it is for a special event.** Parents are not allowed to provide instruction to a skater from the viewing gallery. Interrupting focus during a moving session is considered dangerous.
4. Only skaters and coaches or authorized persons may enter the music room. Parents are not allowed.
5. Regarding session music rules, if a solo has been stopped, the skater loses their privilege and will have to move to the back of the line to have their music played again.
6. Right of way on the ice
 - Run through soloist with music playing
 - Private lessons
7. Skaters must not enter the ice prior to the session start time and must exit the ice at the time the session ends.
8. No standing or socializing on the ice.
9. Do not put others at risk by kicking or lying on the ice. Do not stand or coast in the middle of the ice. Be aware of other skaters and the pace of the session.
10. No Earbuds or headphones are permitted on the ice (Exception: Skate Canada coaches using them to choreograph programs, NOTE: the coach can wear the earbud, NOT the skater).
11. No swapping or exchanging sessions
 - Exception: On the day a skater is leaving for a competition, a registered session may be switched to any session on the same day, excluding sessions that are included with a group package, in order to accommodate lessons.
12. All Levels and CanSkate: Hockey or Figure skates
 - All other sessions require figure skates.
 - Exception: Power Skating Private Lessons hockey skates only.
13. *** Private Group lessons**
 - Skate Saskatoon coaches:
 - Elite or Senior options - Maximum of three skaters
 - Intermediate, STAR, Figure Skating Open or All Levels options (figure skaters) - Maximum of four skaters
 - All Levels options (hockey or ringette players) - One skater only
 - Power Skating Private Lessons options - Coach discretion



- Non club coaches (BYOC – Page 6)
 - Maximum of two skaters
 - Exception: All Levels options (hockey or ringette players) - One skater only
- 14. Pairs/Dance is permitted on sessions with fewer than 10 registered skaters (including the pair/dance team).
- 15. On ice and Off ice group lesson instructors have the right to dismiss skaters for lateness or disruptive behavior.
- 16. Skate Saskatoon reserves the right to revoke the privileges of participants who do not follow guidelines or policies.
- 17. Skate Saskatoon reserves the right to modify or cancel programs or options at any time. Skate Saskatoon will provide as much cancellation notice as possible via email, the website and on social media. Please ensure your Uplifter account settings allow emails from Skate Saskatoon.
- 18. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed as a result of unforeseen circumstances.
- 19. A Skate Canada Coach, plus at least one skater, must be in the building for the session to occur. Skater(s) must exit the ice if this requirement is not met. No refunds or make-up sessions are provided.
- 20. For CanSkate, Junior Prep and Junior Excel group lessons, parents/guardians or designated supervising adults are responsible for their child(ren) at all times when they are not in the lesson, including before and after their scheduled group lesson. Parents/guardians or designated supervising adults must remain at the skating facility during the group lesson.
- 21. Skate Saskatoon welcomes children spectators to build interest in the sport. Children spectators must be supervised at all times.

Important Dates:

- **Dates of weeks below**
 - **Week 1 July 2 – 4 (3 days only)**
 - **Week 2 July 7 - 11**
 - **Week 3 July 14 - 18**
 - **Week 4 July 21 – 25**
 - **Week 5 July 28 – August 1**
 - **Week 6 August 4 – August 8**
 - **Week 7 August 11 – August 15**
 - **Week 8 August 18 – August 22**
 - **Week 9 August 25 – August 29**
 - **See Weeks 1 and 9 schedule on Page 12**
 - **See Weeks 2 – 8 schedule on Page 11**
- **Closed Saturdays and Sundays**
- **Assessment day to be announced**



