



2023 SPRING SKATING SCHOOL

DATES: April 3 – May 25, 2023 @ 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 17th then out of town skaters may register.
- Mondays & Wednesdays skaters are only allowed one session per day until May 8th at which time they can book the extra session Monday & Wednesday from 4-5pm
- Test Day: May TBA. Simulation Ice: Wednesday April 12th from 3-4pm.
- Sessions are purchased by the session, not the amount of time your skater will be skating on that session.
- NO make up ice allowed.
- Drop In is allowed if space permits. Please email the club and copy your coach 24 hours prior to the session. Drop In cost \$20/session.
- All sessions are OPEN sessions. Skaters of all levels are on the ice and may do freeskate, skills or dance on the session.

FIT Class or FLEX Class

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

- Human Performance class for Prestar and Junior skaters to help with focus, training habits and positive self-talk. Fees are included for this program. Wednesdays April 5th & May 3rd from 515-6pm in the upstairs board room. Please add to your cart at the time of registration.

Focus

- Human Performance class for Junior and Intermediate Starskaters to help with focus, training habits and positive self-talk. Fees are included for this program. Wednesdays April 5th and May 3rd from 400-445pm in the upstairs board room. Please add to your cart at the time of registration.

Psyched 2 Perform

- Human Performance class for Senior skaters to help with focus, training habits and positive self-talk. Fees are included for this program. Wednesdays April 5th and May 3rd 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 3, 17, 24 May 1, 8, 15	\$90.00
Monday	Session #14	4:00-5:00PM	May 8, 15	\$30.00
Monday	Session #2	5:00-6:00PM	April 3, 17, 24 May 1, 8, 15	\$90.00
Tuesday	Session #3	6:45-7:45AM	April 4, 11, 18, 25 May 2, 9, 16, 23	\$120.00
Tuesday	Session #4	4:00-5:00PM	April 4, 11, 18, 25 May 2, 9, 16, 23	\$120.00
Tuesday	Session #5	5:00-6:00PM	April 4, 11, 18, 25 May 2, 9, 16, 23	\$120.00
Wednesday	Session #6	6:45-7:45AM	April 5, 12, 19, 26 May 3, 10, 17	\$105.00
Wednesday	Session #7	4:00-5:00PM	April 5, 12, 19, 26 May 3, 10, 17, 24	\$120.00
Wednesday	Session #8	5:00-6:00PM	April 5, 12, 19, 26 May 3, 10, 17, 24	\$120.00
Wednesday	Session #15	4:00-5:00PM	May 10, 17, 24	\$45.00
Thursday	Session #9	4:00-5:00PM	April 6, 13, 20, 27 May 4, 11, 18, 25	\$120.00
Thursday	Session #10	5:00-6:00PM	April 6, 13, 20, 27 May 4, 11, 18, 25	\$120.00
Friday	Session #11	12:00-1:00PM	April 14, 28 May 5, 12	\$60.00
Friday	Session #12	4:00-5:00PM	April 14, 28 May 5, 12	\$60.00
Friday	Session #13	5:00-6:00PM	April 14, 28 May 5, 12	\$60.00
Monday	FIT & PRESTAR	5:15-6:00PM	April 3, 17, 24 May 1, 8, 15	\$0
Monday	FIT & FLEX	6:15-7:15PM	April 3, 17, 24 May 1, 8, 15	\$0
Tuesday	FIT & FLEX	6:15-7:15PM	April 4, 11, 18, 25 May 2, 9, 16, 23	\$0
Thursday	FIT & FLEX	6:15-7:15PM	April 5, 12, 19, 26 May 3, 10, 17, 24	\$0
Wednesday	FOCUS	4:00-4:45PM	April 5 May 3	\$0
Wednesday	TRAIN THE BRAIN	5:15-6:00PM	April 5 May 3	\$0
Wednesday	PSYCHED 2 PERFORM	6:15-7:15PM	April 5 May 3	\$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 3rd and ending August 11th, 2023. The registration package for Summer School will be available on our website in May 2023.

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: 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

APRIL 2023**COLLICUTT CENTER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	4 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	5 6:45-7:45am Open 4:00-5:00 Pre/Jr 5:00 -6:00 Open 4:00-4:45 Focus 5:15-6:00 TTB 6:15-7:15 P2P	6 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 F&F	7 NO SKATING GOOD FRIDAY	8
9	10 NO SKATING EASTER MONDAY	11 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	12 6:45-7:45am Open 4:00-5:00 Pre/Jr 5:00-6:00 Open	13 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 F&F	14 12:00-1:00 Open 4:00-5:00 Open 5:00-6:00 Open	15
16	17 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	18 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	19 6:45-7:45am Open 4:00-5:00 Pre/Jr 5:00-6:00 Open	20 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 F&F	21 NO SKATING	22
23	24 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	25 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	26 6:45-7:45am Open 4:00-5:00 Pre/Jr 5:00-6:00 Open	27 4:00 – 5:00Open 5:00 - 6:00 Open 6:15-7:15 F&F	28 12:00-1:00 Open 4:00-5:00 Open 5:00-6:00 Open	29

MAY 2023**COLLICUTT CENTER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	2 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	3 6:45-7:45am Open 4:00-5:00 Pre/Jr 5:00- 6:00 Open 4:00-4:45 Focus 5:15-6:00 TTB 6:15-7:15 P2P	4 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	5 12:00-1:00 Open 4:00-5:00 Open 5:00-6:00 Open	6
7	8 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	9 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	10 6:45-7:45am Open 4:00 – 5:00 Open 5:00 – 6:00 Open	11 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	12 12:00-1:00 Open 4:00-5:00 Open 5:00-6:00 Open	13
14	15 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:15 Pre & F 6:15-7:15 F&F	16 6:45-7:45am Open 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 F&F	17 6:45-7:45am Open 4:00 – 5:00 Open 5:00 – 6:00 Open	18 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	19 NO SKATING	20
21	22 NO SKATING VICTORIA DAY	23 6:45-7:45am Open 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	24 NO AM SKATE 4:00 – 5:00 Open 5:00 - 6:00 Open	25 4:00-5:00 Open 5:00-6:00 Open 6:15-7:15 F&F	26 NO SKATING	27