



# SKATE SASKATOON HIGH PERFORMANCE CAMP

A summer of skills, spirit and success  
All levels are welcome

**July 2, 2026**

**To**

**August 27, 2026**

(see important dates page 9)

[www.skatesaskatoon.com](http://www.skatesaskatoon.com)

Email: [office@skatesaskatoon.com](mailto:office@skatesaskatoon.com)

Sanctioned by SKATE CANADA

ACT Skating Centre

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



## Skate Saskatoon Program Information

### **CANSKATE GROUP LESSONS: Learn-to-skate Program – Age 3 and over**

- Working on CanSkate stages 1 -6. **\*\*This is not an adult-tot program \*\***
- Weekly Registration Weeks 2- 9
- Monday – Thursday 6:30 pm – 7:15 pm
  - Exception: Week 6 Tuesday - Thursday
- Skaters are welcome to be registered for any number of weeks. There are no restrictions on which weeks a skater can be registered for. Each week is a separate registration
- Hockey or Figure Skates.
- Helmet information can be found [here](#)
- Skaters MUST have skate guards. Rubber or plastic skate guards are preferred rather than cloth guards
- Skate Saskatoon does not provide any equipment
- For the younger skaters, gloves or mitts and a metal cage facemask is recommended.
- CanSkate is not recommended for adults (ages 18 and over). It is strongly encouraged that Adults register for the Adult Learn to Skate (see below)
- **\*\*Adult Learn to Skate (ages 18 and up) \*\***
  - **Patterned after CanSkate**
  - **Refer to the above for the equipment requirements**
  - **Classes run Mondays or Wednesdays weekly, Weeks 2 – 7 8:00 – 8:45 pm.**
    - **Exception: There is no class on Monday August 3**
  - **The Monday class and the Wednesday class are separate registrations. Skaters are welcome to register for both**

### ***JUNIOR PREP/RISING STARS GROUP PROGRAMS***

- Junior Prep
  - Stages 4 – 6 CanSkate
  - Must have a coach/coordinator recommendation
- Rising Stars
  - Must have permission from the Director of Skating, Natasha Taylor, to participate in Rising Stars
  - Email [directorofskating@skatesaskatoon.com](mailto:directorofskating@skatesaskatoon.com)
- Weekly Registration Weeks 2- 7
- Monday – Thursday 7:15 pm – 8:00 pm
  - Exception: Week 6 Tuesday - Thursday
- **Junior Prep and Rising Stars are running on the same ice time but they are separate programs and separate registrations**
- Skaters are welcome to be registered for any number of weeks. There are no restrictions on which weeks a skater can be registered for. Each week is a separate registration
- Must skate in figure skates
- Helmet information can be found [here](#)



### **POWER SKATING GROUP LESSONS:**

- Weeks 8 and 9 Monday – Thursday
- U9/U11 hockey and U12 ringette – 7:15 pm – 8:00 pm
- U13/U15 hockey and U14/U16 ringette – 8:00 pm – 8:45 pm
- Skaters are welcome to be registered in either or both weeks. Each week is a separate registration
- Must skate in hockey skates
- Must have a stick, gloves, helmet and hockey face mask
- Other types of equipment are optional (elbow pads, shin pads, shoulder pads, pants etc.)
- Must be registered for the 2026/2027 season in the category of the class designation
- ***\*\*This is not a learn to skate program\*\****

### **ADULT PROGRAM:**

- Coach supervised but not coach instructed
- Program runs Tuesdays or Thursdays weekly, Weeks 2 – 7 8:00 – 8:45 pm
- The Tuesday program and the Thursday program are separate registrations. Skaters are welcome to register for both
- **For adults with some past skating experience (see Page 2 for Adult Learn to Skate)**
- Available for drop in registration – adults only



## **Figure Skating Training Programs - Group Packages (Weeks 1- 8)**

- Recommended for optimal skater development
- Skater level is based on level at the start of the season – July 2, 2026
  - For questions email [directorofskating@skatesaskatoon.com](mailto:directorofskating@skatesaskatoon.com).
- Week 1 is Thursday, July 2 and Friday, July 3
- Week 6 is Tuesday, August 4 – Friday, August 7

### ***JUNIOR/INTERMEDIATE***

- **Junior - Skaters working on STAR 1-3; completed Stage 6 CanSkate**
- **Intermediate - Skaters working on STAR 4-6 (passed STAR 3 Freeskate both parts)**
- Weekly registration
- Daily Monday – Friday with exception of Week 1 and Week 6 – see above
  - Stroking
  - Off Ice
  - Option 6
  - See Schedule on Page 11
    - No change in schedule on Page 12
- Receive a 50% discount on additional options purchased, including drop in registrations and coach bookable ice, in the same week as a package registration

