



2021 SUMMER SCHOOL

DATES: July 5th – AUGUST 20th, 2021

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 but must check in with the club first to confirm numbers.
- The Red Deer Skating Club reserves the right to change the schedule and will be operating under the guidelines of Skate Alberta and Alberta Health Services.
- Red Deer Skating Club members will have priority registration until June 25th.
- Simulation is booked for: July 20th and competition videos will be July 23rd.

Skating Sessions Information

- All sessions are at the Servus Arena 4725 43 Street and Kinsmen Arena 5 McIntosh Avenue.
- 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 Coaches

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

Patti Somer

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

Lana Bellmore

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

Jessica Mackay

Provincial Coach
Coaching Since: 2014
Rate: \$11.00
Phone: (780) 999-4192
jess.sergeant@hotmail.com

Jennifer Shigematsu

Regional Coach
Coaching Since: 1993
Rate: \$ 11.50
Phone: (780) 385-0222
mjmk@live.ca

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 Monday – Friday. FIT is for Junior/Intermediate skaters; FLEX is for Senior skaters. If you are unsure which class to take please ask your coach. This is 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 – Senior Skaters

Classes with our club Sport Psychologist. July 14 & 28 from 115-215pm. August dates TBA

Train the Brain – Junior and Intermediate Skaters

Classes with our club Sport Psychologist. July 12 from 115-215pm. August dates TBA

Test Day

The Red Deer Skating Club is planning a test day for Week #5 but the test day has not been confirmed yet. There will be NO REFUNDS for skating sessions missed due to test day.

RED DEER SKATING CLUB

SUMMER SCHOOL 2021 FEES & SCHEDULE

WEEK 1 – July 5th – 9th Servus Arena

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #1
9:45am – 10:45am	Included	FLEX Class #1
10:45am-11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #2
11:00am – 11:45am	Included	FIT class #1
12:00pm – 1:00pm	\$75.00	Open Stroking & Session #3

WEEK 2 – July 12th – 16th Servus Arena

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

WEEK 3 – July 19th – 23rd Servus Arena

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

WEEK 4 – July 26th – 30th Servus Arena

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

WEEK 5 – August 3rd – 6th Kinsmen Arena

TIME	COST	SESSION
9:00am – 10:00am	\$60.00	PreStar/Open Stroking & Sessions #13
9:45am – 10:45am	\$60.00	Open Stroking & Session #14
9:45am – 10:45am	Included	FLEX Class #5
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$75.00	Open Session & Stroking #15
11:00am – 11:45am	Included	FIT class #5
12:00pm – 1:00pm	\$60.00	Open Stroking & Session #16

WEEK 6 – Aug 9th – 13th Servus Arena

TIME	COST	SESSION
11:15am – 12:15am	Included	FIT & FLEX #6
12:30pm – 1:30pm	\$75.00	Open Session & Stroking #17
1:15pm – 2:15pm	\$75.00	Open Session & Stroking #18
2:15pm – 2:30pm		FLOOD
2:30pm-3:15pm	\$60.00	Open Session #19

WEEK 7th– Aug 16th – 20th Servus Arena

TIME	COST	SESSION
8:45am – 9:45am	\$75.00	Open Session #20
9:45am – 10:45am	\$75.00	Open Session #21
11:00am – 12:00pm	Included	FIT & FLEX #7