



Sponsored By



## 2025 Summer Skating School

**6 Weeks** - July 2<sup>nd</sup> to August 8<sup>th</sup>, 2025

[skateregina@myaccess.ca](mailto:skateregina@myaccess.ca)

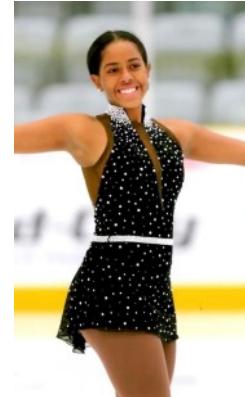
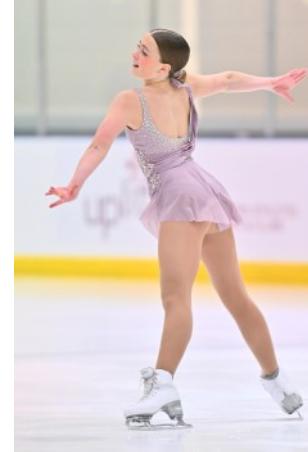
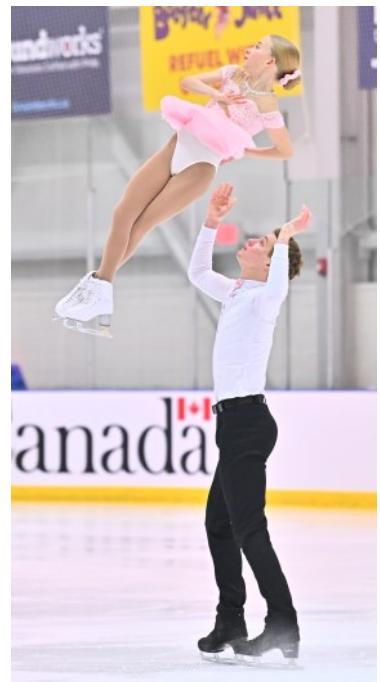
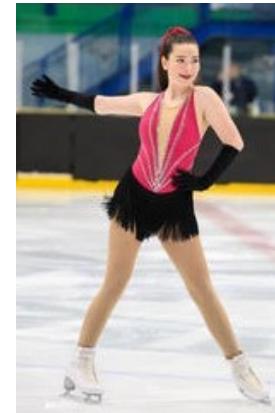
(306) 586-4898

### **LOOKING FOR A PLACE TO?**

- Fine tune your skating techniques or skills....
- Get an edge on the competitive season....
- Have fun while training in a world class facility....

**LOOK NO FURTHER THAN THE SKATE REGINA  
SUMMER SCHOOL!**

*Training Centre for Skate Canada National & Provincial Champions  
& Challenge Qualifiers*



## Skate Regina 2025 Summer School Schedule - WEEK 1

For the **July 2, 2025 (Wednesday)**  
Week of:

Monday	Tuesday	Wed	July 2	Thu	July 3	Fri	July 4
9:00 AM			Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45		
9:15 AM			Flood		Flood		
9:30 AM			Int/Sr EDGE Class 10:00-10:30		Int/Sr SPIN Class		
9:45 AM			Int/Sr Freeskate 1 10:30-11:15		Int/Sr Freeskate 1 10:15-11:00		
10:00 AM			Jr Prep/Academy Off-ice		Jr/Int Off-ice DANCE 10:30-11:15		
10:15 AM					Jr/Int Off-ice DANCE 10:15-11:00		
10:30 AM					Jr/Int Spin Class		
10:45 AM					Int/Sr Freeskate 2 11:15-12:00		
11:00 AM					Jr/Int Jump class 10:00-10:30		
11:15 AM					Int/Sr Jump class 11:15-11:45		
11:30 AM					Int/Sr Freeskate 1 11:00-11:45		
11:45 AM					Jr/Int Freeskate 2 10:00-10:45		
12:00 PM					Flood		
12:15 PM					Int/Sr Freeskate 1 12:00-12:45		
12:30 PM					Jr Prep/Academy Off-ice		
12:45 PM					11:00-11:45		
1:00 PM							
1:15 PM							
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3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							



## Skate Regina 2025 Summer School Schedule - WEEK 2

For the **July 7, 2025 (Monday)**  
Week of:

