



SUMMER SCHOOL

July 2nd – August 31st, 2018

9 Exciting Weeks

A.C.T. SKATING CENTRE

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

Email: support@skatesaskatoon.com

Blaise Kirchesner (clubmanager@skatesaskatoon.com)

Sanctioned by SKATE CANADA
<http://skatesaskatoon.weebly.com>



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www.skatesaskatoon.com

CALENDAR OF SKATING WEEKS:

WEEK 1 Monday, July 2 – Friday, July 6

WEEK 3 Monday, July 16 – Friday, July 20

WEEK 5 Monday, July 30 – Friday, August 3

WEEK 7 Monday, August 13 – Friday, August 17

WEEK 9 Monday, August 27 – Friday, August 31

WEEK 2 Monday, July 9 – Friday, July 13

WEEK 4 Monday, July 23 – Friday, July 27

WEEK 6 Monday, August 6 – Friday, August 10

WEEK 8 Monday, August 20 – Friday, August 24

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

Skaters will be grouped to ensure a safe environment and to train.

STROKING PROGRAM – Monday—Thursday (5:15—6:00 PM).

This program will be geared for the JUNIOR and INTERMEDIATE skaters. It will emphasize stroking, speed, turns, field moves, edges, power, endurance, and general skating skills.

SENIOR level skaters will also benefit from this program taught by the Summer School Coaching Team.

There will not be instruction on the Friday session (open practice time).

OFF-ICE Training will be held in the A.C.T. HALL (upstairs) Monday to Friday. Off-Ice - JUNIORS - 1:15 to 2 pm; Off-Ice - INTERMEDIATES - 2:00 - 2:45 pm. The skaters 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 <http://www.movensoar.com> for all of their certifications, credentials, classes, and instructing team.

BROOKE (ELLIS) ROBERTSON—Brooke is a former National level figure skater, and now owns and operates Competitive Edge Training. Check out www.competitiveedgetraining.ca for Brooke's history, classes, workshops, and training philosophy.

TEST DAYS– **Test day scheduling and level of tests will be determined by judges' availability.** Skaters should book their summer skating to include the test day at their level. In order to host test- days, regularly scheduled ice time has to be used. The summer school attempts to keep schedule disruptions to a minimum.

Test days will be held on the Thursdays and/or Fridays of **Week 4, Week 6, and Week 8** (up to and including Gold Freeskate, Skills, Dance)

TEST FEES WILL BE POSTED AT THE RINK AND MUST BE PAID ON-LINE BEFORE TESTS CAN BE TAKEN

Dates subject to Availability of Officials.

July/August

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	Jr/Int	Jr/Int	Jr/Int	Jr/Int
11:30	Dance and/or Skills	Dance and/or Skills	Dance and/or Skills	Dance and/or Skills	Dance and/or Skills
11:45	11:15 - 12:00	11:15 - 12:00	11:15 - 12:00	11:15 - 12:00	11:15 - 12:00
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	Int/Sr	Int/Sr	Int/Sr	Int/Sr
1:15	Dance and/or Skills	Dance and/or Skills	Dance and/or Skills	Dance and/or Skills	Dance and/or Skills
1:30	1:00 - 1:45	1:00 - 1:45	1:00 - 1:45	1:00 - 1:45	1:00 - 1:45
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	Stroking	Stroking	Stroking	Stroking	Open
5:30					Freeskate
5:45	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	5:15 - 6:00
6:00	FLOOD (6:00 – 6:15)				
6:15	CanSkate/Pre-Star	CanSkate/Pre-Star	CanSkate/Pre-Star	CanSkate/Pre-Star	Open
6:30					Freeskate
6:45	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00	6:15 - 7:00
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	Week 9 Power	Week 9 Power	Week 9 Power	Week 9 Power	Week 9 Power
8:45	8:00 – 9:00	8:00 – 9:00	8:00 – 9:00	8:00 – 9:00	8:00 – 9:00
9:00	Rink Closes 9:00 pm Monday – Friday				

Notes:

Sessions require valid Group Registration or Summer Season Registration OR a valid Summer Ticket (entered in Sign-on Book) Sign In Procedures and Skate Saskatoon Policies Apply at all Times
 No make up sessions for Group Registration times exchanged from previous weeks. Summer Group skaters MUST be registered in the current week
 Payment arrangements other than credit card payment on-line will be charged an administration fee (\$25) per alternate payment

JUNIOR – Have not passed any Freeskate Tests; working on StarSkate Freeskate Levels 1, 2, 3

INTERMEDIATE – Passed Senior Bronze FS; working on StarSkate Freeskate Levels 4 & 5. Competing PreJuvenile or Juvenile at November 2018 Sectionals

