



2021 SUMMER SCHOOL

DATES: July 4th – AUGUST 12th, 2022

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
- 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 11th from 230-330pm.
- Drop-In is \$20/session. Please email the club and your coach 24 hours prior to reserve a spot.

Skating Sessions Information

- July 4-August 5 will be at the Collicut Center 3031 30th Street and August 8-12 will be at Servus Arena 4725 43 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 stroking session. There will be no discount if not participating in stroking.

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: 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

FIT or FLEX class

Classes included in your fees for a week of skating. If you plan to attend please add that session to your cart to register. It is offered Monday – Friday. FIT is for Junior/Intermediate skaters; FLEX is for Senior skaters. If you are unsure which class to take please ask your coach. This is training on the floor. Please bring a yoga mat, water bottle and runners. Meet in the upstairs dance studio.

Psyched 2 Perform – Senior Skaters

Classes with our club Sport Psychologist. July 11th & August 3rd from 115-215pm.

Train the Brain – Junior and Intermediate Skaters

Classes with our club Sport Psychologist. July 12th & August 2nd from 115-2pm.

Test Day

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

SUMMER SCHOOL 2022 FEES & SCHEDULE

WEEK 1 – July 4th – 8th 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 11th – 15th 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 18th – 22nd 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 25th – 29th 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 – August 2nd – 5th Collicutt Center

TIME	COST	SESSION
9:45am – 10:45am	\$60.00	PreStar/Open Stroking & Session #13
9:45am – 10:45am	Included	FLEX Class #5
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$75.00	Open Session & Stroking #14
11:00am – 11:45am	Included	FIT class #5
12:00pm – 1:00pm	\$60.00	Open Stroking & Session #15

WEEK 6 – Aug 8th – 12th Servus Arena

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #16
9:45am – 10:45am	Included	FLEX Class #6
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #17
11:00am – 11:45am	Included	FIT class #6
12:00pm – 1:00pm	\$75.00	Open Stroking & Session #18