

July/August Ice Sessions

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	Open	Open	Open	Open	Open
7:15	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45
7:45	Open	Open	Open	Open	Open
8:00	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
8:15	7:45-8:30	7:45-8:30	7:45-8:30	7:45-8:30	7:45-8:30
8:30	FLOOD (8:30-8:45)				
8:45	Senior	Senior	Senior	Senior	Senior
9:00	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
9:15	8:45-9:30	8:45-9:30	8:45-9:30	8:45-9:30	8:45-9:30
9:30	Open	Open	Open	Open	Open
9:45	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
10:00	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15
10:15	FLOOD (10:15-10:30)				
10:30	Junior	Junior	Junior	Junior	Junior
10:45	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
11:00	10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:15
11:15	Jr/Int Dance/Skills	Jr/Int Dance/Skills	Jr/Int Dance/Skills	Jr/Int Dance/Skills	Jr/Int Dance/Skills
11:30	11:15-12:00	11:15-12:00	11:15-12:00	11:15-12:00	11:15-12:00
11:45					
12:00	FLOOD (12:00-12:15)				
12:15	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
12:30	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
12:45	12:15-1:00	12:15-1:00	12:15-1:00	12:15-1:00	12:15-1:00
1:00	Int/Sr Dance/Skills	Int/Sr Dance/Skills	Int/Sr Dance/Skills	Int/Sr Dance/Skills	Int/Sr Dance/Skills
1:15	1:00-1:45	1:00-1:45	1:00-1:45	1:00-1:45	1:00-1:45
1:30					
1:45	FLOOD (1:45-2:00)				
2:00	Senior	Senior	Senior	Senior	Senior
2:15	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
2:30	2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45
2:45	Open	Open	Open	Open	Open
3:00	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
3:15	2:45-3:30	2:45-3:30	2:45-3:30	2:45-3:30	2:45-3:30
3:30	FLOOD (3:30-3:45)				
3:45	Open	Open	Open	Open	Open
4:00	Freeskate	Freeskate	Freeskate	Freeskate	Freeskate
4:15	3:45-4:30	3:45-4:30	3:45-4:30	3:45-4:30	3:45-4:30
4:30	Open	Open	Open	Open	Open
4:45	Speed/Jumps	Speed/Jumps	Speed/Jumps	Speed/Jumps	Speed/Jumps
5:00	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15
5:15	Jr/Int Stroking	Jr/Int Stroking	Jr/Int Stroking	Jr/Int Stroking	Open
5:30	5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	Freeskate
5:45					
6:00	FLOOD (6:00-6:15)				
6:15	CanSkate /Pre-Star	CanSkate /Pre-Star	CanSkate /Pre-Star	CanSkate /Pre-Star	Open
6:30	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00	Freeskate
6:45					
7:00	Open Freeskate	Open Freeskate	Open Freeskate	Open Freeskate	Open Freeskate
7:15	Skills/Dance	Skills/Dance	Skills/Dance	Skills/Dance	Skills/Dance
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45
7:45	FLOOD (7:45-8:00) (Optional)				
8:00	Open Freeskate	Open Freeskate	Open Freeskate	Open Freeskate	Open Freeskate
8:15	Skills/Dance	Skills/Dance	Skills/Dance	Skills/Dance	Skills/Dance
8:30	Weeks 1-8	Weeks 1-8	Weeks 1-8	Weeks 1-8	Weeks 1-8
8:45	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00
	Week 9 Difference				
8:00	Power Skating Only	Power Skating Only	Power Skating Only	Power Skating Only	Power Skating Only
8:15	Week 9	Week 9	Week 9	Week 9	Week 9
8:30	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00
8:45					
	July/August Off-Ice Sessions				
1:15	Junior Off-Ice	Junior Off-Ice	Junior Off-Ice	Junior Off-Ice	Junior Off-Ice
1:30	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00	1:15-2:00
1:45					
2:00	Intermediate Off-Ice	Intermediate Off-Ice	Intermediate Off-Ice	Intermediate Off-Ice	Intermediate Off-Ice
2:15	2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45
2:30					

Our Coaches

Contact one of our amazing coaches to see if they are available to be your coach for the summer!

Skate Saskatoon Coaches:

Blaise Kirchgesner
 Chantel (Norman) McDougall
 Dale Hazell
 Neil Tymoruski
 Padget Riediger
 Rosemary Armstrong
 Sandra Nicholat

Additional Summer Coaches:

Cindy Tymoruski
 Heather Martin (Reddick)
 Jessica Penner
 Laura McLeod
 Michelle Cowell
 Shelby Stupak
 Sherryl Britton

- Lesson fees are paid directly to the coach.
- All lesson information should be confirmed with the coach.
- Each lesson is approximately 15 minutes.

