



2020 SPRING SKATING SCHOOL

DATES: April 6 – May 28, 2020 @ Collicutt Arena

Club Administrator Phone: (403) 358-1701

Email: skatereddeer@hotmail.com

Web: www.skatereddeer.com

General Information

- Spring School ice runs at the Collicutt Arena: 3031 30th Street.
- All registrations will be done on the website: www.skatereddeer.com
- Red Deer Skating Club members will have priority registration until March 15th. 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 13th 12-4pm. We do not have a judge for this date yet.
- Partnering day is Monday May 4th 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.
- Make up ice: you must email the club 24 hours prior to request a change. Please refer to club policies for guidelines which will be strictly followed.

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. FIT class is Tuesday & Thursday 515-600pm. FLEX class is Tuesday and Wednesday 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.

TRAIN THE BRAIN

- Sports Psychology class for ages 5-10 years to help with focus, training habits and positive self-talk. This class is FREE. Wednesdays April 22nd & May 20th 615-7pm.

PSYCHED 2 PERFORM

- Sports Psychology class for ages 11-18 years to help with focus, training habits and positive self-talk. This class is FREE. Thursdays April: 9, 23 and May: 7, 21 from 615-715pm.

Fees:

Monday	Session #1	4:00-5:00PM – April: Prestar ice share	April 6, 20, 27 May 4, 11, 25	\$90.00
Monday	Session #2	5:00-6:00PM	April 6, 20, 27 May 4, 11, 25	\$90.00
Monday	Session #11	4:00-5:00PM	May 11, 25	\$30.00
Tuesday	Session #3	4:00-5:00PM	April 7, 14, 21, 28 May 5, 12, 19, 26	\$120.00
Tuesday	Session #4	5:00-6:00PM	April 7, 14, 21, 28 May 5, 12, 19, 26	\$120.00
Wednesday	Session #5	4:00-5:00PM – April: Prestar ice share	April 8, 15, 22, 29 May 6, 13, 20, 27	\$120.00
Wednesday	Session #6	5:00-6:00PM	April 8, 15, 22, 29 May 6, 13, 20, 27	\$120.00
Wednesday	Session #12	4:00-5:00PM	May 13, 20, 27	\$45.00
Thursday	Session #7	4:00-5:00PM	April 9, 16, 23, 30 May 7, 14, 21, 28	\$120.00
Thursday	Session #8	5:00-6:00PM	April 9, 16, 23, 30 May 7, 14, 21, 28	\$120.00
Friday	Session #9	4:00-5:00PM	April 17, 24 May 1	\$45.00
Friday	Session #10	5:00-6:00PM	April 17, 24 May 1	\$45.00
Tuesday	FIT #1	5:15-6:00PM	April 7, 14, 21, 28 May 5, 12, 19, 26	\$0
Tuesday	FLEX #1	6:15-7:15PM	April 7, 14, 21, 28 May 5, 12, 19, 26	\$0
Wednesday	FLEX #2	6:15-7:15PM	April 8, 15, 22, 29 May 6, 13, 20, 27	\$0
Thursday	FIT #2	5:15-6:00PM	April 9, 16, 23, 30 May 7, 14, 21, 28	\$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 June 29 and ending August 7th, 2020. The registration package for Summer School will be available on our website in March 2020.

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 Mackay
NCCP Level II
Coaching Since: 2014
Rate: \$10.00
Phone: (780) 999-4192
jess.sergeant@hotmail.com

Jennifer Shigematsu
NCCP Level II (partial)
Coaching Since: 1993
Rate: \$ 11.50
Phone: (780) 385-0222
mjmk@live.ca

APRIL 2020

COLLICUTT ARENA

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

MAY 2020

COLLICUTT ARENA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4:00-5:00 Open 5:00-6:00 Open	2
3	4 4:00-5:00 Pre/Jr 5:00-6:00 Open	5 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT 6:15-7:15 FLEX	6 4:00-5:00 Pre/Jr 5:00- 6:00 Open 6:15-7:15 FLEX	7 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT 6:15-7:15 P2P	8 NO SKATING	9
10	11 4:00 –5:00 Open 5:00 –6:00 Open	12 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT 6:15-7:15 FLEX	13 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 FLEX	14 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT	15 NO SKATING	16
17	18 NO SKATING VICTORIA DAY	19 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT 6:15-7:15 FLEX	20 4:00 – 5:00 Open 5:00 - 6:00 Open 6:15-7:15 FLEX 6:15-7:00 TTB	21 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT 6:15-7:15 P2P	22 NO SKATING	23
24	25 4:00 – 5:00 Open 5:00 – 6:00 Open	26 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT 6:15-7:15 FLEX	27 4:00 – 5:00 Open 5:00 – 6:00 Open 6:15-7:15 FLEX	28 4:00 – 5:00 Open 5:00 – 6:00 Open 5:15-6:00 FIT	29 NO SKATING	30