



Winter Term 1 Brochure
Monday September 29, 2025
To
Wednesday December 24, 2025

www.skatesaskatoon.com

Email: 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*****
- Classes highlighted in yellow on the schedule.
- 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 skates, guards, helmet, or mitts.
- For the younger skaters, gloves or mitts and a metal cage facemask is recommended.
- *****Teen Learn to Skate (ages 12-18) *****
 - Patterned after CanSkate – running Sundays 10:45-11:30 am
- *****Adult Learn to Skate (ages 18 and up) *****
 - Patterned after CanSkate – running Sundays 11:30am-12:15pm

POWER SKATING GROUP LESSONS:

- **U9 and U11 hockey players; U10 and U12 ringette players**
- 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 U9/U11 hockey or U10/U12 ringette for the 2025/2026 year.
- Must have played at least one year of organized hockey/ringette.
- *****This is not a learn to skate program*****

ADULT PROGRAM:

- Coach supervised but not coach instructed.
- Program on Saturdays at 6:15 – 7:15 pm.
- **For adults with some past skating experience (see above for Adult Learn to Skate)**
- Available for drop in registration – adults only.

OPTIONS:

- Weekly designated ice time.
- See the ice, registration and attendance rules for important information (pages 11-13)
 - Note Rules #1, #2 and #12
- **All skaters are welcome to register for any level appropriate options.**
- The seasonal option price is based on the number of sessions multiplied by the per session rate.
- Ensure to verify the dates by checking the calendar tab under your member account.
- **There is no coaching included with option registration.**
- For the process to arrange private lessons email Natasha Taylor, Director of Skating at directorofskating@skatesaskatoon.com.



Figure Skating Training Program - Group Packages

- Recommended for optimal skater development.
- The week of December 15 is the last week for group packages in Term 1
- Skater level is based on level at the start of the season – September 29 2025
 - For questions email Natasha, Director of Skating at directorofskating@skatesaskatoon.com.

JUNIOR PREP GROUP PROGRAM

- Working on CanSkate stages 4-6.
- Helmet information can be found [here](#).
- Must skate in figure skates.
- Must have a coach recommendation and coordinator approval to advance from CanSkate into Junior Prep.
- **The package includes 3 Group Instructed classes per week – two on ice and one off ice (Saturday 10:45-11:15 am). There are three packages available – Package #1 Monday and Saturday on ice, Package #2 Monday and Wednesday on ice or Package #3 Wednesday and Saturday off ice. The Monday and Wednesday on ice classes are at 7:00-7:45 pm. The Saturday on ice class is at 11:30am-12:15pm. The off ice class is Saturday at 10:45-11:15 am in all the packages.**
- The classes are highlighted in dark orange on the on ice and off ice schedules on Pages 14 and 15 of this brochure.
- The on ice classes are available for separate registration if the package doesn't work for a skater. The package is recommended.
- **Receive a 50% discount on Winter Term 1 options purchased including option drop in registrations or coach bookable ice.**

RISING STARS GROUP PROGRAM (previously named Junior Excel)

The Rising Stars group program is designed specifically for talented young skaters eager to elevate their skills and artistry on the ice. Participants will learn from experienced coaches who specialize in developing young athletes, focusing on advanced techniques such as jumps, spins, and footwork tailored for their age group. Our supportive environment not only boosts confidence and discipline but also encourages teamwork. With smaller class sizes, each skater receives personalized attention and a tailored experience, ensuring they get the most out of their training. We pride ourselves on fostering a positive and encouraging atmosphere that nurtures a love for the sport, all while providing access to state-of-the-art facilities for optimal training. Join us and watch your child shine on the ice!

- Program Registration requires permission from Director of Skating:
 - If interested contact Director of Skating Natasha at directorofskating@skatesaskatoon.com.



