

www.skatesaskatoon.com

FALL SCHOOL

Tuesday, September 5, 2023 – Sunday, October 1 2023

Email: office@skatesaskatoon.com

Sanctioned by SKATE CANADA

ACT Skating Centre

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



IMPORTANT INFORMATION:

Helmet Use Policy - Information for Clubs, Coaches and Parents

CANSKATE GROUP LESSONS: Learn-to-skate Program – Age 3 and over – this is not an adult-tot program

- Hockey or Figure Skates
- For helmet information see link above
- Working on CanSkate stages 1 -6
- Skaters MUST have skate guards. Rubber or plastic skate guards are preferred rather than cloth
- Skate Saskatoon does not provide skates, guards, helmet, or mitts
- For the younger skaters, gloves or mitts and a metal cage facemask is recommended

ADVANCED PRESTAR GROUP LESSONS:

- Working on CanSkate stages 4-6
- For helmet information see link above
- Must skate in figure skates
- Must have a coach recommendation and coordinator approval to move from CanSkate into Advanced

NEW: Figure Skating Training Program: SUPERNOVAS

- Program Registration requires permission from Director of Skating
 - If interested contact Director of Skating Gennady Kaskov at <u>directorofskating@skatesaskatoon.com</u>
- Targeted at younger skaters who want to pursue excellence in Figure Skating
- Package <u>Includes Group Instruction</u>:
 - o Two instructed group lessons per week 45 minutes each
 - Two instructed off-ice classes per week 30 minutes each
 - Immediately following on-ice 6:30-7:00pm, Tuesday and Thursday at the ACT Hall
- Receive a 30% discount on Fall options purchased.



NEW: Total Figure Skating Training Packages:

ELITE

Pre-Novice to Senior Competitive Skaters or permission from the Skating Director

- Includes Weekly:
 - 4 Freeskate sessions
 - Default sessions are options 11, 29, 65 and 83
 - Skaters can change from the default sessions to any STAR 3 Gold, STAR 1- Gold or all levels session (on the same day) at no cost until Sept.8th, after this an administration fee will apply
 - Week 1 has 3 sessions
 - Fall starts after Labor Day Monday
 - o 2 Skills/Edge/Stroking instructed group classes
 - o 2 Off-ice instructed classes
 - Tuesday 5:45-6:30pm ACT Hall
 - Wednesday 5:45-6:30pm ACT Hall
- Encouraged to register for an additional 4-6 Freeskate options per week.
- Encouraged to register for the "double and triple jumps" off-ice classes Saturday mornings (available on a single class basis).

Additional Benefits of Elite Package:

- Elite skaters can purchase Sr./Elite options individually.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- Receive a 30% discount on additional Fall options purchased.
- Skate Saskatoon Coaches can "flex" a skater onto any Sr./Elite, STAR 3-Gold or all levels sessions within the same day to accommodate lessons.
- Packages are much better value than buying individual sessions.



NEW: Total Figure Skating Training Packages:

SENIOR

Pre-Juvenile to Pre-Novice Competitive Skaters, STAR 4+ or permission from the Skating Director

- Includes Weekly:
 - 4 Freeskate sessions
 - Default sessions are options 12, 30, 66 and 85
 - Skaters can change from the default sessions to any STAR 3 Gold, STAR 1 Gold or all levels session (on the same day) at no cost until Sept. 8th, after this an administration fee will apply
 - Week 1 has 3 sessions
 - Fall starts after Labor Day Monday
 - 2 Skills/Edge/Stroking <u>instructed</u> group classes
 - Week 1 has 1 class
 - Fall starts after Labor Day Monday
 - o 2 Off-ice instructed classes
 - Monday 6:00-6:45pm ACT Hall
 - Tuesday 5:45-6:30pm ACT Hall
 - Week 1 has 1 class
 - Fall starts after Labor Day Monday
- Encouraged to register for an additional 2-6 Freeskate options per week.
- Encouraged to register for the "double and triple jumps" off-ice classes Saturday mornings (available on a single class basis).