SENIOR – Passed Junior Silver FS; Competing PreNovice to Senior at November 2018 Sectionals

Note Week 9 designated for Power Skating Camps (Novice and Atom)

Int - Intermediate

Sr. - Senior

Schedule Varies during the Summer/Week 9

*at the discretion of the Professional Coach—Freeskate lessons MAY be given to individual students during dance/skills time * safety of all participants is the priority during these instances*

Off-Ice - Juniors - 1:15 to 2 pm Off -Ice - Intermediates - 2:00 - 2:45 pm

Speed/Jumps - Open opportunity for coaching focused on Competitive Edge - Speed Power and Jumps (working to improve your technical performance ONLY)

For registration in the Skate Saskatoon Summer School, a skater must register with a **Summer 2018 Weekly Intensive Product** (Junior/Intermediate or Senior) on-line (1 Item fee per week) payment in full prior to scheduling. Priority Registration will be based on time of payment for all registrations.

Skaters must identify Ice Preference times by completing Form A and submitting to the Support (support@skatesaskatoon.com) prior to June 1.

Summer registration for the entire season (9 weeks of Options)

1. FULL GROUP PROGRAM - This entitles the skater to **one** skills/ dance session, and **two** freeskate sessions per day (including **one** off-ice session each day) for Intermediate Skaters during an appropriate group time, and **three** freeskate sessions per day for Senior Skaters (including **one** off-ice session each day).

Junior Group Program—includes one Freeskate; one skills/dance session per day and one off-ice session each day (Monday through Friday)

Available **Summer Group Products** may be purchase on-line for Senior Group; Intermediate Group and Junior Group

2. EXTRA FREESKATE SESSIONS - Extra sessions are offered for all Skate Saskatoon members and registered summer school skaters. Skaters may register for any number of extra sessions chosen from those indicated in the skating schedule for the **Summer Season** or with Summer Ice Session Tickets.

3. FULL OR HALF DAY CAMPS (Including Supervision and Skating) (8:30am – 1:00 pm/1:00 pm – 5 pm)

Ice included / no coaching included (Off-Ice Included) – Minimum 5 participants to run Weeks 1 - 8

FEE SCHEDULE—detailed fees are available on-line

- | | | |
|------------------------|-------------------------------|--|
| 1. SENIOR | \$115/week | 3 Freeskate (includes off-ice per day) |
| 2. INTERMEDIATE | \$115/week | 2 Freeskate / 1 Dance/Skills (includes 1 off-ice per day) |
| 3. JUNIOR | \$95/week | 1 Freeskate, 1 Dance/Skills (includes off-ice per day) |
| 4. CAMP | \$125/\$150/\$240/week | Half Day Morning/Half Day Afternoon/Full Day (details page 8) (Weeks 1 – 8) |

STROKING PROGRAM \$40 per week

EXTRA FREESKATE (\$40 per week – only applied if registered in Group Program)

*No make-up sessions allowed with Weekly Programs

Summer Ice Session tickets are available on-line Login: Purchase Products/Summer Ice Session Tickets.

FORM A			
SKATER'S NAME: _____		AGE: _____	GENDER: <u>M/F</u>
DATE OF BIRTH: _____	LAST _____ FIRST _____ INITIAL _____	ADDRESS: _____	POSTAL CODE: _____
HOME PHONE#: _____	MM/DD/YY	CEL: _____	PARENT/GUARDIAN NAME: _____
EMAIL: _____	HEALTH CARD NUMBER: _____		
HOME CLUB: _____	SKATE CANADA CLUB NO. _____	SKATE CANADA NO: _____	
TEST LEVEL AS OF JULY 1, 2018: _____			
COMPETING LEVEL SECTIONALS 2018/19: _____		TITLE: _____	
HOME CLUB OFFICIAL: _____			
HOME CLUB ADDRESS: _____			
<small>Home Club indicated affiliated with Skate Canada. All skaters who take Skate Canada tests MUST be members of the Association and obtain a registration number or advise Skate Saskatoon. The Skater named on this application is hereby granted permission to take Skate Canada tests at Skate Saskatoon Summer School and may skate in sanctioned competitions held during the current summer season.</small>			

PLACE THE WEEK NUMBER BESIDE THE SESSIONS THAT YOU WISH TO SKATE EACH WEEK

ONE FORM PER SKATER*

SKATER NAME: _____ Skate Saskatoon Invoice Number _____

CHECK SENIOR (3 FREESKATE); INTERMEDIATE (2 FREESKATE; 1 D/S); JUNIOR (1 FREESKATE; 1 D/S)