### ***SENIOR B***

- Pre-Juv to Juv Competitive Skaters, STAR 7+ (passed STAR 6 Freeskate both parts)
- Prior to registration there should be consultation with the coaching team and the Director of Skating if the skater has not registered as Senior B previously
- Skaters currently registered in Senior B are allowed to continue to register for Senior B
- Weekly registration
- Daily Monday – Friday with exception of Week 1 and Week 6 – see above
  - Guided Warm up
  - Stroking
  - Off Ice
  - Two Options included with the package
    - Options 3 and 5 Weeks 1 - 5
    - Options 3 and 4 Weeks 6 – 8
    - Option 7 is available for separate registration only
- SEE WEEKS 1 - 5 SCHEDULE (Page 11)
- SEE WEEKS 6 – 8 SCHEDULE (Page 12)
- Receive a 50% discount on additional options purchased, including drop in registrations, in the same week as a package registration



## SENIOR A

- **Pre-Novice to Senior Competitive Skaters or Passed Gold Freeskate**
- Weekly registration
- Daily Monday – Friday with exception of Week 1 and Week 6 (see above)
  - Guided Warm up
  - Stroking
  - Off Ice
  - Two Options included with the package
    - Options 2 and 4 Weeks 1 – 5
    - Options 3 and 4 Weeks 6 – 8
    - Option 7 is available for separate registration only
- SEE WEEKS 1 - 5 SCHEDULE (Page 11)
- SEE WEEKS 6 – 8 SCHEDULE (Page 12)
- **Receive a 50% discount on additional options purchased, including drop in registrations, in the same week as a package registration**

## OPTIONS:

- Designated ice time which does not include coaching
- See the ice, registration and attendance rules for important information
- Group package options – see above - are not available for separate registration
- **Email [directorofskating@skatesaskatoon.com](mailto:directorofskating@skatesaskatoon.com) to register for Option #7 (Senior A/B) if you aren't registered for a Senior A or B package**
- Registration is by the week only (Weeks 1 – 8) for options available individually
  - Exception: Option #10 (Mixed Levels) registration is also available on a once-a-week basis – e.g. Thursday at 5:30 pm Weeks 1-8
    - Week 1 is Thursday and Friday
    - Week 6 is Tuesday – Friday
- For the process to arrange private lessons email [directorofskating@skatesaskatoon.com](mailto:directorofskating@skatesaskatoon.com)

## Drop-In Sessions:

To register for 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. Click on the name of the session you wish to purchase and select register. Any sessions that are available for drop-in will include drop-in as a selection.
4. Select drop-in, the participant from the drop-down menu and date(s) desired to drop in.
5. **There is no swapping of drop-in registrations for different dates.**
6. Click “ADD” to add the drop-in purchases to your cart.
7. All options, except for group package options, are available for drop-in registration. For Option 10,



which is offered by the week or once a week, the drop in registration is available under the weekly registration – e.g. Week 2 Option 10.

8. The Adult Program is also available for drop in registration.

**Notes:**

- Skaters must have the 25-26 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.

**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](mailto:office@skatesaskatoon.com).
- The coach must be in attendance for the entire session.
- **\*\*Updated: The coach must book more than one skater for the session or:**
  - Another coach(s) and/or skater(s) are booked for the session or
  - A parent/guardian spectator will be in attendance or
  - A Club administrator will be in attendance.
- Payment must be made ahead of the session.
- **Once the session has been set up in the system it is non-refundable, and it cannot be exchanged for a different time.**

**All Options are BYOC: “Bring Your Own Coach”**

- Must be Skate Canada Accredited Coach in good standing.
- Non-Skate Saskatoon coaches must get permission from the Director of Skating and Manager of Programs and Operations to coach on Skate Saskatoon Summer sessions in person or virtually. Email [office@skatesaskatoon.com](mailto: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.



