



## 2016 SUMMER SCHOOL

**DATES: July 4<sup>th</sup> – AUGUST 12<sup>th</sup>, 2016**

Patti Somer, Club Administrator  
Phone : (403) 358-1701  
Email: [skatereddeer@hotmail.com](mailto:skatereddeer@hotmail.com)  
Web: [www.skatereddeer.com](http://www.skatereddeer.com)

### **General Information**

- All registrations must be done on line: [www.skatereddeer.com](http://www.skatereddeer.com)
- Guest coaches are welcome to Summer School with their own skaters.
- The Red Deer Skating Club reserves the right to change the schedule.

### **Skating Sessions Information**

- All sessions are at the Collicutt Centre, 3031-30<sup>th</sup> Ave, Red Deer, AB.
- Skaters may do freeskate, skating skills, or dance on their session.
- Sessions are purchased by the session, not the amount of time your skater is on the ice.
- Fee includes stroking session. There will be no discount if not participating in stroking.

### **Professional Coaching Staff**

The following coaches are under contract with The Red Deer Skating Club. Skaters are required to contact the coaches directly to book lesson times.

#### **Tammie Paul**

NCCP Level III  
Coaching Since: 1977  
Rate: \$14.00/15 min.  
Phone: (403) 506-3531  
[skatetammie@telus.net](mailto:skatetammie@telus.net)

#### **Patti Somer**

NCCP Level III  
Coaching Since: 1984  
Rate: \$13.00/15 min.  
Phone: (403) 396-3964  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

#### **Lana Bellmore**

NCCP Level II  
Coaching Since: 1991  
Rate: \$12.00/15 min  
Phone: (403) 506-1880  
[lanabellmore@gmail.com](mailto:lanabellmore@gmail.com)

#### **Jessica Sergeant**

NCCP Level I Trained  
Coaching Since: 2014  
Rate: \$10.00  
Phone: 1-780-999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

#### **Katelynn Jehn**

NCCP Level I Trained  
Coaching Since: 2012  
Rate: \$7.50  
Phone: 403-896-8835  
[katelynljehn@hotmail.com](mailto:katelynljehn@hotmail.com)

### **Drop In Fees:**

- \$20.00 per session for drop-in for school participants. Please sign up on the bulletin board.
- \$25.00 per session for drop-in for unregistered participants. Please contact the administrator.
- \$5.00 Off Ice – for skaters not registered for that specific week of skating. Please pay at session.

### **Off Ice**

Off Ice is included in your fees for a week of skating. If you plan to attend please add that session to your cart to register. It is offered on Tuesday, Wednesday and Thursday. Fitness, nutrition, flexibility, strength, jump technique will be offered off of the ice. Please bring a yoga mat, water bottle and runners. You may drop-in but fees will apply.

### **Test Day**

The Red Deer Skating Club has requested a test day for Week # 5 but the test day has not been confirmed yet. **Please check the bulletin board for updates and the revised skating schedule for that day.**

## RED DEER SKATING CLUB SUMMER SCHOOL 2016 FEES & SCHEDULE

### WEEK 1 – July 4<sup>th</sup> - July 8<sup>th</sup>

TIME	COST	SESSION
9:45am – 10:00am		PreStar/Open Stroking
10:00am – 10:45am	\$100.00	PreStar/Open Session #1
<b>10:45am – 11:00am</b>		<b>FLOOD</b>
11:00am – 12:00pm	\$100.00	Open Session #2
12:00pm – 12:15pm		Open Stroking
12:15pm – 1:00pm	\$100.00	Open Session #3
1:15pm – 2:15pm	Included	Off Ice (Tue, Wed, Thu) #4

### WEEK 2 – July 11<sup>th</sup> – 15<sup>th</sup>

TIME	COST	SESSION
9:45am – 10:00am		PreStar/Open Stroking
10:00am – 10:45am	\$100.00	PreStar/Open Session #5
<b>10:45am – 11:00am</b>		<b>FLOOD</b>
11:00am – 12:00pm	\$100.00	Open Session #6
12:00pm – 12:15pm		Open Stroking
12:15pm – 1:00pm	\$100.00	Open Session #7
1:15pm – 2:15pm	Included	Off Ice (Tue, Wed, Thu) #8

### WEEK 3 – July 18<sup>th</sup> – 22<sup>nd</sup>

TIME	COST	SESSION
9:45am – 10:00am		PreStar/Open Stroking
10:00am – 10:45am	\$100.00	PreStar/Open Session #9
<b>10:45am – 11:00am</b>		<b>FLOOD</b>
11:00am – 12:00pm	\$100.00	Open Session #10
12:00pm – 12:15pm		Open Stroking
12:15pm – 1:00pm	\$100.00	Open Session #11
1:15pm – 2:15pm	Included	Off Ice (Tue, Wed, Thu) #12

### WEEK 4 – July 25<sup>th</sup> – 29<sup>th</sup>

TIME	COST	SESSION
9:45am – 10:00am		PreStar/Open Stroking
10:00am – 10:45am	\$100.00	PreStar/Open Session #13
<b>10:45am – 11:00am</b>		<b>FLOOD</b>
11:00am – 12:00pm	\$100.00	Open Session #14
12:00pm – 12:15pm		Open Stroking
12:15pm – 1:00pm	\$100.00	Open Session #15
1:15pm – 2:15pm	Included	Off Ice (Tue, Wed, Thu) #16

### WEEK 5 – Aug 2<sup>nd</sup> – Aug 5<sup>th</sup> (no session Aug 1<sup>st</sup>)

TIME	COST	SESSION
9:45am – 10:00am		PreStar/Open Stroking
10:00am – 10:45am	\$80.00	PreStar/Open Session #17
<b>10:45am – 11:00am</b>		<b>FLOOD</b>
11:00am – 12:00pm	\$80.00	Open Session #18
12:00pm – 12:15pm		Open Stroking
12:15pm – 1:00pm	\$80.00	Open Session #19
1:15pm – 2:15pm	Included	Off Ice (Tue, Wed, Thu) #20

### WEEK 6 – Aug 8<sup>th</sup> – 12<sup>th</sup>

TIME	COST	SESSION
8:00am – 8:15am		Open Stroking
8:15am – 9:00am	\$100.00	Open Session #21
9:15am – 10:15am	Included	Off Ice (Tue, Wed, Thu) #22