- | | | |
|-------------------------|-------------------------|-------------|
| OPEN FS | 7:00—7:45 | WEEKS _____ |
| OPEN FS | 7:45—8:30 | WEEKS _____ |
| SENIOR FS | 8:45—9:30 | WEEKS _____ |
| OPEN FS | 9:30—10:15 | WEEKS _____ |
| JUNIOR FS | 10:30—11:15 | WEEKS _____ |
| JR/INTER SKILLS & DANCE | 11:15—12:00 | WEEKS _____ |
| INTERMEDIATE FS | 12:15—1:00 | WEEKS _____ |
| INTER/SR SKILLS & DANCE | 1:00—1:45 | WEEKS _____ |
| SENIOR FS | 2:00—2:45 | WEEKS _____ |
| OPEN FS | 2:45—3:30 | WEEKS _____ |
| OPEN FS | 3:45—4:30 | WEEKS _____ |
| SPEED/JUMPS | 4:30—5:15 | WEEKS _____ |
| STROKING | 5:15—6:00 | WEEKS _____ |
| OPEN FS/S/D | 7:00—7:45 | WEEKS _____ |
| OPEN FS/S/D | 8:00—9:00 | WEEKS _____ |
| JUNIOR OFF-ICE | 1:15—2:00 | WEEKS _____ |
| INTER OFF-ICE | 2:00—2:45 | WEEKS _____ |
| DAY CAMP | FULL/AM/PM (circle one) | WEEKS _____ |

PLEASE BOOK LESSONS PER WEEK AS FOLLOWS:

<u># Lessons PER WEEK</u>	<u>NAME OF COACH</u>	<u># Lessons PER WEEK</u>	<u>NAME OF COACH</u>
_____ SKILLS LESSONS WITH _____		_____ FREESKATE LESSONS WITH _____	
_____ DANCE LESSONS WITH _____		_____ PARTNERING LESSONS WITH _____	
_____ CHOREOGRAPHY LESSONS WITH _____		_____ HARNESS LESSONS WITH _____	

How to Register

Option 1: Intensive Skating Programs (Weekly); Option 2: Regular Summer Season Registration; AND/OR, Option 3: Summer Ticket Ice (Session or Day Rates) – Pay as you skate

OPTION 1

SUMMER SCHOOL REGISTRATION – 9 Week Intensive Programs

Purchase Weekly Group Packages (Monday through Friday) – Weekly Products can be purchased on line Skater must register by purchasing a Group Product on-line (1 per week for the appropriate level – Senior/Intermediate/Junior).

Additional freeskate/dance/skills may be purchased per week (no carry over or make up sessions across weeks) Payment in full on-line is required prior to scheduling (no transfer to subsequent weeks). (**FORM A** with schedule requests and coaching assignments must be received prior to scheduling).

GROUP PROGRAMS

The following group times (indicated on the skating schedule) are scheduled with priority:

Senior Group – includes **three** freeskate sessions per day

Intermediate Group – includes **one** skills/dance session, **two** freeskate sessions per day

Junior Group Program—includes **one** freeskate; **one** skills/dance session per day

All Weekly Registrants are welcome to join off-ice training session offered by Skate Saskatoon.

Group Programming runs Monday through Friday (Off-Ice Monday through Thursday). **ACT Hall** (Upstairs)

FORM A must be emailed or submitted to the OFFICE along with a copy of your purchase receipt prior to confirmation of registration and scheduling.

NO MAKE UP SESSIONS OR CARRY OVER TO SUBSEQUENT WEEKS OR PARTIAL REGISTRATION WILL BE PERMITTED.

Varied schedules may refer to Summer Ticket Ice Sessions/Daily or Seasonal registration packages.

Appropriate times will be allotted to each skater based on time of payment. Group programs must be scheduled with Submission of Form A.

All Coaching requirements must be clearly indicated for scheduling.

Follow the steps below to complete your registration:

If you do not have a Member Profile for your family on Skate Saskatoon's website

(www.skatesaskatoon.com),

create one and add your skaters as participants. Proceed to the Registration tab.

OR

If you already have a Member Profile for your family, Login and Proceed to the Registration tab. Select your Shopping Cart/Purchase Products – Summer Group Package – select the Quantity of weeks you wish to register for (click on Group Product – Junior/ Intermediate/Senior for each skater) x the number of weeks you wish to skate.

Click register (return to shopping for additional sessions or products – lockers/off- ice registration of other participants in the same family).

Read carefully the Terms and Conditions and Accept prior to Proceeding to Checkout.

Enter Payment information and Pay on-line. Confirm your Billing information and Name on Credit card together with your skater's information which will be submitted to Skate Canada (if you are not previously registered with our Club).