- Package includes 4 Group Instructed classes per week – two on ice (Tuesday and Thursday 5:30-6:15 pm) and two off ice (Tuesday and Thursday 6:30-7:00 pm) - plus 1 Freeskate session (Saturday 3:00-3:45 pm). Sessions highlighted in pink on the on ice and off ice schedules on Pages 14 and 15 of this brochure.
- The Freeskate session (Saturday 3:00-3:45 pm as noted above) does not include instruction. Private lessons are arranged by the Director of Skating, Natasha, at an additional cost. Email Natasha at directorofskating@skatesaskatoon.com.
- Receive a 50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.

****JUNIOR, INTERMEDIATE, SENIOR A AND SENIOR B REGISTRATON PROCESS****

Step A:

- Register for the package and the selection of included freeskate sessions (see number under the applicable package description) on the same invoice.
- Options must include the level designation in the description – e.g. Junior package skaters must select options that include Junior in the description
- Finalize the invoice.

Step B:

- Complete registration for any additional options or classes on a separate invoice after completion of Step A.

JUNIOR (previously part of Intermediate group)

- Skaters working on STAR 1-3; completed Stage 6 CanSkate
- Includes Weekly:
 - 3 Freeskate sessions
 - Selection of any three sessions that include Junior in the designation
 - Package includes 3 Group Instructed classes per week – one on ice (Saturday 3:45-4:30 pm) and two off ice (Monday 5:15-6:00 pm and Wednesday 7:00-7:45 pm) highlighted in orange on the on ice and off ice schedules on Pages 14 and 15 of this brochure.
 - Skaters can change their Monday 5:15 pm Jumps class to the Thursday 6:30 pm Acro & Flexibility class (held next door – see details under Off Ice page 7) at no cost until the end of the day October 10th. After this an administration fee will apply. The change is for the season.
 - The registered times are also presented when you are logged into your member account and select calendar under the participant profile.

Additional Benefits of Junior Package:

- Receive a **50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session within the **same day** to accommodate lessons.

INTERMEDIATE

- **Skaters working on STAR 4-5 (passed STAR 3 Freeskate both parts)**
- Includes Weekly:
 - 3 Freeskate sessions
 - Selection of any three sessions that include Intermediate in the designation
 - **Package includes 4 Group Instructed classes per week – two on ice (Tuesday 7:00-7:45 am and Saturday 3:45-4:30 pm) and two off ice (Monday 5:15-6:00 pm and Wednesday 7:00-7:45 pm) highlighted in orange on the on ice and off ice schedules on Pages 14 and 15 of this brochure.**
 - **Skaters can change their Monday 5:15 pm Jumps class to the Thursday 5:45 pm Yoga class, Thursday 6:30 pm Acro & Flexibility class (held next door – see details under off ice page 7) or the Saturday 10 am Strength class at no cost until the end of the day October 10th. After this an administration fee will apply. The change is for the season.**
 - 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 50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session within the **same day** to accommodate lessons.

SENIOR B (previously named Senior)

- **Pre-Juv to Juv Competitive Skaters, STAR 6+ (passed STAR 5 Freeskate both parts)**
- Includes Weekly:
 - 4 Freeskate sessions
 - Selection of any four sessions that include Senior B in the designation
 - Includes on ice and off ice group instruction as shown on the schedules on Pages 14 and 15 of this brochure (description with Senior B included).
 - **Skaters can change their Tuesday 5:00 pm Jumps and Fitness class to the Thursday 5:45 pm Yoga class, Thursday 6:30 pm Acro & Flexibility class (held next door – see details under off ice page 7) or the Saturday 10 am Strength class at no cost until the**



end of the day October 10th. After this an administration fee will apply. The change is for the season.

- 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 B Package:

- **Receive a 50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session within the **same day** to accommodate lessons.

