



www.skatesaskatoon.com

FALL SCHOOL 2024

**Tuesday, September 3, 2024 –
Sunday, September 29, 2024**

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

JUNIOR PREP (previously referred to as 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 Junior Prep

Group Packages for Optimal Skater Development

ELITE

- **Novice to Senior Competitive Skaters or Double Axel completed with a 50% success rate or higher**
- Includes Weekly:
 - 4 Freeskate sessions
 - Default sessions are options 11, 29, 47 and 65
 - Skaters can change from the default session(s) to any regular session(s) on the same day, with exception of an option included with a package, at no cost until the end of the day September 12th. After this an administration fee will apply. The change is for the season.
 - On and off ice group instruction as shown on the schedules on Pages 12 and 13 (description of Elite, Elite/Senior or Elite/Senior 2).
 - The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

Additional Benefits of Elite Package:

- Elite skaters can purchase Sr./Elite options individually.



- Option 83 is available for separate registration.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- **Receive a 30% discount on additional Fall options purchased. This does not include drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any regular session, with exception of an option included with a package, within the same day to accommodate lessons.

SENIOR 2

- **Pre-Novice Competitive Skaters**
- Includes Weekly:
 - 4 Freeskate sessions
 - Default sessions are options 12, 30, 48 and 66
 - Skaters can change from the default session(s) to any regular session(s) on the same day, with exception of an option included with a package, at no cost until the end of the day September 12th. After this an administration fee will apply. The change is for the season.
 - On and off ice group instruction as shown on the schedules on Pages 12 and 13 (description of Senior, Elite/Senior or Elite/Senior 2).
 - The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

Additional Benefits of Senior Package:

- Senior skaters can purchase Elite/Sr. options individually.
- Option 83 is available for separate registration.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- **Receive a 30% discount on additional Fall options purchased. This does not include drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any regular session, with exception of an option included with a package, within the same day to accommodate lessons.

SENIOR 1

- **STAR 6+ (passed STAR 5 Freeskate both parts)**
- Includes Weekly:
 - 4 Freeskate sessions
 - Default sessions are options 12, 30, 48 and 66
 - Skaters can change from the default session(s) to any regular session(s) on the same day, with exception of an option included with a package, at no cost until



the end of the day September 12th. After this an administration fee will apply. The change is for the season.

- On and off ice group instruction as shown on the schedules on Pages 12 and 13 (description of Senior, Elite/Senior or Senior 1/Intermediate).
- The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

Additional Benefits of Senior Package:

- Senior skaters can purchase Elite/Sr. options individually.
- Option 83 is available for separate registration.
- Elite/Sr. and Sr./Elite options are **ONLY** available to Elite or Senior skaters.
- **Receive a 30% discount on additional Fall options purchased. This does not include drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any regular session, with exception of an option included with a package, within the same day to accommodate lessons.

INTERMEDIATE

- **Skaters working on STAR 1-5; completed Stage 6 CanSkate**
- Includes Weekly:
 - 2 Freeskate sessions
 - Default sessions are options 50 and 101
 - Skaters can change from the default sessions to any Figure Skating Open or All levels session (on any day) at no cost until the end of the day Sept. 12th, after this an administration fee will apply. The change is for the season.
 - On and off ice Group instruction as shown on the schedules on Pages 12 and 13 (On Ice is Senior 1/Intermediate Stroking (Tuesday) and Intermediate/Junior Prep-STAR 3 Stroking (Saturday)).
 - The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

Additional Benefits of Intermediate Package:

- **Receive a 30% discount on additional Fall options purchased. This does not include drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any Figure Skating Open or All Levels sessions within the same **week** to accommodate lessons.



GROUP STROKING

- Available on Saturdays at 9 am (STAR 4+) and Saturdays at 4:30 pm (Intermediate/Junior Prep-STAR 3) for seasonal registration outside of a skating package
- Focus on: skating skills, edges, turns, speed, spins, power, endurance, musical interpretation

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

- **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.)
- Must be registered for U9/U11 hockey or U10/U12 ringette for the 2024/2025 year
- 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 posted on the homepage of the website
- Don't miss the exciting opportunity to skate with a team

ADULT PROGRAM:

- Coach supervised but not coach instructed
- 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 Fall 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.

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 is non-refundable and it cannot be exchanged for a different time
- Can be used for program choreography, supplementary lessons etc.
- The coach must be on the ice with the skater for the full session
- 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, 2024 – Aug. 31 2025 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. This fee is waived until the end of the day September 12.

