



2019 SUMMER SCHOOL

DATES: July 2nd – AUGUST 9th, 2019

Patti Somer, Club Administrator		
Phone : (403) 358-1701	Email: skatereddeer@hotmail.com	Web: skatereddeer.com

General Information

- All registrations must be done on line: 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.
- Red Deer Skating Club members will have priority registration until April 9th.
- Simulation is booked for July 15th from 1:15-2pm.

Skating Sessions Information

- All sessions are at the Collicutt Centre, 3031-30th Ave, Red Deer, AB.
- Skaters may do freeskate, skating skills, or dance during 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: \$15.00/15 min.
Phone: (403) 506-3531
skatetammie@telus.net

Patti Somer

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

Lana Bellmore

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

Jessica Mackay

NCCP Level II
Coaching Since: 2014
Rate: \$10.00
Phone: 1-780-999-4192
jess.sergeant@hotmail.com

Drop In Fees:

- \$17.00 per session for drop-in for registered 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.

FIT or FLEX class

Classes 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. FIT is for younger skaters; FLEX is for older skaters. We will do training on the floor. Please bring a yoga mat, water bottle and runners. You may drop-in but fees will apply if you are not skating that week.

Psyched 2 Perform

Classes with our club Sport Psychologist. Monday July 8 & 22 from 115-215pm. Age: 9 and up.

Test Day

The Red Deer Skating Club has requested a test day for Week #5 but the test day has not been confirmed of yet. There will be no refunds for skating missed due to test day.

RED DEER SKATING CLUB

SUMMER SCHOOL 2019 FEES & SCHEDULE

WEEK 1 – July 2nd - July 5th (no session July 1st)

TIME	COST	SESSION
9:45am – 10:45am	\$60.00	PreStar/Open Stroking & Session #1
10:45am-11:00am		FLOOD
11:00am – 12:15pm	\$75.00	Open Session & Stroking #2
11:00am – 12:00pm	Included	FIT class #1
12:00pm – 1:00pm	\$60.00	Open Stroking & Session #3
9:45am – 10:45am	Included	FLEX (Tue, Wed, Thu) #1

WEEK 2 – July 8th – 12th

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #4
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #5
11:00am – 12:00pm	Included	FIT class #2
12:00pm – 1:00pm	\$75.00	Open Stroking & Session #6
9:45am – 10:45am	Included	FLEX (Tue, Wed, Thu) #2

WEEK 3 – July 15th – 19th

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #7
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #8
11:00am – 12:00pm	Included	FIT class #3
12:00pm – 1:00pm	\$75.00	Open Session & Stroking #9
9:45am – 10:45am	Included	FLEX (Tue, Wed, Thu) #3

WEEK 4 – July 22nd – 26th

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #10
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #11
11:00am – 12:00pm	Included	FIT class #4
12:00pm – 1:00pm	\$75.00	Open Stroking & Session #12
9:45am – 10:45am	Included	FLEX (Tue, Wed, Thu) #4

WEEK 5 – July 29th – Aug 2nd

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #13
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #14
11:00am – 12:00pm	Included	FIT class #5
12:00pm – 1:00pm	\$75.00	Open Stroking & Session #15
9:45am – 10:45am	Included	FLEX (Tue, Wed, Thu) #5

WEEK 6 – Aug 6th – 9th (no session Aug 5th)

TIME	COST	SESSION
8:00am – 9:00am	\$60.00	Open Session #16