



www.skatesaskatoon.com

SUMMER SCHOOL

July 3 – August 31 2023

(9 exciting weeks)

Week 9 (August 28 – 31) is 4 days only

Email: office@skatesaskatoon.com

Sanctioned by SKATE CANADA

ACT Skating Centre

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



NEW: Total Figure Skating Training Packages:

- Elite, Senior and Intermediate groups
- Designed to enhance performance and accelerate improvement
 - Elite and Senior Packages
 - ✚ Includes **Daily**:
 - 1 On-Ice Instructed Group Class
 - 1 Off-Ice Instructed Class (Jumps/Spins/Ballet/Hip Hop etc.)
 - Guided warmup
 - 2-Freeskate sessions
 - lessons arranged and invoiced with coaches privately.
 - ✚ Elite Package: 7:30am – 12:15pm
 - ✚ Senior Package: 9:15am – 2:00pm
 - Intermediate Package
 - ✚ Includes **Daily**:
 - 1 Freeskate session
 - lessons arranged and invoiced with coaches privately.
 - 1 On-Ice Instructed Group Class
 - 1 Off-Ice Instructed Class (Jumps/Spins/Ballet/Hip Hop etc.)
 - ✚ Intermediate Package: 1:00pm – 3:15pm
- Package eligibility is as follows:
 - Elite: Senior, Junior, Novice competitors
 - Pre Novice with approval required by the Director of Skating.
 - Email directorofskating@skatesaskatoon.com
 - Senior: Pre-Novice, Pre-Juvenile, Juvenile competitors or STAR 5+ STAR skater
 - Intermediate - working on single jumps

ADVANCED PRESTAR GROUP LESSONS:

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

CanSkate and Advanced PreSTAR Group Lessons:

- Shared ice time, same group lesson registration but Separate Programming



CANSKATE GROUP LESSONS:

- **Learn-to-skate Program – Age 3 and over – this is not an adult-tot program**
- CSA approved hockey helmet for those below STAGE 4 of CanSkate
- Hockey or Figure Skates
- 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

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**

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"



All Summer 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. Email office@skatesaskatoon.com a minimum of 48 hours in advance. [Failure to do so may result in revoking permission on future BYOC Skate Saskatoon sessions.](#)

Pricing:

All skaters are required to have an active Skate Canada Membership, which is valid for one year from Sept. 1, 2022 – Aug. 31 2023 at a cost of \$43.65.

Skate Saskatchewan also charges an annual \$25 membership fee, which is valid for the same dates. This fee is waived for CanSkate participants in summer programs and will only be included for non-CanSkate skaters who have not previously incurred this cost.

These fees are onetime annual payments. If a skater does not already have their 22-23 Skate Canada and Skate Saskatchewan memberships these fees will be automatically added at checkout.

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

There are no pricing prorations.

There is a \$30 +GST administration fee for any changes to registered skating times. There is a minimum notice period of 48 hours required. The administration fee must be paid ahead of the change being handled.



Program	Details	Cost
CanSkate & Adv. PreSTAR	<ul style="list-style-type: none"> Weekly Registration Monday – Thursday 6-6:45 pm 	\$75 per week
Group Power Skating U9 or U11 Hockey U10 or U12 Ringette	<ul style="list-style-type: none"> Weekly Registration Weeks 6 - 9 Monday – Thursday 7-7:45 pm 	\$75 per week
Elite Group Package	<ul style="list-style-type: none"> Weekly Registration Weeks 1 – 8 Monday – Friday Week 9 Monday - Thursday 	\$255 per week Weeks 1-8 \$204 Week 9
Senior Group Package	<ul style="list-style-type: none"> Weekly Registration Weeks 1 – 8 Monday – Friday Week 9 Monday - Thursday 	\$255 per week Weeks 1-8 \$204 Week 9
Intermediate Group Package	<ul style="list-style-type: none"> Weekly Registration Weeks 1 – 8 Monday - Friday Week 9 Monday - Thursday 	\$190 per week Weeks 1-8 \$152 Week 9
Options available for separate purchase	Weekly Registration <ul style="list-style-type: none"> All Levels or STAR 1 - Gold options <u>To register in a STAR 1 – Gold option you must be registered for a group package</u> STAR 1 – Gold 12:15- 1:00 pm Monday – Friday Weeks 1-2 STAR 1 – Gold 12:15-1:00 pm Monday – Thursday Weeks 3-8 Week 9 – Monday – Thursday Seasonal <ul style="list-style-type: none"> All Levels options 	\$10 per session
Drop In Buy-On 45-minute Sessions	<ul style="list-style-type: none"> See instructions Drop In-Buy on Ice section Available on All Levels or STAR 1 – Gold options (see requirement re STAR 1 – Gold options Drop In-Buy on Ice section) with the following exceptions: <ul style="list-style-type: none"> 12:15-1:00 pm session Fridays Weeks 3-8 Fridays Week 9 	\$17 per session
Coach Bookable Ice	<ul style="list-style-type: none"> See Coach Bookable Ice section 	\$17 per session
15-Minute Lesson Ice Tickets	<ul style="list-style-type: none"> See 15-Minute Lesson Ice Tickets section 	\$5 per ticket



Drop In-Buy on Ice

All Levels and STAR 1 – Gold sessions are available for “drop-in”. **To drop in on STAR 1 – Gold sessions the skater must have a group package registration.** All Levels drop-in registration is available under the weekly registration, not the seasonal registration.