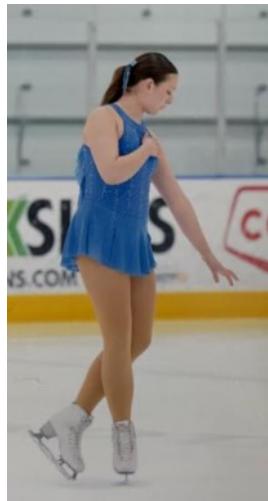
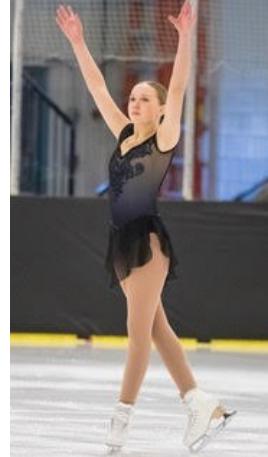
Mon	July 7	Tue	July 8	Wed	July 9	Thu	July 10	Fri	July 11
9:00 AM	Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45	
9:15 AM									
9:30 AM									
9:45 AM	Flood								
10:00 AM	Int/Sr EDGE Class 10:00-10:30								
10:15 AM	Int/Sr Group Class								
10:30 AM									
10:45 AM	Int/Sr Freeskate 1 10:30-11:15								
11:00 AM									
11:15 AM	Flood								
11:30 AM									
11:45 AM	Jr/Int Freeskate 2 11:30-12:15								
12:00 PM									
12:15 PM	Jr/Int EDGE Class 12:15-12:45								
12:30 PM	Flood								
12:45 PM									
1:00 PM									
1:15 PM	Open Freeskate 1:00-1:45								
1:30 PM									
1:45 PM	Flood								
2:00 PM									
2:15 PM	Int/Sr Freeskate 2 2:00-2:45								
2:30 PM									
2:45 PM	Flood								
3:00 PM									
3:15 PM	Int/Sr Freeskate 3 3:00-3:45								
3:30 PM									
3:45 PM									
4:00 PM									
4:15 PM									
4:30 PM									
4:45 PM									



## Skate Regina 2025 Summer School Schedule - WEEK 3

For the  
Week of:  
July 14, 2025 (Monday)

Mon	July 14	Tue	July 15	Wed	July 16	Thu	July 17	Fri	July 18
9:00 AM	Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	
9:15 AM			Flood		Flood		Flood		Flood
9:30 AM			Int/Sr EDGE Class 10:00-10:30		Int/Sr EDGE Class 10:00-10:30		Int/Sr EDGE Class 10:00-10:30		Int/Sr EDGE Class 10:00-10:30
9:45 AM			Flood		Flood		Flood		Flood
10:00 AM	Int/Sr EDGE Class 10:00-10:30		Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class
10:15 AM			Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00
10:30 AM	Int/Sr Freeskate 1 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15
10:45 AM			Flood		Flood		Flood		Flood
11:00 AM									
11:15 AM			Flood		Flood		Flood		Flood
11:30 AM	Jr/Int Freeskate 2 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15
11:45 AM			Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class
12:00 PM	Jr/Int EDGE Class 12:15-12:45		Flood		Flood		Flood		Flood
12:15 PM			Open Freeskate 12:30-1:15		Open Freeskate 12:30-1:15		Open Freeskate 12:30-1:15		Open Freeskate 12:30-1:15
12:30 PM			Flood		Flood		Flood		Flood
12:45 PM									
1:00 PM			Open Freeskate 1:00-1:45		Open Freeskate 1:00-1:45		Open Freeskate 1:00-1:45		Open Freeskate 1:00-1:45
1:15 PM									
1:30 PM			Flood		Flood		Flood		Flood
1:45 PM									
2:00 PM									
2:15 PM	Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 3 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45		Int/Sr Freeskate 3 2:00-2:45
2:30 PM									
2:45 PM									
3:00 PM									
3:15 PM									
3:30 PM									
3:45 PM									
4:00 PM									
4:15 PM									
4:30 PM									
4:45 PM									



## Skate Regina 2025 Summer School Schedule - WEEK 4

For the  
Week of:  
July 21, 2025 (Monday)