Program	Details	Cost
CanSkate Group Lessons	<ul style="list-style-type: none"> • 4 sessions • See Page 2 	\$82
Junior Prep Group Lessons	<ul style="list-style-type: none"> • 4 sessions • Monday is three sessions priced at \$62 • See Page 2 	\$82
Power Skating Group Lessons	<ul style="list-style-type: none"> • 4 sessions • See Page 5 	\$82
Adult Program	<ul style="list-style-type: none"> • 3 sessions • See Page 5 	\$44
Intermediate Package	<ul style="list-style-type: none"> • See Page 4 	\$165
Senior 1 Package	<ul style="list-style-type: none"> • See Pages 3 and 4 	\$240
Senior 2 Package	<ul style="list-style-type: none"> • See Page 3 	\$240
Elite Package	<ul style="list-style-type: none"> • See Pages 2 and 3 	\$300
Saturday Stroking <ul style="list-style-type: none"> • STAR 4+ • Intermediate/Junior Prep-STAR 3 	<ul style="list-style-type: none"> • 4 sessions • Intermediate Skaters do NOT need to add the Intermediate/Junior Prep-STAR 3 to their cart as it is included in the Intermediate package • See Page 5 	\$56
Options	<ul style="list-style-type: none"> • Cost varies based on number of sessions • Ensure to verify the dates by looking at the calendar tab under your member account 	\$12 (per session)



Drop In Buy-On Sessions	<ul style="list-style-type: none">• See Page 9	\$17 (per session)
15-Minute Lesson Ice Tickets	<ul style="list-style-type: none">• See Page 9	\$5 (per ticket)
Lockers	<ul style="list-style-type: none">• Subscription effective until June 30 2025.• Available by selecting the blue box on the registration page which includes the description of lockers	\$25



Drop In-Buy on Ice

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 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 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 Figure Skating Open 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 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.
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 without instructor permission. 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 away 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, with exception of what is specified with the group package information.
12. All Levels, CanSkate and Adult sessions: Hockey or Figure skates
 - All other sessions require figure skates.
13. * Private Group lessons
 - Skate Saskatoon coaches are to use their discretion. The Director of Skating will request modification if the number of skaters in a private lesson is disruptive.
 - Maximum of 2 skaters per coach, non-club coaches
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 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 and Junior Prep 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.
21. Skate Saskatoon welcomes children spectators to build interest in the sport. Children spectators must be supervised at all times.

The * symbol is shown above to indicate a rule change

Important Dates:

- **Fall School begins after Labour Day Monday. Season commencement is Tuesday September 3rd**
- **Saturday September 7 – Skate Saskatchewan**
 - **Option 97-99 not running**
- **Sunday September 15 – Skate Saskatchewan**
 - **The only sessions running are**
 - **CanSkate #5 12:30-1:15pm**
 - **Power Skating #1 – 5:30-6:15pm**
 - **Synchro Open Houses as scheduled**
- **Saturday September 28 and Sunday September 29 - Synchro Choreo Weekend**
 - **All group programs, with the exception of the Adult program, are running.**
 - **The Adult program and options are not running**