**PRICING**

- All skaters are required to have an 25-26 Skate Canada Membership.
  - The effective period for the 25-26 Skate Canada membership is Sept. 1, 2025 – Aug. 31, 2026, cost of \$58.65.
  - If this is not already in place it will be automatically added at checkout.
- All program fees listed do not include the Skate Canada membership or applicable taxes.
- There are no pricing prorations.
- There is a \$30 +GST administration fee for any changes to registered skating times requested less than a minimum of three business days ahead of program commencement.
- The 25-26 mandatory locker fee subscription will be in effect until August 31, 2026. If you have not already been assigned the 25-26 fee and wish to use a locker for the summer, please email [office@skatesaskatoon.com](mailto:office@skatesaskatoon.com). The fee of \$15 plus GST will be charged to allow summer locker usage.
  - The 26-27 mandatory locker fee subscription of \$15 plus GST for Junior/Intermediate, Senior B, Senior A, Synchro and Options skaters will be assigned starting with fall registration. The effective period will be September 1, 2026 – August 31, 2027.

Program	Details	Cost
CanSkate	<ul style="list-style-type: none"> <li>• See Page 2</li> <li>• Weeks 2 -5 and 7-9 are 4 sessions</li> <li>• Week 6               <ul style="list-style-type: none"> <li>○ 3 sessions</li> <li>○ \$63</li> </ul> </li> </ul>	\$84 per week
Adult Learn to Skate Program	<ul style="list-style-type: none"> <li>• See Page 2</li> </ul>	Mon (5 sessions) \$105 Wed (6 sessions) \$125
Junior Prep/Rising Stars	<ul style="list-style-type: none"> <li>• See Page 2</li> <li>• Weeks 2 - 5 and 7 are 4 sessions</li> <li>• Week 6               <ul style="list-style-type: none"> <li>○ 3 sessions</li> <li>○ \$64</li> </ul> </li> </ul>	\$86 per week
Group Power Skating	<ul style="list-style-type: none"> <li>• See Page 3</li> </ul>	\$86 per week
Adult Program	<ul style="list-style-type: none"> <li>• See Page 3</li> </ul>	\$90 per program Drop in registration \$20 per session
Junior/Intermediate Group Package	<ul style="list-style-type: none"> <li>• See Page 4</li> </ul>	\$200 per week <ul style="list-style-type: none"> <li>• Week 1 \$80</li> <li>• Week 6 \$160</li> </ul>
Senior B Group Package	<ul style="list-style-type: none"> <li>• See Page 4</li> </ul>	\$230 per week <ul style="list-style-type: none"> <li>• Week 1 \$92</li> <li>• Week 6 \$184</li> </ul>



Senior A Group Package	<ul style="list-style-type: none"> <li>• See Page 5</li> </ul>	\$230 per week <ul style="list-style-type: none"> <li>• Week 1 \$92</li> <li>• Week 6 \$184</li> </ul>
Options	<ul style="list-style-type: none"> <li>• See Page 5</li> <li>• Session pricing includes week 9 individual sessions and Week 9 coach bookable ice</li> </ul>	\$12 per session
Drop-In Sessions/Coach Bookable Ice Weeks 1 - 8	<ul style="list-style-type: none"> <li>• See Pages 5 and 6</li> </ul>	\$17 per session



## 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 week to be eligible for non-group programming (private lessons).
  - 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 Mixed Levels options or Power Skating Open options provided they are in a lesson (for the entire time they are on the ice), without having passed CanSkate STAGE 3.
2. Hockey and ringette sticks are allowed on Power Skating Open options only. Hockey pucks and ringette rings are not allowed on any options.
3. Skaters are not permitted on sessions out of their level range:
  - Junior/Intermediate, Senior B and A levels are defined on Pages 4 and 5
  - See additional information under Options
4. Parents are not allowed in the ice area or off ice room unless it is for a special event. Parents are not allowed to provide instruction to a skater from the viewing gallery. Interrupting focus during a moving session is considered dangerous.
5. Only skaters and coaches or authorized people may enter the music room. Parents are not allowed.
6. 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.
7. Right of way on the ice
  - Run through soloist with music playing
  - Private lessons
8. Skaters must not enter the ice prior to the session start time and must exit the ice at the time the session ends.
9. No standing or socializing on the ice.
10. 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.
11. 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).
12. No swapping or exchanging sessions. **Exception:** On the day a skater is leaving for a competition, a registered session may be switched to any suitable session on the same day to accommodate lessons.
13. Mixed level options, CanSkate, Teen Learn to Skate, Adult Learn to Skate and Adult Program:
  - Hockey or Figure skates
  - All other sessions require figure skates.
    - Exception: Power Skating Open options – hockey skates only
14. Private Group lessons
  - Skate Saskatoon coaches:
    - Senior A or Senior B options - Maximum of three skaters
    - Junior/Intermediate, STAR, Figure Skating Open or Mixed Level options (figure skaters) - Maximum of four skaters
    - Mixed Levels options (hockey or ringette players) - One skater only
    - Power Skating Open options - Coach discretion
  - Non club coaches (BYOC – Page 6)
    - Maximum of two skaters



