



2022 SPRING SKATING SCHOOL

DATES: April 4 – May 26, 2022 @ Collicutt Center

Club Administrator Phone: (403) 358-1701

Email: skatereddeer@hotmail.com

Web: www.skatereddeer.com

General Information

- Spring School ice runs at the Collicutt Center 3031 30th Avenue.
- Registrations will be done on the website: www.skatereddeer.com
- Red Deer Skating Club members can register first until March 14 then out of town skaters may register.
- All sessions except Prestar/Junior are limited to 20 skaters.
- Mondays & Wednesdays skaters are only allowed one session per day until May 5 at which time they can book the extra session Monday & Wednesday from 4-5pm
- Test Day: May TBA.
- Sessions are purchased by the session, not the amount of time your skater will be skating on that session.
- NO drop in or make up ice allowed.

Skating Sessions and Levels

- All sessions are OPEN sessions. Skaters of all levels are on the ice and may do freeskate, skills or dance on their session.

FIT Class or FLEX Class

- An opportunity to enhance skating on the floor by doing jump technique, stretching, fitness, and more.

PreSTAR & FIT class (Pre & F) Mondays from 515-615pm

FIT & FLEX class (F&F) Mondays 615-715pm

FIT & FLEX class (F&F) Tuesdays 615-715pm

FIT & FLEX class (F&F) Thursdays 615-715pm.

Meet in the arena lobby. Please bring a yoga mat, water bottle and runners. Fees are included for this program but please add the class to your cart when registering. F&F class is for anyone who would like to attend.

TRAIN THE BRAIN

- Sports Psychology class for Prestar, Junior and Intermediate skaters to help with focus, training habits and positive self-talk. Fees are included for this program. Wednesdays April 6th & May 4th 615-7pm in the upstairs board room. Please add to your cart at the time of registration.

PSYCHED 2 PERFORM

- Sports Psychology class for senior skaters to help with focus, training habits and positive self-talk. Fees are included for this program. Wednesdays April 13th and May 11th from 615-715pm in the upstairs board room. Please add to your cart at the time of registration.

Fees:

Monday	Session #1	4:00-5:00PM	April 4, 11, 25 May 2, 9, 16	\$90.00
Monday	Session #2	5:00-6:00PM	April 4, 11, 25 May 2, 9, 16	\$90.00
Monday	Session #11	4:00-5:00PM	May 9, 16	\$30.00
Tuesday	Session #3	4:00-5:00PM	April 5, 12, 19, 26 May 3, 10,17, 24	\$120.00
Tuesday	Session #4	5:00-6:00PM	April 5, 12, 19, 26 May 3, 10,17, 24	\$120.00
Wednesday	Session #5	4:00-5:00PM	April 6, 13, 20, 27 May 4, 11, 18, 25	\$120.00
Wednesday	Session #6	5:00-6:00PM	April 6, 13, 20, 27 May 4, 11, 18, 25	\$120.00
Wednesday	Session #12	4:00-5:00PM	May 11, 18, 25	\$45.00
Thursday	Session #7	4:00-5:00PM	April 7, 14, 21, 28 May 5, 12 ,19, 26	\$120.00
Thursday	Session #8	5:00-6:00PM	April 7, 14, 21, 28 May 5, 12 ,19, 26	\$120.00
Friday	Session #9	4:00-5:00PM	April 8, 29 May 6, 13	\$60.00
Friday	Session #10	5:00-6:00PM	April 8, 29 May 6, 13	\$60.00
Monday	FIT & PRESTAR	5:15-6:15PM	April 4, 11, 25 May 2, 9, 16	\$0
Monday	FIT & FLEX	6:15-7:15PM	April 4, 11, 25 May 2, 9, 16	\$0
Tuesday	FIT & FLEX	6:15-7:15PM	April 5, 12, 19, 26 May 3, 10,17, 24	\$0
Thursday	FIT & FLEX	6:15-7:15PM	April 7, 14, 21, 28 May 5, 12 ,19, 26	\$0

*****The Red Deer Skating Club reserves the right to change the schedule.**

Summer School

The Red Deer Skating Club will be offering 6 weeks of Summer School starting July 4th and ending August 12th, 2022. The registration package for Summer School will be available on our website in May 2022.

Professional Coaching Staff

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

Patti Somer
National Coach
Coaching Since: 1984
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

APRIL 2022

COLLICUTT CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	5 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	6 4:00-5:00 Pre/Jr 5:00-6:00 Open 6:15-7:00 TTB	7 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	8 4:00-5:00 Open 5:00-6:00 Open	9
10	11 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	12 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	13 4:00-5:00 Pre/Jr 5:00-6:00 Open 6:15-7:15 P2P	14 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	15 NO SKATING GOOD FRIDAY	16
17	18 NO SKATING EASTER MONDAY	19 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	20 4:00-5:00 Pre/Jr 5:00-6:00 Open	21 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	22 NO SKATING	23
24	25 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	26 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	27 4:00-5:00 Pre/Jr 5:00-6:00 Open	28 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	29 4:00-5:00 Open 5:00-6:00 Open	30

MAY 2022

COLLICUTT CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	3 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	4 4:00-5:00 Pre/Jr 5:00-6:00 Open 6:15-7:00 TTB	5 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	6 4:00-5:00 Open 5:00-6:00 Open	7
8	9 4:00-5:00 Open 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	10 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	11 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 P2P	12 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	13 4:00-5:00 Open 5:00-6:00 Open	14
15	16 4:00-5:00 Open 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	17 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	18 4:00-5:00 Open 5:00-6:00 Open	19 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	20 NO SKATING	21
22	23 NO SKATING VICTORIA DAY	24 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	25 4:00-5:00 Open 5:00-6:00 Open	26 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	27 NO SKATING	28