For more information about our programs, camps and coaches and how to register, visit our website or feel free to contact us:

www.skatesaskatoon.com

Address: 107-105th Street East,
 Saskatoon, SK, S7N 1Z2

Office Phone: (306) 373-4466

Email: office@skatesaskatoon.com

**Skate Saskatoon
 Summer School**



July 2nd - August 31st, 2018
 A.C.T. Skating Centre

Weekly Group Programs

July - August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	Week 1	5	6	7
8	9	10	Week 2	12	13	14
15	16	17	Week 3	19	20	21
22	23	24	Week 4	26	27	28
29	30	31	Week 5	2	3	4
5	6	7	Week 6	9	10	11
12	13	14	Week 7	16	17	18
19	20	21	Week 8	23	24	25
26	27	28	Week 9	30	31	

Summer Camps

Supervised programs in the A.C.T
Weeks 1 through 8
6 years of age and up

Full Day Camps (per day):

3 ice sessions
1 off-ice session
1 stroking session (Monday-Thursday)
8:30 am - 5:00 pm
\$240/week

Half Day Morning Camps (per day):

3 morning ice sessions
8:30 am - 1:00 pm
\$125/week

Half Day Afternoon Camps (per day):

3 afternoon ice session
1 off-ice session
1:00 pm - 5:00 pm
\$150/week



Weekly Programs

Junior Group Option (per day):

Skaters have not passed any FS tests, and are working on StarSkate Levels 1-3.
1 skills/dance session
1 freeskate session
1 off-ice session
\$95/week

Intermediate Group Option (per day):

Skaters have passed Senior Bronze FS, are working on StarSkate FS levels 4 & , and are competing PreJuvenile or Juvenile at November 2018 Sectionals.
1 skills/dance session
2 group appropriate freeskate sessions
1 off-ice session
\$115/week

Senior Group Option (per day):

Skaters have passed Junior Silver FS, and are competing PreNovice-Senior at November 2018 Sectionals.
3 group appropriate freeskate sessions
1 off-ice session
\$115/week

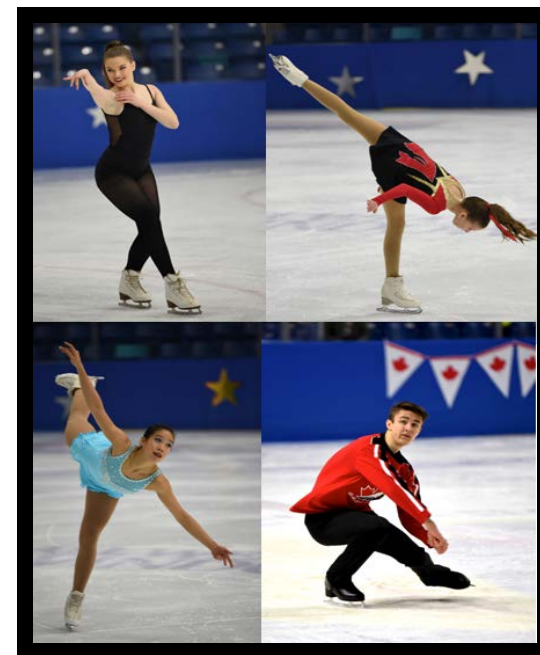
Extra FreeSkate Sessions:

Skaters may register for any number of extra sessions indicated on the schedule or by using Summer Ice Session Tickets
\$40 per week for each session if registered in Group Programs

Stroking Program:

Geared towards the Junior and Intermediate levels (although Senior skaters can also benefit), skaters will work on stroking, speed, turns, field moves, edges, power, endurance, and general skating skills.
Monday - Thursday, 5:15 - 6:00 pm

***Group times will be allotted according to freeskate levels as well as age and length of registered skating time at the School. Dance music will be available for all levels. Freeskate sessions will have a limited number of skaters on the ice at any period of time. Final group placement and requested changes will be at the discretion of Skate Saskatoon.



Off-Ice Training

Held in the A.C.T. Hall
Monday - Friday
Juniors: 1:15 - 2:00 pm
Intermediates: 2:00 - 2:45 pm
Off-Ice will be instructed by:

Move N Soar

Co-owners Kelly Duncalfe-Baker and Yuki Miyaoka Block and their team come with years of leading fitness and movement classes for athletes of all ages. Check out their website for all of their certifications, credentials, classes, and instructing team:
www.movensoar.com

Brooke (Ellis) Robertson

Brooke is a former National level figure skater, and now owns and operates Competitive Edge Training. For more information about her history, classes, workshops, and training philosophy check out her website:
www.competitiveedgetraining.ca