- Exception: Mixed Level options (hockey or ringette players) - One skater only
- 15. Pairs/Dance is permitted on sessions with fewer than 10 registered skaters (including the pair/dance team).
- 16. On ice and Off ice group lesson instructors have the right to dismiss skaters for lateness or disruptive behavior.
- 17. Skate Saskatoon reserves the right to revoke privileges of participants who do not follow guidelines or policies.
- 18. 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 member account settings allow emails from Skate Saskatoon.
- 19. Skate Saskatoon is not required to provide makeup sessions or refunds for missed sessions as a result of unforeseen circumstances.
- 20. **\*\*Updated: A Skate Canada Coach plus a minimum of two skaters must be in attendance for the session to take place. If there is a Skate Canada coach and only one skater:**
  - Another Skate Canada coach(s) or
  - A parent/guardian spectator or
  - A Club administrator must be in attendance for the session to take place.
    - Skater(s) must exit the ice if this requirement is not met. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed because of this requirement.
- 21. For CanSkate, Junior Prep and Rising Stars group lessons, parents/guardians or designated supervising adults are responsible for their child(ren) at all times when they are not in the lesson, including before and after their scheduled group lesson. Parents/guardians or designated supervising adults must remain at the skating facility during the group lesson.
- 22. Skate Saskatoon welcomes children spectators to build interest in the sport. Children spectators must be supervised at all times.

### **Important Dates:**

- Dates of weeks below
  - Week 1 July 2 and 3 (2 days only)
  - Week 2 July 6 - 10
  - Week 3 July 13 - 17
  - Week 4 July 20 – 24
  - Week 5 July 27 – July 31
  - Week 6 August 4 – August 7 (4 days only)
  - Week 7 August 10 – August 14
  - Week 8 August 17 – August 21
  - Week 9 August 24 – August 27 (4 days only)
- Closed Saturdays and Sundays
- Closed Monday August 3 – Saskatchewan Day
- Assessment Day – To be announced



Summer 2026 Weeks 1-5	On-Ice	Off-Ice
8:00	Option #1	
8:15	Coach Bookable	Senior A Warm up
8:30	8:00 am - 8:45 am	8:00 am - 8:30
8:45	Option #2	
9:00	Senior A	Senior B Warm Up
9:15	8:45 am - 9:30 am	9:00 am - 9:30 am
9:30	Flood	
9:45	Option #3	
10:00	Senior B	
10:15	9:45 am - 10:30 am	Senior A
10:30	Senior B Stroking	Dryland
10:45	10:30 am - 11:00 am	10:15 am - 11:00 am
11:00	Flood	
11:15	Option #4	
11:30	Senior A	
11:45	11:15 am - 12:00 pm	Senior B
12:00	Senior A Stroking	Dryland
12:15	12:00 pm - 12:30 pm	11:45 am - 12:30 pm
12:30	Flood	Junior/Intermediate
12:45	Option #5	Dryland
1:00	Senior B	12:30 pm- 1:15 pm
1:15	12:45 pm - 1:30pm	
1:30	Option #6	
1:45	Junior/Intermediate	
2:00	1:30 pm - 2:15 pm	
2:15	Junior/Intermediate Stroking	
2:30	2:15 pm - 2:45 pm	
2:45	Flood	
3:00	Option #7	
3:15	Senior A/B	
3:30	3:00 pm - 3:45 pm	
3:45	Option #8	
4:00	Figure Skating Open	
4:15	3:45 pm - 4:30 pm	
4:30	Flood	
4:45	Option #9	
5:00	Figure Skating Open	
5:15	4:45 pm - 5:30 pm	
5:30	Option #10	
5:45	Mixed Levels	
6:00	5:30 pm - 6:15 pm	
6:15	Flood	
6:30	CanSkate Monday - Thursday Weeks 2 - 9	
6:45	Club Development Friday	
7:00	6:30 pm - 7:15 pm	
7:15	Junior Prep/Rising Stars Weeks 2 - 7	Power Skating Weeks 8 and 9 - see pages 11 and 12
7:30	7:15 pm - 8:00 pm	
7:45	Monday - Thursday	
8:00	Adult Learn to Skate Monday and Wednesday Weeks 2 - 7	Power Skating Weeks 8 and 9 - see pages 11 and 12
8:15	Adult Program Tuesday and Thursday Weeks 2 - 7	
8:30	8:00 pm - 8:45 pm	
	<b>Week 1 is Thursday July 2 and Friday July 3</b>	