Schedule is subject to change		SKATE SASKATOON SCHEDULE Fall 2024 - ON ICE September 3 - September 29 2024					
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00		Senior 1/Intermediate	Option 36	Elite/Senior 2	Option 72		
7:15		Stroking	All levels	Stroking	All levels		
7:30		7:00 - 7:45	7:00 - 7:45	7:00 - 7:45	7:00 - 7:45		
7:45	Ice not available (maintenance)	Option 19	Option 37	Option 55	Option 73		
8:00		Figure Skating Open	All Levels	Figure Skating Open	All Levels		
8:15		7:45 - 8:30	7:45 - 8:30	7:45 - 8:30	7:45 - 8:30	Option 92	Option 110
8:30		Option 20	Option 38	Option 56	Option 74	All Levels	All Levels
8:45		All Levels	All Levels	All Levels	All Levels	8:15 - 9:00	8:15 - 9:00
9:00		8:30 - 9:15	8:30 - 9:15	8:30 - 9:15	8:30 - 9:15	STAR 4+	Option 111
9:15		Option 21	Option 39	Option 57	Option 75	Stroking	All Levels
9:30		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	9:00 - 9:45	9:00 - 9:45
9:45		9:15 - 10:00	9:15 - 10:00	9:15 - 10:00	9:15 - 10:00	FLOOD	FLOOD
10:00		FLOOD	FLOOD	FLOOD	FLOOD	CanSkate #3	Option 112
10:15		Option 22	Option 40	Option 58	Option 76	Hockey or Figure Skates	Figure Skating Open
10:30		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	10:00 - 10:45	10:00 - 10:45
10:45		10:15 - 11:00	10:15 - 11:00	10:15 - 11:00	10:15 - 11:00	CanSkate #4	Option 113
11:00		Option 23	Option 41	Option 59	Option 77	Hockey or Figure Skates	Figure Skating Open
11:15		Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	10:45 - 11:30	10:45 - 11:30
11:30	FLOOD	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	11:00 - 11:45	Junior Prep	Option 114
11:45	Option 6	Option 24	Option 42	Option 60	Option 78	Group Lessons	Figure Skating Open
12:00	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	#3 11:30 - 12:15	11:30 - 12:15
12:15	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	11:45 - 12:30	FLOOD	FLOOD
12:30	Option 7	Option 25	Option 43	Option 61	Option 79	Option 97	CanSkate #5
12:45	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Figure Skating Open	Hockey or Figure Skates
1:00	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15
1:15	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	Option 98	Option 116
1:30	Option 8	Option 26	Option 44	Option 62	Option 80	Figure Skating Open	All Levels
1:45	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Figure Skating Open	Coach Bookable Ice	1:15 - 2:00	1:15 - 2:00
2:00	1:30 - 2:15	1:30 - 2:15	1:30 - 2:15	1:30 - 2:15	1:30 - 2:15	Option 99	Option 117
2:15	Option 9	Option 27	Option 45	Option 63	Option 81	Figure Skating Open	All Levels
2:30	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	2:00 - 2:45	2:00 - 2:45
2:45	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	2:15 - 3:00	FLOOD	FLOOD
3:00	Option 10	Option 28	Option 46	Option 64	Option 82	Option 100	Option 118
3:15	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	STAR 3 - Gold	Figure Skating Open	Coach Bookable Ice - Sept 22 only
3:30	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45	3:00 - 3:45
3:45	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	Option 101	Option 119
4:00	Elite Stroking - 4-4:15	Option 29	Elite Stroking - 4-4:15	Option 65	Elite/Senior Stroking - 4-4:15	Intermediate/Figure Skating Open	Coach Bookable Ice - Sept 22 only
4:15	Option 11	Elite/Senior Freeskate	Option 47	Elite/Senior Freeskate	Option 83	3:45 - 4:30	3:45 - 4:30
4:30	Elite/Senior Freeskate	4:00 - 4:45	Elite/Senior Freeskate	4:00 - 4:45	Elite/Senior Freeskate	Intermediate/Junior Prep-STAR 3	Option 120
4:45	4:15 - 5:00	Option 30	4:15-5:00	Option 66	4:15 - 5:00	Stroking	Coach Bookable Ice - Sept 22 only
5:00	Option 12	Senior/Elite Freeskate	Option 48	Senior/Elite Freeskate	Option 84	4:30 - 5:15	4:30 - 5:15
5:15	Senior/Elite Freeskate	4:45 - 5:30	Senior/Elite Freeskate	4:45 - 5:30	Figure Skating Open	FLOOD	FLOOD
5:30	5:00 - 5:45	Option 31	5:00 - 5:45	Option 67	5:00 - 5:45	Option 103	Group
5:45	Senior Stroking-5:45-6:00	Figure Skating Open	Senior Stroking-5:45-6:00	Figure Skating Open	Option 85	All Levels	Power Skating #1
6:00	FLOOD	5:30 - 6:15	FLOOD	5:30 - 6:15	Figure Skating Open	5:30 - 6:15	5:30 - 6:15
6:15	Option 13	FLOOD	Option 50	FLOOD	5:45 - 6:30	ADULT	
6:30	Figure Skating Open	Canskate #1	Intermediate/Figure Skating Open	CanSkate #2	FLOOD	Program	
6:45	6:15 - 7:00	Hockey or Figure Skates	6:15 - 7:00	Hockey or Figure Skates		6:15 - 7:00	
7:00	Junior Prep	6:30 - 7:15	Junior Prep	6:30 - 7:15		FLOOD	
7:15	Group Lessons	Option 33	Group Lessons	Option 69		Club Specific	
7:30	#1 7:00 - 7:45	Figure Skating Open	#2 7:00 - 7:45	Figure Skating Open		7:15 - 8:30	Reserved for
7:45	Option 15	7:15 - 8:00	FLOOD	7:15 - 8:00			Synchro
8:00	Figure Skating Open	Option 34	Option 51	Option 70	Reserved for		
8:15	7:45 - 8:30	Figure Skating Open	Figure Skating Open	Figure Skating Open	Synchro		
8:30	FLOOD	8:00 - 8:45	8:00 - 8:45	8:00 - 8:45			
8:45	Option 16	FLOOD	Option 52	FLOOD			
9:00	All Levels		All levels				
9:15	8:45 - 9:30	Reserved for	8:45 - 9:30	Reserved for			
9:30	Option 17	Synchro	Option 53	Synchro			
9:45	All Levels		All levels				
10:00	9:30 - 10:15		9:30 - 10:15				
10:15							
10:30							
10:45							

Junior Prep was previously referred to as Advanced PreSTAR



Schedule is subject to change		SKATE SASKATOON SCHEDULE Fall 2024 - OFF ICE PACKAGES Sept 3 - Sept 29 2024			
Times	Monday	Tuesday	Wednesday	Thursday	Friday
4:30					
4:45					
5:00					
5:15					Off Ice Senior Package 5:15 - 6:00
5:30		Off Ice Elite Package 5:30 - 6:15 PM			
5:45					
6:00					
6:15			Off Ice Elite/Senior Packages 6:15 - 7:00		
6:30					
6:45					
7:00					
7:15			Off Ice Intermediate Package 7:15-8 PM		
7:30					
7:45					
8:00					