Summer 2025 Weeks 2 - 8	On-Ice	Off-Ice
7:30	Option #1	
7:45	All Levels	
8:00	7:30 am - 8:30 am	Elite Warm up
8:15		8:00 am - 8:30 am
8:30	Flood	
8:45	Option #2	
9:00	Elite	Senior Warm Up
9:15	8:45 am - 9:45 am	9:00 am - 9:30 am
9:30		
9:45	Option #3	
10:00	Senior	
10:15	9:45 am - 10:45 am	
10:30		
10:45	Flood	
11:00	Elite Stroking	
11:15	11:00 am - 11:30 am	
11:30	Option #4	
11:45	Elite /Senior	
12:00	11:30 am - 12:15 pm	
12:15	Senior Stroking	Intermediate Warm Up
12:30	12:15 pm - 12:45 pm	12:15 pm - 12:45 pm
12:45	Flood	
1:00	Option #5	Elite/Senior
1:15	Intermediate	Off Ice
1:30	1:00 pm - 1:45 pm	1:00 pm - 1:45 pm
1:45	Intermediate Stroking	STAR 1 and up
2:00	1:45 pm - 2:15 pm	Ballet Wednesday Weeks 2-8
2:15	Option #6	1:45 pm - 2:30 pm
2:30	Elite/Senior	
2:45	2:15 pm - 3:00 pm	Intermediate
3:00	Flood	Off Ice
3:15	Option #7	2:45 pm - 3:30 pm
3:30	Figure Skating Open	
3:45	3:15 pm - 4:00 pm	
4:00	Option #8	
4:15	Int - Figure Skating Open - STAR 5	
4:30	4:00 pm - 4:45 pm	
4:45	Junior Prep/	
5:00	Junior Excel	
5:15	4:45 pm - 5:30 pm	
5:30	Flood	
5:45	CanSkate Monday - Thursday	Junior Prep/Junior Excel Off Ice
6:00	Club Development Friday	5:45 pm - 6:15 pm
6:15	5:45 pm - 6:30 pm	
6:30	Option #9	
6:45	All Levels	
7:00	6:30 pm - 7:15 pm	
7:15	Option #10	
7:30	All Levels	
7:45	7:15 pm - 8:00 pm	
8:00	Flood	
8:15	Adult Program	
8:30	8:15 pm - 9:00 pm	
8:45	Monday - Thursday	
9:00	Option #11	
9:15	Power Skating Private Lessons Option	
9:45	9:00 pm - 9:45 pm Mon, Tues, Wed, Thurs	
	All Levels options are available by the week or once a week Weeks 2-8	
	Power Skating Private Lessons Option - see Page 2	



Summer 2025 Weeks 1 (W-F) and 9	Week 1 - July 2,3,4 (Wednesday-Friday)	Week 9
7:30		
7:45		
8:00		
8:15		
8:30		
8:45		
9:00		
9:15		
9:30		
9:45		
10:00	Flood	Flood
10:15	Option #1	Option #1
10:30	Coach Bookable Session	Coach Bookable Session
10:45	10:15 am - 11:00 am	10:15 am - 11:00 am
11:00	Option #2	Option #2
11:15	Elite	Elite
11:30	11:00 am - 11:45 am	11:00 am - 11:45 am
11:45	Option #3	Option #3
12:00	Elite/Senior	Elite/Senior
12:15	11:45 am - 12:30 pm	11:45 am - 12:30 pm
12:30	Flood	Flood
12:45	Option #4	Option #4
1:00	Senior	Senior
1:15	12:45 pm - 1:30 pm	12:45 pm - 1:30 pm
1:30	Option #5	Option #5
1:45	Figure Skating Open	Figure Skating Open
2:00	1:30 pm - 2:15 pm	1:30 pm - 2:15 pm
2:15	Option #6	Option #6
2:30	Figure Skating Open	Figure Skating Open
2:45	2:15 pm - 3:00 pm	2:15 pm - 3:00 pm
3:00	Flood	Flood
3:15	Option #7	Option #7
3:30	Intermediate	Intermediate
3:45	3:15 pm - 4:00 pm	3:15 pm - 4:00 pm
4:00	Option #8	Option #8
4:15	All Levels	All Levels
4:30	4:00 pm - 4:45 pm	4:00 pm - 4:45 pm
4:45	Option #9	Option #9
5:00	All Levels	All Levels
5:15	4:45 pm - 5:30 pm	4:45 pm - 5:30 pm
5:30	Flood	Flood
5:45	Option #10	CanSkate Monday - Thursday
6:00	Coach Bookable Session	Club Development Friday
6:15	5:45 pm - 6:30 pm	5:45 pm - 6:30 pm
6:30		Group Power Skating U10/U12 Ringette Mon-Thurs
6:45		Coach Bookable Session Friday
7:00		6:30 pm - 7:15 pm
7:15		Group Power Skating U9/U11 Hockey Mon-Thurs
7:30		Coach Bookable Session Friday
7:45		7:15 pm - 8:00 pm