Additional Benefits of Senior Package:

- Senior skaters can purchase Elite/Sr. options individually.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- Receive a 30% discount on additional Fall options purchased.
- Skate Saskatoon Coaches can "flex" a skater onto any Elite/Sr., STAR 3-Gold or all levels sessions within the same day to accommodate lessons.
- Packages are much better value than buying individual sessions.



NEW: Total Figure Skating Training Packages:

INTERMEDIATE

STAR 1-3 skaters

- Includes Weekly:
 - o 2 Freeskate sessions
 - Default sessions are options 86, and 101
 - Skaters can change from the default sessions to any Adv. PreSTAR Gold or all levels session (on any day) at no cost until Sept. 8th, after this an administration fee will apply
 - o Int. & Adv. PreSTAR Gold Group Edge/Stroking instructed group class
 - Saturday 4:30-5:15pm
 - o 1 Off-ice instructed class
 - Friday 5:15-5:45pm ACT Hall
- Encouraged to register for an additional 1-3 Freeskate options per week.
- Encouraged to register for the "single jumps" off-ice classes Saturday mornings (available on a single class basis).

Additional Benefits of Group A Package:

- Receive a 30% discount on additional Fall options purchased.
- Skate Saskatoon Coaches can "flex" a skater onto any, Adv. PreSTAR Gold or all levels sessions within the same **week** to accommodate lessons.
- Packages are much better value than buying individual sessions.



Off Ice Jumps:

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Available for registration on an individual instance basis.

- Off Ice Jumps (doubles and triples):
 - i. See page 13 for dates and times
 - ii. Each session is a separate registration
 - iii. Held in ACT Hall
- Off Ice Jumps (singles):
 - i. See page 13 for dates and times
 - ii. Each session is a separate registration
 - iii. Held in ACT Hall

GROUP SKATING SKILLS/EDGES/SPIN

Available for seasonal registration outside of a skating package

- Group Program including instruction:
 - o Focus on: skating skills, edges, turns, speed, spins, musical interpretation
- Classes are available for Advanced STAR 3

GROUP POWER SKATING LESSONS: U9 and U11 Hockey players, U10 and U12 Ringette players:

- Must skate in hockey skates
- Must have a stick, gloves, helmet and mask
- Other types of equipment are optional (elbow pads, shin pads, shoulder pads, pants etc.)
- Participants must have played at least one year of organized hockey/ringette.
- **This is not a learn to skate program**

SYNCHRO OPEN HOUSES:

- Link to the detailed information on the homepage of the website
- Don't miss the exciting opportunity to skate with a team



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ADULT PROGRAM:

- Coach supervised but not coach instructed
- Wide range of skills
- Hockey or figure skates

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 sessions. Email office@skatesaskatoon.com a minimum of 48 hours in advance. office@skatesaskatoon.com a minimum of 48 hours in advance. office@skatesaskatoon.com a minimum of 48 hours in advance. office@skatesaskatoon.com a minimum of 48 hours in advance.

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
- Skaters will be invoiced at the Drop-In rate for ice used.
- Once the session has been set up in the system it cannot be exchanged for a different time
- Can be used for program choreography, supplementary lessons etc.
- 15-minute Lesson Ice Tickets are not valid on "Coach Bookable Ice"



Pricing:

All skaters are required to have an active Skate Canada Membership, which is valid for one year from Sept. 1, 2023 – Aug. 31 2024 at a cost of \$58.65.

All program fees listed do not include the Skate Canada fee or applicable taxes.

There are no pricing prorations.

There is a \$30 +GST administration fee for any changes to registered skating times outside of the stated exceptions for Elite, Senior and Intermediate skaters.

