



# 2019 SPRING SKATING SCHOOL

## DATES: April 1 – May 30, 2019 @ Collicutt Arena

Club Administrator Phone: (403) 358-1701  
 Email: [skatereddeer@hotmail.com](mailto:skatereddeer@hotmail.com)  
 Web: [www.skatereddeer.com](http://www.skatereddeer.com)

### General Information

- Spring School ice runs at the Collicutt Arena: 3031 30<sup>th</sup> Street.
- All registrations will be done on the website: [www.skatereddeer.com](http://www.skatereddeer.com)
- Red Deer Skating Club members will have priority registration until March 15<sup>th</sup>. Out of town skaters will be accepted after this date based on availability of space.
- ALL SESSIONS ARE LIMITED TO 20 SKATERS.
- Test Day: May 15<sup>th</sup> 12-4pm. We do not have a judge for this date yet.
- Partnering day is Monday May 6<sup>th</sup> for those skaters who are testing in our club test day.
- Guest Coaches are welcome.
- Sessions are purchased by the session, not the amount of time your skater will be skating in that session.
- Drop In fee: \$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.

### 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 or FLEX Class

- An opportunity to enhance skating on the floor by doing jump technique, stretching, fitness, and more. FIT class is Monday & Wednesday 515-615pm. FLEX class is Monday and Thursday 615-715pm. Meet in the arena lobby. Please bring a yoga mat, water bottle and runners. There is **no charge** for this program but please add the class to your cart when registering. FIT class is for younger skaters and FLEX class is for older skaters.

### Fees:

Mondays	Session #1	4:00-5:00PM – April: Prestar ice share	April 1, 8, 15, 29 May 6, 13, 27	\$105.00
Mondays	Session #2	5:00-6:00PM	April 1, 8, 15, 29 May 6, 13, 27	\$105.00
Tuesdays	Session #3	4:00-5:00PM	April 2, 9, 16, 23, 30 May 7, 14, 21, 28	\$135.00
Tuesdays	Session #4	5:00-6:00PM	April 2, 9, 16, 23, 30 May 7, 14, 21, 28	\$135.00
Wednesdays	Session #5	4:00-5:00PM – April: Prestar ice share	April 3, 10, 17, 24 May 1, 8, 15, 22, 29	\$135.00
Wednesday	Session #6	5:00-6:00PM	April 3, 10, 17, 24 May 1, 8, 15, 22, 29	\$135.00
Thursdays	Session #7	4:00-5:00PM	April 4, 11, 18, 25 May 2, 9, 16, 23, 30	\$135.00
Thursdays	Session #8	5:00-6:00PM	April 4, 11, 18, 25 May 2, 9, 16, 23, 30	\$135.00
Friday	Session #9	4:00-5:00PM	April 5, 12, 26	\$45.00
Friday	Session #10	5:00-6:00PM	April 5, 12, 26	\$45.00
Mondays	Session #11	4:00-5:00PM	May 6, 13, 27	\$45.00
Wednesday	Session #12	4:00-5:00PM	May 8, 15, 22, 29	\$60.00
Friday	FIT #1	4:00-4:45PM	April 5, 12, 26	\$0
Monday	FIT #1	5:15-6:15	April 29 May 6, 13, 27	\$0
Monday	FLEX #1	6:15-7:15PM	April 1, 8, 15, 29 May 6, 13, 27	\$0
Wednesday	FIT #2	5:15-6:15PM	April 3, 10, 17, 24 May 1, 8, 15, 22, 29	\$0
Thursday	FLEX #2	6:15-7:15PM	April 4, 11, 18, 25 May 2, 9, 16, 23, 30	\$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 2<sup>nd</sup> and ending August 9<sup>th</sup>, 2019. The registration package for Summer School will be available on our website in March 2019.

## 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.

**Tammie Paul**  
NCCP Level III  
Coaching Since: 1977  
Rate: \$15.00  
Phone: 403-506-3531  
skatetammie@telus.net

**Patti Somer**  
NCCP Level III  
Coaching Since: 1984  
Rate: \$13.00  
Phone: 403-396-3964  
pattisomer@gmail.com

**Lana Bellmore**  
NCCP Level II  
Coaching Since: 1991  
Rate: \$12.00  
Phone: 403-506-1880  
lanabellmore@gmail.com

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

## APRIL 2019 COLLICUTT ARENA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:00-5:00 Pre/Jr 5:00-6:00 Open 6:15-7:15 FLEX	2 4:00 – 5:00 Open 5:00 - 6:00 Open	3 4:00-5:00 Pre/Jr 5:00 -6:00 Open 5:15-6:15 FIT	4 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 FLEX	5 4:00–5:00 Open 4:00-4:45 FIT 5:00-6:00 Open	6
7	8 4:00-5:00 Pre/Jr 5:00-6:00 Open 6:15-7:15 FLEX	9 4:00 – 5:00 Open 5:00 - 6:00 Open	10 4:00-5:00 Pre/Jr 5:00–6:00 Open 5:15-6:15 FIT 6:15 Psyched 2 Perform	11 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 FLEX	12 4:00–5:00 Open 4:00-4:45 FIT 5:00-6:00 Open	13
14	15 4:00-5:00 Pre/Jr 5:00-6:00 Open 6:15-7:15 FLEX 6:30 Train the Brain	16 4:00 – 5:00 Open 5:00 - 6:00 Open	17 4:00-5:00 Pre/Jr 5:00–6:00 Open 5:15-6:15 FIT	18 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 FLEX	19 <b>NO SKATING GOOD FRIDAY</b>	20
21	22 <b>NO SKATING EASTER MONDAY</b>	23 4:00 – 5:00 Open 5:00 - 6:00 Open	24 4:00-5:00 Pre/Jr 5:00–6:00 Open 5:15-6:15 FIT 6:15 Psyched 2 Perform	25 4:00 – 5:00Open 5:00 - 6:00 Open 6:15-7:15 FLEX	26 4:00–5:00 Open 4:00-4:45 FIT 5:00-6:00 Open	27

# MAY 2019

# COLLICUTT ARENA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 4:00-5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 FIT 6:15-7:15 FLEX	30 4:00 – 5:00 Open 5:00 – 6:00 Open	1 4:00–5:00 Pre/Jr 5:00-6:00 Open 5:15-6:15 FIT	2 4:00- 5:00 Open 5:00 -6:00 Open 6:15-7:15 FLEX	3  <b>NO SKATING</b>	4
5	6 4:00-5:00 Open 5:00-6:00 Open 5:15-6:15 FIT 6:15-7:15 FLEX	7 4:00 – 5:00 Open 5:00 – 6:00 Open	8 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:15 FIT 6:15 Psyched 2 Perform	9 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 FLEX	10  <b>NO SKATING</b>	11
12	13 4:00 –5:00 Open 5:00 –6:00 Open 5:15-6:15 FIT 6:15-7:15 FLEX 6:30 Train the Brain	14 4:00 – 5:00 Open 5:00 – 6:00 Open	15 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:15 FIT	16 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 FLEX	17  <b>NO SKATING</b>	18
19	20 <b>NO SKATING VICTORIA DAY</b>	21 4:00 – 5:00 Open 5:00 – 6:00 Open	22 4:00 – 5:00 Open 5:00 - 6:00 Open 5:15-6:15 FIT 6:15 Psyched 2 Perform	23 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 FLEX	24  <b>NO SKATING</b>	25
26	27 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:15 FIT 6:15-7:15 FLEX	28 4:00 – 5:00 Open 5:00 – 6:00 Open	29 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:15 FIT	30 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 Off Ice	<b>NO SKATING</b>	