Your invoice will be emailed to your email address. This serves as time of registration.

Fill out the FORM A (one form per skater indicating the session in your group package (indicate first/ second/third choice of times/session for freeski and/or dance/skills sessions) – appropriate levels as per NOTES are at the discretion of the Club Manager.

OPTION 2

(Skate Saskatoon Seasonal Registration)

REGULAR SUMMER SEASON REGISTRATION:

Club registration as per On-line Seasonal Programming

Summer registration for the entire season (9 weeks of Options). (Fees apply on-line \$67/session for 9 weeks)

All Skate Saskatoon Registration and Ice-Use Policies Apply

(Please refer to the Summer CanSkate program information for CanSkate and Advanced CanSkate and Power Edges weekly sessions)

If you already have a Member Profile for your family, Login and Proceed to the Registration tab: Using the Filter on the left hand side, choose Summer 2018

Using the Filter on the left hand side, choose the appropriate level of skating (StarSkate or Competitive)

Find the times during the week that suit your schedule. – You are registering for 9 weeks of summer so plan carefully.

Click register/select the participant you wish to register.

Go back to register for more sessions to complete your skating calendar.

Proceed to Checkout.

Read carefully the Terms and Conditions and Accept prior to Proceeding to Checkout.

Enter Payment information and Pay on-line. Confirm your Billing information and Name on Credit Card.

Your invoice will be emailed to your email address and is confirmation of registration.

Ensure you have selected the coaches for each skater on your participant profile that you will be seeking lessons. Arrange lesson times with your coach directly.

Contact your coach if you are unable to attend.



OPTION 3

SUMMER SUPERVISION: (ACT Hall) (Weeks 1 through 8)

Supervised Full Day and Half Day Programs - Purchase Registration Product on-line*

Half Day Morning (8:30am – 1:00pm) (Includes up to 3 Morning Sessions) \$125/week

Half Day Afternoon (1:00pm - 5:00pm) (Includes Off-Ice and up to 3 Afternoon Sessions) \$150/week

Full Day (8:30am – 5:00pm) – Includes up to 3 Ice Sessions/Off-Ice Included (skating sessions must be pre-registered (Form A) \$240/week

NOTES:

All Regular Summer Season registrations and or Session tickets expire August 31, 2018.

No make-up sessions for Group Registration times exchanged from previous weeks. Summer Group skaters MUST be registered in the current week.

Payment arrangements other than credit card payment on-line will be charged an administration fee (\$25) per alternate payment.

***Day Camp Programs eligible for Entering Grade 1 and up (6 years of age and up).**

All Skate Saskatoon On-Ice rules apply.

Registration will be on a first come first serve basis.

Ticket ice is subject to ice availability and will only be permitted if the session has available space and the skater is at the appropriate level.

Ice Usage is at the Discretion of the Club Manager and/or administration.

*Minimum Number of Registrants Required for Programs to Run

SUMMER SCHOOL COACHES

Choose a coach(es) and indicate the number of lessons per week you wish to be taught on Form A.

Contact the coach regarding program lessons and schedule.

SKATE SASKATOON COACHES:

DALE HAZELL (306-374-4925)

NCCP Level 5 Certified Coach; Coach/Trainer/Manager of Provincial, Canadian, and International Competitors and Medalists; Skate Canada Gold Medalist in Singles; Saskatoon Sports Hall of Fame Inductee; 49 years coaching experience; Accepting new students at all levels; Contact for complete resume and coaching fees. dhzell@sasktel.net

SANDRA NICHOLAT (306-374-1825)

National Coach Certified Level 3, Partial Level 4; Gold Free Skate, Gold Figures, Gold Dance; Junior Competitive Singles: Junior Competitive Pairs; Partial Diamond Dance; Certified CanPowerSkate. Professional Coach since September 1981.

Lesson Information: Please contact for availability and pricing.

sandynicholat@gmail.com

PADGET RIEDIGER

CERT. LEVEL 3, (National Coach), partial LEVEL 4, Skate Canada Diamond Dance, Gold Figure, Freeskate, Junior Competitive Dance, Novice Competitive Singles. 37 Years Coaching. Please contact for availability.

pried@shaw.ca

ROSEMARY ARMSTRONG (306-280-4764)

NCCP Certified National Coach, NCCP Certified Level 2 Dance. Skate Canada CanPower Certified. Trained Special Olympics; NCCP Learning Facilitator; Skate Canada Coaches Silver Status; 42 years coaching experience; Accepting new students in all programs—all levels and ages. Please contact for availability and coaching fees. rosemary.a@shaw.ca