Summer 2026 Weeks 6-8	On-Ice	Off-Ice
8:45	Option #1	
9:00	Coach Bookable	
9:15	8:45 am - 9:30 am	
9:30	Option #2	Senior A/B Warm up
9:45	Coach Bookable	9:30 am - 10:00 am
10:00	9:30 am - 10:15 am	
10:15	Option #3	
10:30	Senior A/B	
10:45	10:15 am - 11:00 am	
11:00	Senior A/B Stroking	
11:15	11:00 am - 11:30 am	
11:30	Flood	
11:45	Option #4	
12:00	Senior A/B	
12:15	11:45 am - 12:30 pm	
12:30	Option #5	Junior/Intermediate
12:45	Figure Skating Open	Dryland
1:00	12:30 pm - 1:15 pm	12:30 pm - 1:15 pm
1:15	Flood	Senior A/B
1:30	Option #6	Dryland
1:45	Junior/Intermediate/Figure Skating Open	1:15 pm - 2:00 pm
2:00	1:30 pm - 2:15 pm	
2:15	Junior/Intermediate Stroking	
2:30	2:15 pm - 2:45 pm	
2:45	Flood	
3:00	Option #7	
3:15	Senior A/B	
3:30	3:00 pm - 3:45 pm	
3:45	Option #8	
4:00	Figure Skating Open	
4:15	3:45 pm - 4:30 pm	
4:30	Flood	
4:45	Option #9	
5:00	Figure Skating Open	
5:15	4:45 pm - 5:30 pm	
5:30	Option #10	
5:45	Mixed Levels	
6:00	5:30 pm - 6:15 pm	
6:15	Flood	
6:30	CanSkate Monday - Thursday Weeks 2-9	
6:45	Club Development Friday	
7:00	6:30 pm - 7:15 pm	
7:15	Junior Prep/ Rising Stars Weeks 2-7	Group Power Skating U9/U11 Hockey; U12 Ringette
7:30	7:15 pm - 8:00 pm	Week 8 7:15 pm - 8:00 pm
7:45	Monday - Thursday	Monday - Thursday
8:00	Adult Learn to Skate Monday & Wednesday Weeks 2-7	Group Power Skating U13/U15 Hockey; U14/U16 Ringette
8:15	Adult Program Tuesday & Thursday Weeks 2-7	Week 8 8:00 pm - 8:45 pm
8:30	8:00 pm - 8:45 pm	Monday - Thursday
	Week 6 is Tuesday August 4 - Friday August 7	
	Power Skating running Week 8 instead of Junior	
	Prep/Rising Stars and Adult Learn to Skate/Adult Program	



	<b>Summer 2026 Week 9 Monday - Thursday August 24 - 27</b>
<b>3:00</b>	<b>Senior A/B</b>
<b>3:15</b>	<b>Each day is a separate registration</b>
<b>3:30</b>	<b>3:00 pm - 3:45 pm</b>
<b>3:45</b>	<b>Senior A/B</b>
<b>4:00</b>	<b>Each day is a separate registration</b>
<b>4:15</b>	<b>3:45 pm - 4:30 pm</b>
<b>4:30</b>	<b>Flood</b>
<b>4:45</b>	<b>Figure Skating Open</b>
<b>5:00</b>	<b>Each day is a separate registration</b>
<b>5:15</b>	<b>4:45 pm - 5:30 pm</b>
<b>5:30</b>	<b>Figure Skating Open</b>
<b>5:45</b>	<b>Each day is a separate registration</b>
<b>6:00</b>	<b>5:30 pm - 6:15 pm</b>
<b>6:15</b>	<b>Flood</b>
<b>6:30</b>	<b>CanSkate</b>
<b>6:45</b>	<b>6:30 pm - 7:15 pm</b>
<b>7:00</b>	<b>Monday - Thursday</b>
<b>7:15</b>	<b>Group Power Skating U9/U11 Hockey; U12 Ringette</b>
<b>7:30</b>	<b>7:15 pm - 8:00 pm</b>
<b>7:45</b>	<b>Monday - Thursday</b>
<b>8:00</b>	<b>Group Power Skating U13/U15 Hockey; U14/U16 Ringette</b>
<b>8:15</b>	<b>8:00 pm - 8:45 pm</b>
<b>8:30</b>	<b>Monday - Thursday</b>
	<b>Week 9 is Monday August 24 - Thursday August 27 as noted above</b>