SENIOR A (previously named Elite)

- **Pre-Novice to Senior Competitive Skaters; Gold Freeskate (passed) Skaters**
- Includes Weekly:
 - 4 Freeskate sessions
 - Selection of any four sessions that include Senior A in the designation
 - Includes on ice and off ice group instruction as shown on the schedules on Pages 14 and 15 of this brochure (description with Senior A included).
 - **Skaters can change their Tuesday 5:00 pm Jumps and Fitness class to the Thursday 5:45 pm Yoga class, Thursday 6:30 pm Acro & Flexibility class (held next door – see details under off ice page 7) or the Saturday 10 am Strength class at no cost until the end of the day October 10th. After this an administration fee will apply. The change is for the season.**
 - 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 A Package:

- **Receive a 50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.**
- Skate Saskatoon Coaches can “flex” a skater onto any suitable session within the **same day** to accommodate lessons.

SYNCHRO: Term 1 and Term 2

Synchronized skating provides the opportunity to join a team and enjoy skating at the same time.

Club Synchro Team Registration fee is for the entire winter season T1 and T2, no additional fees in January, includes 23 weeks of coaching.

STAR 3/4 Synchro

- 4 off-ice classes of 45 minutes, spread throughout the season.
- Includes Synchro Stroking Level 1 – **instructed**.

**STAR 5/6 Synchro**

- 16 off-ice classes of 30 minutes, spread throughout the season.
- Includes Synchro Stroking Level 1 – **instructed**.

STAR 8 Synchro

- 16 off-ice classes of 45 minutes, spread throughout the season.
- Includes Synchro Stroking Level 2 – **instructed**.

Open Synchro

- 16 off-ice classes of 45 minutes, spread throughout the season.
- Includes Synchro Stroking Level 2 – **instructed**.

Adult II Synchro

- Does not include stroking or off-ice

IMPORTANT SYNCHRO REGISTRATION NOTE:

- All Synchro packages other than Adult II include a winter option in both terms at no additional cost; to receive this option you **MUST** complete the team registration by Sept. 24 2025 at 6:00pm.
 - Those registering prior to the deadline need to contact the office by the end of the day October 5 2025 to arrange for the chosen option.
 - NO option will be available for those failing to contact the office by the deadline.

OPTION DISCOUNTS FOR SYNCHRO SKATERS:

- Receive a 50% discount on additional Winter Term 1 options purchased including option drop in registrations or coach bookable ice.
 - see above Important Synchro Registration Note
- Adult II will receive a 50% discount on any Winter Term 1 options purchased including option drop in registrations or coach bookable ice.

GROUP STROKING INTERMEDIATE/SENIOR A/B:

- Available for seasonal registration outside of the skating packages.
- Intermediate/Senior A/B
 - See levels under Intermediate, Senior A and B – pages 4 and 5
- Saturdays at 9:00-9:45 am
- Group Sessions focus on: skating skills, edges, turns, speed, spins, power, endurance, musical interpretation.

OFF ICE:

- The below off ice classes are available for separate registration, both for the season and drop-in:
 - Yoga STAR 3 and up
 - Thursdays 5:45-6:30 pm
 - Must have passed STAR 3 Freeskate both parts
 - Acro & Flexibility STAR 1 and up



- Thursdays 6:30-7:15 pm
- Held at Channel Performance next door; 119- 105 Street East
- o Strength Intermediate/Senior A/B
 - Saturdays 10:00-10:45 am
 - See levels under Intermediate, Senior A and B – pages 4 and 5

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. **There is no swapping of drop-in registrations for different dates.**
5. Click “ADD” to add the drop-in purchases to your cart.
6. Most options, some off ice classes and the Saturday Adult Program are 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.

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 use/skating session.
- 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 Mixed Level options. Not valid on Coach Bookable Ice.
- Only valid for skaters below STAR 3.
- Tickets expire at the end of the current season.

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.
- The coach must be in attendance for the entire session.
- Skaters will be invoiced at the Drop-In rate for ice used. 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 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 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.

