



2023 SUMMER SCHOOL

DATES: July 3rd – AUGUST 11th, 2023

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
- Red Deer Skating Club members will have priority registration until June 1st, 2023 after that non-club members may register.
- Guest coaches are welcome; please check in with the club prior to coming on the ice.
- The Red Deer Skating Club reserves the right to change the schedule.
- Simulation is booked for: July 20th from 8-9am.
- Drop-In is \$20/session. Please email the club and your coach 24 hours prior to reserve a spot.
- There are no partial week bookings accepted.

Skating Sessions Information

- July 3 - August 4 will be at the Collicut Center 3031 30th Street and August 8-11 will be at Dawe Arena 56 Holt Street
- 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 **one** stroking session & **one** dryland session. There will be **no discount** if not participating.
- Skaters may not be registered in both Prestarskate and Starskate skating sessions.

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: 1982
Rate: \$13.00
Phone: (403) 396-3964
pattisomer@gmail.com

Lana Bellmore

Provincial Coach
Coaching Since: 1991
Rate: \$12.00
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 & FLEX classes

Classes included in your fees for the week you are skating. If you plan to attend please add that session to your cart to register. Class is offered Monday – Friday and is training on the floor. Please bring a yoga mat, water bottle and runners. **FIT** is for Prestarskaters and Starskaters. **FLEX** is for Starskaters. Meet in the upstairs dance studio.

Human Performance Classes

These classes teach focus, positive self-talk and how to train with excellence. Train the Brain is for Prestarskate and Junior Starskaters July 5th & August 2nd from 1215-1pm. Psyched 2 Perform is for Starskaters July 5th and August 2nd from 115-215pm. Meet in the Board room upstairs.

Test Day

The Red Deer Skating Club is planning a test day for Week #6 but the test day has not been confirmed yet. There will be **NO REFUNDS** for skating sessions missed due to test day.

SUMMER SCHOOL 2023 FEES & SCHEDULE

WEEK 1 – July 3rd – 7th Collicutt Center

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 10th – 14th Collicutt Center

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 17th – 21st Collicutt Center

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 24th – 28th Collicutt Center

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 – July 31st – Aug 4th Collicutt Center

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

WEEK 6 – Aug 8th – 11th Dawe Arena

TIME	COST	SESSION
9:45am – 10:45am	\$60.00	PreStar/Open Stroking & Session #16
9:45am – 10:45am	Included	FLEX Class #6
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$75.00	Open Session & Stroking #17
11:00am – 11:45am	Included	FIT class #6
12:00pm – 1:00pm	\$60.00	Open Stroking & Session #18