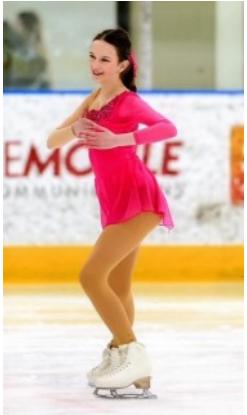
Mon	July 21	Tue	July 22	Wed	July 23	Thu	July 24	Fri	July 25
9:00 AM	Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	Jr/Int Freeskate 1 9:00-9:45	
9:15 AM			Flood		Flood		Flood		Flood
9:30 AM			Int/Sr EDGE Class 10:00-10:30		Int/Sr EDGE Class 10:00-10:30		Int/Sr EDGE Class 10:00-10:30		Int/Sr EDGE Class 10:00-10:30
9:45 AM			Flood		Flood		Flood		Flood
10:00 AM	Int/Sr EDGE Class 10:00-10:30		Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class
10:15 AM			Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00
10:30 AM	Int/Sr Freeskate 1 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15
10:45 AM			Flood		Flood		Flood		Flood
11:00 AM									
11:15 AM			Flood		Flood		Flood		Flood
11:30 AM	Jr/Int Freeskate 2 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15
11:45 AM			Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class		Int/Sr Group Class
12:00 PM	Jr/Int EDGE Class 12:15-12:45		Flood		Flood		Flood		Flood
12:15 PM			Flood		Flood		Flood		Flood
12:30 PM	Jr/Int Off-ice DANCE 12:30-1:15		Open Freeskate 12:30-1:15		Open Freeskate 12:30-1:15		Open Freeskate 12:30-1:15		Open Freeskate 12:30-1:15
12:45 PM			Flood		Flood		Flood		Flood
1:00 PM	Open Freeskate 1:00-1:45								
1:15 PM			Flood		Flood		Flood		Flood
1:30 PM									
1:45 PM			Flood		Flood		Flood		Flood
2:00 PM									
2:15 PM	Int/Sr Freeskate 3 2:00-2:45								
2:30 PM									
2:45 PM									
3:00 PM									
3:15 PM									
3:30 PM									
3:45 PM									
4:00 PM									
4:15 PM									
4:30 PM									
4:45 PM									

For the  
Week of:  
July 21, 2025 (Monday)

## Skate Regina 2025 Summer School Schedule - WEEK 5

For the Week of: **July 28, 2025 (Monday)**

Mon	July 28	Tue	July 29	Wed	July 30	Thu	July 31	Friday
9:00 AM								
9:15 AM	Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45	
9:30 AM	Flood		Flood		Flood		Flood	
9:45 AM		Int/Sr <b>EDGE</b> Class 10:00-10:30	Int/Sr <b>SPIN</b> Class		Int/Sr <b>EDGE</b> Class 10:00-10:30		Int/Sr <b>SPIN</b> Class	
10:00 AM	Int/Sr <b>EDGE</b> Class 10:00-10:30	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	
10:15 AM		Jr/Int Off-ice DANCE 10:30-11:15		Jr/Int Jump class 10:00-10:30		Jr/Int Off-ice DANCE 10:30-11:15	Jr/Int Jump class 10:00-10:30	
10:30 AM	Int/Sr Freeskate 1 10:30-11:15							
10:45 AM								
11:00 AM								
11:15 AM	Flood		Flood		Flood		Flood	
11:30 AM	Jr/Int Freeskate 2 11:30-12:15	Int/Sr Off-ice DANCE 11:30-12:15	Jr/Int Freeskate 2 11:15-12:00	Int/Sr Jump class 11:45-12:15	Jr/Int Freeskate 2 11:30-12:15	Jr/Int Off-ice DANCE 11:30-12:15	Jr/Int Freeskate 2 11:15-12:00	
11:45 AM		Jr/Int Spin Class				Jr/Int Spin Class		
12:00 PM			Flood			Flood		
12:15 PM	Jr/Int <b>EDGE</b> Class 12:15-12:45		Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:30-1:15	Jr/Int <b>EDGE</b> Class 12:15-12:45	Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:30-1:15	
12:30 PM	Flood				Flood			
12:45 PM								
1:00 PM								
1:15 PM	Open Freeskate 1:00-1:45	Int/Sr Freeskate 2 1:00-1:45			Open Freeskate 1:00-1:45	Int/Sr Freeskate 2 1:00-1:45		
1:30 PM								
1:45 PM	Flood							
2:00 PM								
2:15 PM	Int/Sr Freeskate 3 2:00-2:45							
2:30 PM								
2:45 PM								
3:00 PM								
3:15 PM								
3:30 PM								
3:45 PM								
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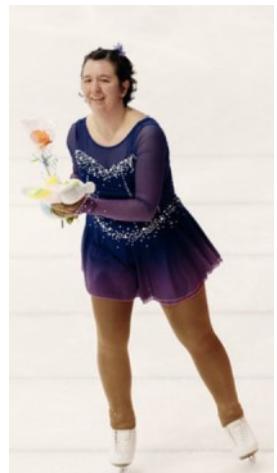
## Skate Regina 2025 Summer School Schedule - WEEK 6