Pricing:

- All skaters are required to have the current Skate Canada Membership. The 2025-2026 Skate Canada membership is valid for one year from Sept. 1, 2025 – Aug. 31 2026 at a cost of \$58.65. If this is not already in place, it will be automatically added at checkout.
- ****NEW: There is an automatic \$15 +GST mandatory locker fee subscription for Junior, Intermediate, Senior B, Senior A, Synchro and Option skaters. The effective period begins with the completion of Winter Term 1 registration and ends June 30 2026. Once a locker is selected an email should be sent to office@skatesaskatoon.com with the details. Any skaters that purchased the pre-existing 25-26 locker subscription will be refunded by the end of September 2025. A confirmation email will be sent when the refund has been completed.**
- Option Discount Structure for skaters who are choosing not to participate in the group packages, NOTE: Group packages are more cost effective.:
 - NOTE: **This discount WILL NOT apply upon checkout**, contact office@skatesaskatoon.com prior to **October 31 2025** regarding the seasonal option discount and a refund for the discount will be refunded to your card or set up as a credit on your member account, based on your stated preference. Requests after October 31 2025 will not result in a refund or credit.
 - Drop in Registration and Coach Bookable Ice Discount. This discount eligibility is based on the number of seasonal options purchased. For the drop in registration and coach bookable ice discount contact office@skatesaskatoon.com prior to SEASON END. The drop in registration and coach bookable ice discounts will be handled within two weeks after the end of the season. It will be refunded to your card or set up as a credit on your member account, based on your stated preference. Requests after season end will not result in a refund or credit.



Number of seasonal options purchased for a skater to qualify for the discounts displayed in column 2 or 3	Seasonal Option Discount	Option Drop in Registration and Coach Bookable Ice Discount
1	0%	0%
2	20%	20%
3-4	30%	30%
5-7	35%	35%
8-9	40%	40%
10	50%	50%

- All program fees listed do not include the Skate Canada current membership 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 for any requests made until the end of the day October 10th.

Program	Details	Cost
CanSkate Group Lessons, Adult Learn to Skate, Teen Learn to Skate	• See Page 2	\$225
Power Skating Group Lessons	• See Page 2	\$230
Junior Prep Group Program	• See Page 3 • This is the price for the package ○ The on-ice classes are available for separate registration priced at \$230 each	\$460
Rising Stars Group Program (previously named Junior Excel)	• See Pages 3&4	\$525
Junior Package (previously part of Intermediate group)	• See Pages 4&5	\$525



Intermediate Package	See Page 5	\$675
Senior B Package (previously named Senior)	See Pages 5&6	\$825
Senior A Package (previously named Elite)	Sees Page 6	\$825
STAR 3/4 Synchro	See Pages 6&7 – price is for Terms 1 and 2	\$585
STAR 5/6 Synchro	See Pages 6&7 – price is for Terms 1 and 2	\$890
STAR 8 Synchro	See Pages 6&7 – price is for Terms 1 and 2	\$1,295
Open Synchro	See Pages 6&7 – price is for Terms 1 and 2	\$1,295
Adult 2 Synchro	See Pages 6&7 – price is for Terms 1 and 2	\$795
Saturday Stroking Intermediate/Senior A/B	See Page 7	\$180
Off Ice Classes Held at ACT Hall except Acro & Flexibility – held at Channel Performance; 119-105 Street East	- See Pages 7&8 Yoga- 12 sessions (\$180) Acro & Flexibility – 12 sessions (\$180) Strength – 11 sessions (\$165)	Drop in registration \$20 (per session)
Adult Program	See Page 2	\$220 Drop in registration \$27 (per session)
Options	- See Page 2 - 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 Option Sessions	See Page 8	\$17 (per session)
15-Minute Lesson Ice Tickets	See Page 8	\$5 (per ticket)
Coach Bookable Ice	See Page 8	\$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 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 Mixed Levels or Power Skating Open sessions provided they are in a lesson (for the entire time they are on the ice), without having passed CanSkate STAGE 3
 - Skaters are not eligible for 15-minute lesson ice tickets unless the skater is also registered in a Skate Saskatoon Group Program.
2. **Updated Rule: 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
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 persons 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 in order to accommodate lessons.
13. Mixed level options, CanSkate 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 Level options (hockey or ringette players) - One skater only
 - Power Skating open options - Coach discretion