Program	Details	Cost		
CanSkate	4 sessions	\$80.00		
Advanced PreSTAR	4 sessions Monday is three sessions priced at \$60	\$80.00		
Power Skating	· ·			
Adult Program	3 sessions	\$40.00		
Supernovas Group Program	See Description on page 2	\$165.00		
Intermediate Package	See Description on page 5	\$145.00		
Senior Package	See Description on page 4	\$200.00		
Elite Package	See Description on page 3	\$250.00		
Adv. – STAR 3 Group Skating Skills/Edges/Spin	Group Class offered on seasonal basis to all level appropriate skaters Intermediate Skaters do NOT need to add this to their cart as it is included in the Intermediate package	\$55.00		
Options	45-minute session based on a weekly designated time. Note the 7:30 am option Tuesday – Friday inclusive is 60 minutes Assumes 4 instances priced at \$10.00 per instance. Options with 3 instances are priced at \$30	\$40.00		
Available for registration on an individual instance basis. See page 13 for the dates and times		\$18.00		
Drop In Buy-On Sessions	See Drop In-Buy on Ice section	\$17.00		
15-Minute Lesson Ice Tickets	See 15-Minute Lesson Ice Tickets section	\$5.00		
Lockers	Subscription effective until June 30 2024	\$25.00		



Drop In-Buy on Ice

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All Levels, Adv. PreSTAR – Gold, STAR 1 – Gold and STAR 3 - Gold sessions are available for "drop-in".

To buy 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. Any options that are available for drop-in will have an icon with an arrow in the top right-hand corner of the calendar box.
- 4. Click on the option for the session you wish to purchase, and from the pop-up menu select DROP IN.
- 5. Select the participant from the drop-down menu and date(s) desired to DROP IN, only dates selected and purchased in this manner are acceptable, **no swapping of DROP In purchases for different dates.**
- 6. Click "ADD" to add the DROP IN purchases to your cart.
- 7. Programs that do not allow for drop-in will not have the icon.

Notes:

- Skaters must have the 23-24 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 season registration in group lessons
- 15-minute tickets must be purchased prior to usage
- Coach, date, and option number are required to be completed in order to finalize the purchase
- Maximum TWO tickets per day
- Only valid on Adv. PreSTAR Gold or All Levels Options
- Only valid for skaters below STAR 3
- Not valid on Coach Bookable Ice
- Tickets expire at the end of the current season



Ice, Registration and Attendance Rules

- 1. Skaters who have not yet **PASSED** the complete <u>STAGE 3</u> of CanSkate **MUST** also be registered in CanSkate group lessons in the current season 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, but are not eligible for 15-minute lesson ice tickets unless also registered in a Skate Saskatoon Group Program.
- 2. Parents are not allowed in the ice area or off ice room without instructor permission. Interrupting focus during a moving session is considered dangerous.
- 3. Only skaters and coaches or authorized persons may enter the music room. Parents are not allowed.
- 4. All skaters must follow session music rules:
 - a. Each Coach is allowed 1 solo per 15 minutes of Freeskate session. If 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.
 - If more than one coach is requesting solo music, a skater not in a lesson will be permitted to play their music in-between the two lesson solos.
- 5. No program should start within two minutes of the session's end time. All the solos should have a time commitment. Skaters should be allowed to finish their program.
- 6. Right away on the ice
 - Run through soloist with music playing
 - Private lessons
 - Skaters competing
- 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 food or drink (except water bottles) permitted in the ice or off ice areas.
- 9. No swearing, temper tantrums or improper behavior during any sessions or in the building.
- 10. No standing or grouping on ice.
- 11. 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.
- 12. No tying skates on the ice session. Head down is considered dangerous.
- 13. 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).
- 14. Any skaters skating on a session without proper registration will be asked to leave the session immediately.
- 15. No swapping or exchanging sessions.
- 16. All Levels, CanSkate and Adult sessions: Hockey or Figure skates
 - All other sessions require figure skates.
- 17. Private Group lessons
 - Maximum of 4 skaters per coach, Skate Saskatoon coaches only
 - Maximum of 2 skaters per coach, non-club coaches
- 18. Pairs/Dance is permitted on sessions with fewer than 10 registered skaters (including the pair/dance team).