For the Week of: **August 5, 2025 (Tuesday)**

Monday	Tue	August 5	Wed	August 6	Thu	August 7	Fri	August 8
9:00 AM								
9:15 AM		Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45
9:30 AM		Flood		Flood		Flood		Flood
9:45 AM		Int/Sr <b>Group</b> Class		Int/Sr <b>EDGE</b> Class 10:00-10:30		Int/Sr <b>SPIN</b> Class		
10:00 AM			Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Jump class 10:00-10:30	Jr/Int Freeskate 2 10:00-10:45
10:15 AM		Int/Sr Freeskate 1 10:15-11:00						
10:30 AM								
10:45 AM								
11:00 AM								
11:15 AM		Flood		Flood		Flood		Flood
11:30 AM		Jr/Int Freeskate 2 11:15-12:00		Int/Sr Off-ice DANCE 11:30-12:15		Jr/Int Freeskate 2 11:15-12:00		Int/Sr Freeskate 1 11:00-11:45
11:45 AM		Jr/Int <b>Group</b> Class				Jr/Int <b>Spin</b> Class		
12:00 PM						Flood		
12:15 PM		Flood				Open Freeskate 12:30-1:15		
12:30 PM		Open Freeskate 12:30-1:15						
12:45 PM								
1:00 PM								
1:15 PM								
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4:00 PM								



# Skate Regina



# Package Information and Fees

Registration fees will be derived by totalling the week and session rates then applying the applicable discount.

Week 1 is a three day week. Weeks 2, 3 and 4 are five day weeks while weeks 5 and 6 are four day weeks.

Note, a \$60 registration fee will be added to the package fees.

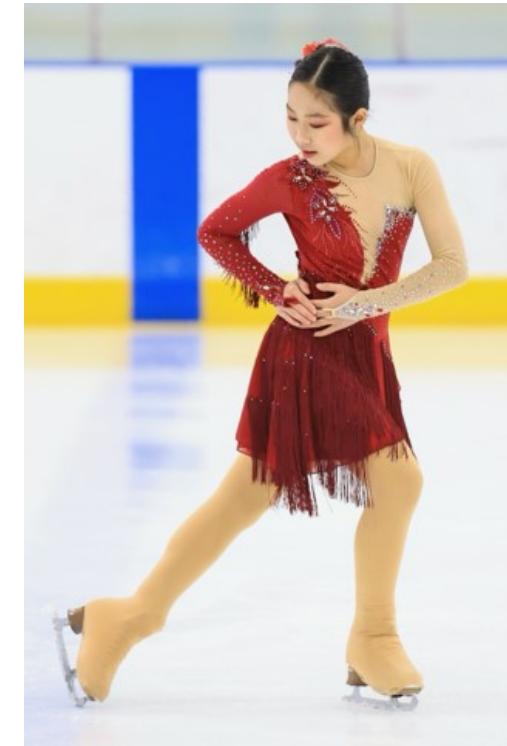
All packages include:

- 1, 2 or 3 free skate sessions per day/per week purchased. Note, 3 session packages include 3 sessions on Monday thru Thursday and 2 sessions on Friday where applicable.
- For Junior/Intermediate and Intermediate/Senior skaters there will be two 45-minute dance off-ice dance training sessions per week (depending on the week).
- Two 30 minute edge classes per week (depending on the week).
- One 15 minute spin class per week and one 15 minute group session.
- Two 30 minute off-ice jump classes.
- Additional off-ice sessions provided by Level 10, not included in these package fees, are offered. (Details are provided on the last two pages of the brochure).

Packages Offered						
	Week 1	Weeks 2,3,4	Weeks 5,6	3 week discount	4 week discount	5 week discount
Sessions/day	Rate	Weekly Rate	Weekly Rate	12%	14%	16%
1	\$145	\$235	\$190			
2	\$185	\$315	\$250			
3	\$240	\$390	\$315			

## Simulations:

- Simulations are offered on July 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>
- Space is limited
- Cost is \$25 per simulation



# Additional Information

## Level of Skating Guideline

Junior/Intermediate: Star 2 to Pre-novice

Intermediate/Senior: Pre-novice and higher

## Groupings:

Final groupings will be at the discretion of the summer school directors based on the number of skaters registered and coaching availability.

Coaching Staff: See Skate Regina website for details.