- Non club coaches (BYOC – Page 7)
 - 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 Uplifter account settings allow emails from Skate Saskatoon.
- 19. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed as a result of unforeseen circumstances.
- 20. 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. Skate Saskatoon is not required to provide makeup sessions or refunds for sessions missed as a result 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:

- **CanSkate #5, CanSkate #6, Junior Prep #3**
 - **Start Date Saturday October 11**
- **Option 100, Junior/Intermediate Stroking, Option 102**
 - **Start Date Saturday October 11**
- **Strength Intermediate/Senior A/B**
 - **Start Date Saturday October 11**
- **Options 113,114,120**
 - **Start Date Sunday October 12**
- **Monday October 13 Closed**
- **Tuesday November 11 Closed**
- **Wednesday December 24 Closed at 4 pm – last day of Term 1**
- **Thursday December 25 Closed**
- **Friday December 26 Closed**
- **Wednesday December 31 Closed at 4 pm**
- **Thursday January 1 Closed**
- **Details to follow regarding ice availability between Term 1 and Term 2**
- **Term 2 information will be posted in November with registration opening details**



Schedule is subject to change							
SKATE SASKATOON SCHEDULE Winter Term 1 2025 2026 - ON ICE September 29 - December 24 2025							
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00		Intermediate	Senior B	Senior A	Option 72		
7:15		Stroking	Stroking	Stroking	Mixed Levels		
7:30		7:00 - 7:45	7:00 - 7:45	7:00 - 7:45	7:00 - 7:45		Group
7:45	Ice not available (maintenance)	Option 19	Option 37	Option 55	Option 73		Power Skating #1
8:00		Figure Skating Open	Mixed Levels	Figure Skating Open	Mixed Levels		7:30 - 8:15
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	Mixed Levels	Power Skating Open
8:45		Mixed Levels	Mixed Levels	Mixed Levels	Mixed 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	Intermediate/Senior A/B	Option 111
9:15		Option 21	Option 39	Option 57	Option 75	Stroking	Mixed 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 #5	Option 112
10:15		Option 22	Option 40	Option 58	Option 76	Hockey or Figure Skates	Mixed Levels
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 #6	Teen Learn to Skate
11:00		Option 23	Option 41	Option 59	Option 77	Hockey or Figure Skates	Hockey or Figure Skates
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	Adult Learn to Skate
11:45	Option 6	Option 24	Option 42	Option 60	Option 78	Group Lessons	Hockey or Figure Skates
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 #7
12:45	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Senior A/B	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	CanSkate #8
1:30	Option 8	Option 26	Option 44	Option 62	Option 80	Intermediate/Senior A/B	Hockey or Figure Skates
1:45	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	Coach Bookable Ice	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 113
2:15	Option 9	Option 27	Option 45	Option 63	Option 81	Mixed Levels	Mixed Levels
2:30	Intermediate/Senior A/B	Intermediate/Senior A/B	Intermediate/Senior A/B	Intermediate/Senior A/B	Intermediate/Senior A/B	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 114
3:15	Intermediate/Senior A/B	Senior A/B	Intermediate/Senior A/B	Senior A/B	Intermediate/Senior A/B	Rising Stars/Junior	Mixed Levels
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	Junior/Intermediate	Option 120
4:00	Senior B Stroking	Option 29	Senior A Stroking	Option 65	Option 83	Stroking	Power Skating Open
4:15	4:00 - 4:30	Senior A/B	4:00 - 4:30	Senior A/B	Senior A/B	3:45 - 4:30	3:45 - 4:30
4:30	Option 11	4:00-4:45	Option 47	4:00 - 4:45	4:00-4:45	Option 102	Group
4:45	Senior A/B	Option 30	Senior A/B	Option 66	Option 84	Junior/Intermediate	Power Skating #2
5:00	4:30-5:15	Junior/Intermediate	4:30-5:15	Junior/Intermediate	Senior A/B	4:30 - 5:15	4:30 - 5:15
5:15	Option 12	4:45-5:30	Option 48	4:45 - 5:30	4:45-5:30	FLOOD	FLOOD
5:30	Senior A/B	Rising Stars	Senior A/B	Rising Stars	Option 85	Option 103	Synchro
5:45	5:15 - 6:00	Junior Option 31	5:15 - 6:00	Junior Option 67	Junior/Intermediate	Mixed Levels	STAR 5/6
6:00	FLOOD	5:30 - 6:15	FLOOD	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15	5:30 - 6:15
6:15	Option 13	FLOOD	CanSkate #3	FLOOD	FLOOD	ADULT	Synchro
6:30	Junior/Intermediate	CanSkate #1	Hockey or Figure Skates	CanSkate #4	Synchro	Program	STAR 8
6:45	6:15 - 7:00	Hockey or Figure Skates	6:15 - 7:00	Hockey or Figure Skates	STAR 3/4	Hockey or Figure Skates	6:15 - 7:00
7:00	Junior Prep	6:30 - 7:15	Junior Prep	6:30 - 7:15	6:30 - 7:15	6:15 - 7:15	Synchro Stroking
7:15	Group Lessons	CanSkate #2	Group Lessons	Option 69	Synchro Stroking	FLOOD	Lvl 2: 7:00 - 7:30
7:30	#1 7:00 - 7:45	Hockey or Figure Skates	#2 7:00 - 7:45	Figure Skating Open	Lvl 1: 7:15 - 7:45	Club Specific	FLOOD
7:45	Option 15	7:15 - 8:00	FLOOD	7:15 - 8:00	Synchro	Programming	
8:00	Mixed Levels/Junior/Intermediate	Option 34	Option 51	Option 70	STAR 5/6	7:30 - 8:45	Synchro
8:15	7:45 - 8:30	Intermediate/Senior A/B	Junior/Intermediate	Intermediate/Senior A/B	7:45 - 8:30		Open
8:30	FLOOD	8:00 - 8:45	8:00 - 8:45	8:00 - 8:45	FLOOD		7:45 - 9:15
8:45	Option 16	FLOOD	Option 52	FLOOD	Synchro		
9:00	Mixed Levels	Synchro	Mixed Levels		STAR 8		
9:15	8:45 - 9:30	STAR 8	8:45 - 9:30	Synchro	8:45 - 9:45		
9:30	Option 17	9:00 - 9:45	Option 53	Adult II			
9:45	Mixed Levels	Synchro	Power Skating Open	9:00 - 10:30	Option 91		
10:00	9:30 - 10:15	Open	9:30 - 10:15		All Levels		
10:15		9:45 - 10:45			9:45 - 10:30		
10:30							
10:45							