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- 19. Director of Skating has the right to place a skater on another session or different package due to skater's competitive record, skater's work ethic or skater's technical ability.
- 20. On ice and Off ice group lesson instructors have the right to dismiss skaters for lateness or disruptive behavior.
- 21. Skate Saskatoon reserves the right to revoke privileges of participants who do not follow guidelines or policies.
- 22. 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.
- 23. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed as a result of unforeseen circumstances.
- 24. 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.
- 25. BYOC Bring Your Own Coach (must be Skate Canada Accredited Coach in good standing). Non-Skate Saskatoon coaches must request permission to coach BYOC sessions by emailing office@skatesaskatoon.com. Failure to do so may result in revoking permission on future BYOC Skate Saskatoon sessions.
- 26. For CanSkate and Advanced PreSTAR group lessons, parents/guardians or designated supervising adults are responsible for their child(ren) at all times when they are not on the ice, including before and after their scheduled group lesson. Parents/guardians or designated supervising adults must remain at the skating facility during the group lesson, in the event that the child requires assistance off the ice.
- 27. Skate Saskatoon welcomes children spectators to build interest in the sport. Children spectators must be supervised at all times.

Important Dates:

- September 30th
 - All options other than those below are cancelled:
 - CanSkate #4 10:45-11:30am
 - Adv. PreSTAR #3 11:30am-12:15pm
 - Option 101 Intermediate 3:45-4:30pm
 - Intermediate & Adv. STAR 3 Group Skills 4:30-5:15pm
- October 1st
 - All options other than those listed below are cancelled:
 - CanSkate #5 12:30-1:15pm
 - Power Skating #1 4:30-5:15pm



Times	Schedule is subject to change			SKATE SASKATOON SCHEDULE Fall 2023 - ON ICE				
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10.05	10:15		Option 22	Option 40	Option 58	Option 76	All Levels	Adv. PreSTAR - Gold
11:00 Couch Bookable Couch Bookabl	10:30		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	10:00 - 10:45	10:00 - 10:45
11:15	10:45		10:15 - 11:00	10:15 - 11:00	10:15 - 11:00	10:15 - 11:00	CanSkate #4	Option 113
11:30	11:00		Option 23	Option 41	Option 59	Option 77	Hockey or Figure Skates	Adv. PreSTAR - Gold
11-16	11:15		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	10:45 - 11:30	10:45 - 11:30
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11:00							· ·	Hockey or Figure Skates
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1:30								Option 116
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10:45	10:45							

OFF ICE GROUP PACKAGES SCHEDULE ON FOLLOWING PAGE AND INFORMATION REGARDING SCHEDULE FOR OFF ICE JUMP CLASSES

	Schedule is s	ubject to change	SKATE SASKATOON SCHEDULE Fall 2023 - OFF ICE GROUP PACKAGES				
Times	Monday	Tuesday	Wednesday	Thursday	Friday		
4:30							
4:45							
5:00							
5:15					Off Ice Inter Package		
5:30					5:15 - 5:45 PM		
5:45		Off Ice	Off Ice				
6:00	Off Ice	Elite/Senior Packages	Elite Package				
6:15	Senior Package	5:45 - 6:30 PM	5:45 - 6:30 PM				
6:30	6:00 - 6:45 PM	Off Ice Supernovas		Off Ice Supernovas			
6:45		6:30 - 7:00 PM		6:30 - 7:00 PM			
7:00							

OFF ICE JUMP CLASSES

(Available for registration on an individual instance basis)

September 9, 16, 30 Doubles and Triples 10:45 am – 11:30 am

September 9, 16, 30 Singles 11:30 am – 12:15 pm