## To Register

- ☞ Registration for Skate Regina members begins on April 22<sup>nd</sup> at 8:00 AM and for non-members on April 24<sup>th</sup> at 8:00 AM.
- ☞ On April 22<sup>nd</sup>, Skate Regina members will be sent a priority registration link to access the registration web page.
- ☞ On April 24<sup>th</sup>, registration opens to non-members and access to the web page can be found on the Skate Regina website under the registration link.
- ☞ For simulations, please add your skater to the waitlist for each simulation requested. Once the Summer School Directors fill the simulations, you will receive an invoice that can be paid online before the beginning of summer school. Refunds for simulations will only be given if another skater is able to take the spot.

## Cancellation Policy

- ☞ The cancellation deadline is June 7<sup>th</sup>. After June 7<sup>th</sup>, refunds will be considered for medical reasons substantiated by a doctor's medical certificate. Requests must be received in writing. The \$60.00 administration fee will be withheld on all refunds.

## Tuition Tax Credit

Effective January 2021, Skate Regina has been approved as an Educational Institution by the Minister of Human Resources and Skills Development Canada. This certification enables Skate Regina to issue a tuition tax credit receipt for amounts over \$100 in respect of students 16 years of age and older. This tuition tax credit is valid for programs that provide students with sufficient skills to work in, or improves that student's existing skills in an occupation. Social or recreational courses are not eligible for the Tuition Tax Credit.

# Level 10 Off-ice Training Information

## OFF-ICE TRAINING OPPORTUNITY

Skate Regina coach, Christine Laprairie, of Level 10 Fitness Regina, will be providing an in-person fitness training program for Skate Regina 2025 summer school skaters. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance.

Christine holds a Bachelor of Kinesiology in Human Kinetics degree. Christine is a part owner of Level 10 Fitness, National Strength and Conditioning Certified Specialist, Saskatchewan Sports Medicine & Science Consultant and works with many Skate Regina and Skate Saskatchewan figure skaters. See the following brochure page for instructions on how to register for Christine's off-ice sessions.



# Level 10 Off-ice Training Opportunity

(Location, Schedules, Investment, Registration Instructions)

## **Junior/Intermediate Figure Skating Group - Fridays 11:00 am to 11:45am (all sessions at the Cooperators Arenas)**

- Fridays at 11:00am to 11:45am: July 4th, July 11th, July 18th, July 25th, and August 8th

**Investment per session:** \$15.00 plus tax, or a punch pass.

(Skaters must PRE-REGISTER by calling or emailing Level 10 as explained below).

## **Intermediate/Senior Figure Skating Group - Tuesday/Thursday/Friday at 2121 Grant Rd. Level 10 Facility**

- **Week 1:** Thursday, July 3 → 3:45-4:45pm / Friday, July 4 → 2:15-3:15pm
- **Week 2:** Tuesday, July 8 → 3:45-4:45pm / Thursday, July 10 → 3:45-4:45pm / Friday, July 11 → 2:45-3:45pm
- **Week 3:** Tuesday, July 15 → 3:15-4:15pm / Thursday, July 17 → 3:15-4:15pm / Friday, July 18 → 3:15-4:15pm
- **Week 4:** Tuesday, July 22 → 2:45-3:45pm / Thursday, July 24 → 2:45-3:45pm / Friday, July 25 → 2:45-3:45pm
- **Week 5:** Tuesday, July 29 → 2:45-3:45pm / Thursday, July 31 → 2:45-3:45pm
- **Week 6:** Tuesday, August 5 → 2:45-3:45pm / Thursday, August 7 → 2:45-3:45pm / Friday, August 8 → 1:15-2:15pm

### **Investment (Punch Pass Options):**

- 5 punch pass = \$110 + tax (\$22/session)
- 10 punch pass = \$180 + tax (\$18/session)
- 15 punch pass = \$255 + tax (\$17/session)
- 20 punch pass = \$330 + tax (\$16.50/session)
- Drop in session = \$25 + tax

\*Punch passes from Spring Level 10 training can be used.

\*\*Punch passes do not expire and can be used for future sessions as Level 10 runs off-ice sessions all year long.

\*\*\*Skaters must PRE-REGISTER for all classes by *calling* or *emailing* Level 10 as explained below. Note, there is no online booking.

**To Book/Register:** 1. Create a level 10 account at <https://level10regina.com/waivers>; 2. Email [Level10fitness@sasktel.net](mailto:Level10fitness@sasktel.net) with athlete name and the dates they wish to register for, or call Level 10 at (306) 337-0010 to register. Payment is via credit card (on file or over the phone), e-transfer or payment at the front desk on the day of the first registered session.