Schedule is subject to change		SKATE SASKATOON SCHEDULE WINTER Term 1 25-26 OFF ICE Sept 29 - Dec 20 2025			
Times	Monday	Tuesday	Wednesday	Thursday	Saturday
10:00					Strength
10:15					Intermediate/Senior A/B
10:30					10:00 - 10:45
10:45					Off Ice Junior Prep
11:00					10:45 - 11:15
11:15					
11:30					
11:45					
12:00					
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3:15					
3:30					
3:45					
4:00					
4:15					
4:30					
4:45					
5:00		Jumps and Fitness Senior A 5:00 - 5:45			
5:15	Jumps Junior/Intermediate 5:15 - 6:00				
5:30					
5:45				Yoga STAR 3 and up 5:45 - 6:30	
6:00					
6:15	Jumps and Fitness Senior B 6:15 - 7:00	Off Ice Rising Stars 6:30 - 7:00	Dance and Flexibility Senior A/B 6:15 - 7:00	Off Ice Rising Stars 6:30 - 7:00 PM	
6:30					
6:45					
7:00			Dance and Flexibility Junior/Intermediate 7:00 - 7:45	Acro & Flexibility - see below* STAR 1 and up 6:30 - 7:15	
7:15					
7:30					
7:45					
8:00					

*Acro & Flexibility - held next door at Channel Performance - 119 105 Street East

The last week for group packages is the week of December 15 2025