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 22-23 Skate Canada and Skate Saskatchewan memberships. If these are not already in place these 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 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

Updated May 24, 2023

1. Elite, Senior and Intermediate **MUST** be registered for appropriate skating group package in order to maintain the training plan with the Base Coach. Failure to do so will result in the skater removal from Freeskate sessions.
2. The definitions of Elite, Senior and Intermediate are as follows:
 - Elite - Senior, Junior, Novice,
 - Pre Novice with approval required by the Director of Skating.
 - Email directorofskating@skatesaskatoon.com
 - Senior -Pre-Novice, Pre-Juvenile, Juvenile
 - Intermediate - working on single jumps
3. Skaters who have not yet **PASSED** the complete STAGE 3 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.
4. Parents are not allowed in the ice area or off ice room without instructor permission. Interrupting focus during a moving session is considered dangerous.
5. Only skaters and coaches or authorized persons may enter the music room. Parents are not allowed.
6. 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.
7. 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.
8. Right away on the ice
 - Run through soloist with music playing
 - Private lessons
 - Skaters competing
9. Skaters must not enter the ice prior to the session start time and must exit the ice at the time the session ends.
10. No food or drink (except water bottles) permitted in the ice or off ice areas.
11. No swearing, temper tantrums or improper behavior during any sessions or in the building.
12. No standing or grouping on ice.
13. 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.
14. No tying skates on the ice session. Head down is considered dangerous.
15. 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).
16. Any skaters skating on a session without proper registration will be asked to leave the session immediately.
 17. No swapping or exchanging sessions.
 18. All Levels, CanSkate and Adult sessions: Hockey or Figure skates
 - All other sessions require figure skates.
 19. Private Group lessons
 - Maximum of 4 skaters per coach, Skate Saskatoon coaches only
 - Maximum of 2 skaters per coach, non-club coaches
 20. Pairs/Dance is permitted on sessions with fewer than 10 registered skaters (including the pair/dance team).
 21. 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.
 22. On ice and Off ice group lesson instructors have the right to dismiss skaters for lateness or disruptive behavior.
 23. Skate Saskatoon reserves the right to revoke privileges of participants who do not follow guidelines or policies.
 24. 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.
 25. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed as a result of unforeseen circumstances.
 26. 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.
 27. 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.



Skate Saskatoon Summer School 2023									
	Elite		Senior		Intermediate				
Time	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	Time	Ice Schedule	Hall Schedule
7:30		Warmup					7:30		Elite-warmup
7:45		Warmup					7:45		Elite-warmup
8:00		Tie Skates					8:00		
8:15	Group						8:15	Elite-Grp	
8:30	Group						8:30	Elite-Grp	
8:45	FreeSkate						8:45	Elite-FS	
9:00	FreeSkate						9:00	Elite-FS	
9:15	FreeSkate			Warmup			9:15	Elite-FS	Senior-warmup
9:30	FreeSkate			Warmup			9:30	Elite-FS	Senior-warmup
9:45		untie skates		Tie Skates			9:45	Flood	
10:00		Class	Group				10:00	Senior-Grp	Elite-Class
10:15		Class	Group				10:15	Senior-Grp	Elite-Class
10:30		Class	FreeSkate				10:30	Senior-FS	Elite-Class
10:45			FreeSkate				10:45	Senior-FS	
11:00			FreeSkate				11:00	Senior-FS	
11:15		Tie Skates		untie skates			11:15	Flood	
11:30	FreeSkate			Class			11:30	Elite-FS	Senior-Class
11:45	FreeSkate			Class			11:45	Elite-FS	Senior-Class
12:00	FreeSkate			Class			12:00	Elite-FS	Senior-Class
12:15							12:15	STAR 1 - Gold/Sims	
12:30							12:30	STAR 1 - Gold/Sims	
12:45							12:45	STAR 1 - Gold/Sims	
1:00				Tie Skates		Class	1:00	Flood	Int.-Class
1:15			FreeSkate			Class	1:15	Senior-FS	Int.-Class
1:30			FreeSkate			Class	1:30	Senior-FS	Int.-Class
1:45			FreeSkate			Tie Skates	1:45	Senior-FS	
2:00					Group		2:00	Int-Grp	
2:15					Group		2:15	Int-Grp	
2:30					FreeSkate		2:30	Int-FS	
2:45					FreeSkate		2:45	Int-FS	
3:00					FreeSkate		3:00	Int-FS	
3:15							3:15	Flood	
3:30							3:30	STAR 1 - Gold	
3:45							3:45	STAR 1 - Gold	
4:00							4:00	STAR 1 - Gold	
4:15							4:15	STAR 1 - Gold	
4:30							4:30	STAR 1 - Gold	
4:45							4:45	STAR 1 - Gold	
5:00							5:00	All Levels	
5:15							5:15	All Levels	
5:30							5:30	All Levels	
5:45							5:45	Flood	
6:00							6:00	CANSkate/	
6:15							6:15	Advanced PreSTAR	
6:30							6:30	Mon-Thursday	
6:45							6:45	All Levels	
7:00							7:00	All Levels	
7:15							7:15	All Levels	
7:30							7:30	Flood	
7:45							7:45	Power Skating	
8:00							8:00	Weeks 6-9	
8:15							8:15	Coach Bookable	
8:30							8:30	Weeks 1-5	