BLAISE KIRCHGESNER, B.A., M.Ed. (306-343-9676)

LESSON RATE: \$13.00

NCCP CERT. LEVEL 3 (National Coach), Partial LEVEL 4, Skate Canada Gold Figure, Freeskate, Dance, Senior Competitive, Novice Pair, Bronze Rhythm, 3 years with Ice Capades. Certified CanPowerskating Coach. Available for harness lessons & all levels of skills, freeskate, & dance. 28 years coaching. Please contact by email for Summer Availability. kirchgesner@sasktel.net

NEIL TYMORUSKI, B.A. (306-491-4825)

LESSON RATE: \$13.00

NCCP Level 3 Certified (National Coach); 7th Figure Test, Gold FS, Gold Dance, Gold Interpretive Dance, Junior Pair, Novice Singles, Previously coached at Springbank FSC, AB. Certified CanPowerskating Coach. 32 years experience. Diploma in Child & Youth Counseling, Bachelor of Applied Child Studies. ntymoruski@gmail.com

CHANTEL (NORMAN) MCDOUGALL (306-260-0988)

LESSON RATE: \$10.00

NCCP Certified Level 2, Level 3 Theory, General, Partial Singles and Dance, Partial level 4/5 tasks. Advanced Coaching Diploma, Trained National Coach; Gold Skills & Dance; Junior Silver Freeskate; Silver Interpretive; 18 years coaching sk8chantel@gmail.com; www.chantelmcdougall.com; facebook Chantel McDougall—figure skating coach

LESSON FEES: Paid directly to coach. GST, where applicable, has not been indicated. All lesson information should be confirmed with each coach. Each lesson is approximately 15 minutes.

LESSON FEES ARE NOT INCLUDED IN THE REGISTRATION FEES.

ADDITIONAL SUMMER COACHES

(Open Coaching Subject to Board Approval)

SHERRYL BRITTON (306-232-7549)

LESSON RATE: \$13.00 (includes expenses)

33 yrs coaching experience, Level III Theory, General Subjects, Singles, Dance, Certified Level II all disciplines.

CanPowerSkate & new CanSkate Certified, CanSkate Coach University, Skate Canada Gold Skills, partial Gold Dance, Dance Variation, Senior Bronze Freeskate, Bronze Singles Interpretive, Introductory Couples Interpretive, CEP Gold Status. icesk84me@hotmail.com

MICHELLE COWELL (306-863-2391)

LESSON RATE \$10.50

Certified National Level (formerly Level 3, Partial Level 4), CanPower, Special O. Coached skaters to Gold level in all disciplines. Coach of provincial and national competitors & medalists in Dance, Singles, Adult and Special O. Gold status for Skate Canada

Coaches Continuous Education Program. 18 years coaching

cowell@staffcomm.com

HEATHER MARTIN (REDDICK) (306-229-2616) Warman Osler S.C.

LESSON RATE: \$8.50

CERT. LEVEL 2, Level 3 Theory, General Subjects & Singles, Special Olympics Trained, Skate Canada Gold Dance, Gold Freeskate, Gold Figure, Gold Artistic, Junior Competitive Singles. Provincial Coaches Representative. CEP Gold Status, 27 years.

mouse_hr@hotmail.com

LAURA McLEOD B.A, B.Ed (306-321-4885) Clavet SC

LESSON RATE: \$9.50

CERT. LEVEL 2 Provincial Coach, Trained National Coach (LEVEL 3 Technical); LEVEL 3 Theory. Gold Skills and Interpretive, partial Gold Dance, Jr. Silver FS. CanPower Certified and Gold CEP status; 11 years coaching.

skatemcleod@hotmail.com

JESSICA PENNER (306-380-0956)

LESSON RATE: \$6.50

NCCP Certified Level 1, Skate Canada Senior Silver Skills, Partial Gold Dance, Junior Silver Freeskate, Bronze Interpretive. 5 years coaching experience. Available all weeks (booking dependent)

jessicafay_skater4@hotmail.com

SHELBY STUPAK (home 382-5372, cell 370-7171)

LESSON RATE: \$7.00/lesson

NCCP Certified Level 1, Skate Canada Gold Skills, Junior Silver Dances, Senior Ladies Competitive test. 5 years coaching experience.

live2_sk8123@hotmail.com

CINDY TYMORUSKI (306-937-7354) Skate Battleford

LESSON RATE: \$13.00

CERT. LEVEL 3, Partial Level 4 Tasks, Skate Canada Gold Figure, Freeskate, Dance, Variation Dance. Specialty- Spins .

41 years coaching.

strides@sasktel.net