



# Summer Skate

## June 26 - August 11, 2017

**Sessions held at Glen Allan Recreation Complex (GARC)**

### **Best Summer Ice Program**

**Beginner to Senior National Level**

**Daily Off-Ice Conditioning**

**Fun Theme Days**

**\*\* July Summer Seminar – Date TBA**

#### **Competitions:**

**Wildrose Aug 4-7, Leduc, AB**

**BC Summerskate August 17-20, Burnaby, BC**

**Skatefest 2 – July 28 - SPSC**

**(Star 1-3 competitors)**

#### **Tentative Test Days:**

**July 30 high, July 27 low**



**SPSC members deadline May 30, 2017**

SENIOR PASSED entire JR SILVER FREESKATE or PRE-NOVICE COMPETITOR & UP  
INT PASSED entire PRELIMINARY FREESKATE  
JUNIOR PASSED NO FREESKATE TEST  
JUNIOR PREP 1<sup>ST</sup> YEAR JUNIOR SKATER

**\*\*\*\* COACHES RESERVE THE RIGHT TO MOVE SKATERS TO OTHER SESSIONS IF NUMBERS WARRANT**

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**GENERAL INFORMATION**

- ❖ All registrations are processed on first come, first served basis. SPSC members are given first priority until May 30, 2017 and then all of the out of club members will be given the same priority. All SPSC Member registrations received after May 30, 2017 will be subject to a \$75.00 late fee and will not be processed if the late fee is not included with registration.
- ❖ All fees must accompany registration. Online registration only. If paying by cheque, please make cheques payable to SPSC post dated cheques accepted to June 27, 2017. Cheques post dated later than June 27, 2017 will not be processed. A \$25.00 administration fee will be charged for NSF cheques.
- ❖ Registrants provide their own accident insurance. Parents/Guardians are responsible for any medical expenses that may occur.
- ❖ A medical certificate must accompany withdrawal for medical reasons. A \$25.00 Administration Fee will be charged for any medical withdrawals.
- ❖ The ice schedule is subject to change. The SPSC reserves the right to cancel any summer school sessions due to insufficient registration.
- ❖ No Refunds for sessions missed or cancellations after June 27, 2017.
- ❖ A Discount of 10% will be given to Sr/Int doing all 7 weeks and 10% to Jr doing all 6 weeks.
- ❖ Any changes to registration for any reason after May 30, 2017 will be charged at \$15.00/hr with no exceptions.
- ❖ Any pick – up ice must be paid at \$15.00/hr prior to going on the ice. Please provide an envelope with payment inside; the envelope to be labelled with skater name, date and time and given to the Head Coach. **NO exceptions – no payment = no skating.**

**COACHING STAFF**

(Please refer to website for complete details)  
[www.sherwoodparkskatingclub.ca](http://www.sherwoodparkskatingclub.ca)

If you have any questions - contact Katie Doherty  
Email [akdoherty@telus.net](mailto:akdoherty@telus.net)

Online registration at

<http://register.sherwoodparkskatingclub.ca>

**\*\*\*\*There is a 10% discount for Int and Sr skaters who do all the weeks.**

## Week 1 June 26 – June 29

Monday	Tuesday	Wednesday	Thursday	Friday – NO ICE
1:30 – 2:30 Sr Free	1:30 – 2:30 Sr Free	1:30 – 2:30 Sr Free	8:30 – 9:00 Int Spins	
2:45 – 3:30 Sr Free	2:45 – 3:30 Sr Free	2:45 – 3:30 Sr Free	9:00 – 9:45 Int Free	
3:30 – 3:45 Sr Group	3:30 – 3:45 Sr Group	3:30 – 3:45 Sr Group	9:45-10:15 Sr/Int Dance/Skills	
4:00 – 4:45 Int Free	4:00 – 4:45 Int Free	4:00 – 4:45 Int Free	10:30 – 11:00 Sr Spins	
5:00 – 5:45 Int Free	5:00 – 5:45 Int Free	5:00 – 5:45 Int Free	11:00 – 11:45 Sr Free	
5:45 – 6:00 Int Group	5:45 – 6:00 Int Group	5:45 – 6:00 Int Group	12:00 – 12:45 Int Free	
			12:45 – 1:00 Int Group	
			1:15 – 2:15 Sr Free	
			2:15 – 2:45 Sr Group	
Off ice	Off ice	Off ice	Off ice	
4:00 – 5:00 Sr	4:00 – 5:00 Sr	4:00 – 5:00 Sr	10:40 – 11:30 Int	
6:15 – 7:00 Int	6:15 – 7:00 Int	6:15 – 7:00 Int	11:55 – 12:45 Sr	
<b>COST per week</b>				
Senior (Sr)	\$120.00	(8 free + 4 spins + 4 group + 4 off ice )		
Int	\$120.00	(8 free + 4 spins + 4 group+ 1 skill/dance + 4 off ice)		

## Week 2, 3, 4 July 3 – 21

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00 Int Spins	8:30-9:00 Int Spins	8:30-9:00 Int Spins	8:30-9:00 Int Spins	8:30-9:00 Int Spins
9:00-9:45 Int Free	9:00-9:45 Int Free	9:00-9:45 Int Free	9:00-9:45 Int Free	9:00-9:45 Int Free
9:45-10:15 Sr /Int Skills	9:45-10:15 Sr /Int Dance	9:45-10:15 Sr /Int Skills	9:45-10:15 Sr /Int Dance	9:45-10:15 Sr /Int Skills
10:30-11:00 Sr Spins	10:30-11:00 Sr Spins	10:30-11:00 Sr Spins	10:30-11:00 Sr Spins	10:30-11:00 Sr Spins
11:00-11:45 Sr Free	11:00-11:45 Sr Free	11:00-11:45 Sr Free	11:00-11:45 Sr Free	11:00-11:45 Sr Free
12:00-12:45 Int Free	12:00-12:45 Int Free	12:00-12:45 Int Free	12:00-12:45 Int Free	12:00-12:45 Int Free
12:45-1:00 Int Group	12:45-1:00 Int Group	12:45-1:00 Int Group	12:45-1:00 Int Group	12:45-1:00 Int Group
1:15-2:15 Sr Free	1:15-2:15 Sr Free	1:15-2:15 Sr Free	1:15-2:15 Sr Free	1:15-2:15 Sr Free
2:15-2:45 Sr Group	2:15-2:45 Sr Group	2:15-2:45 Sr Group	2:15-2:45 Sr Group	2:15-2:45 Sr Group
3:00-3:45 Jr Prep/Jr Free	3:00-3:45 Jr Prep/Jr Free	3:00-3:45 Jr Prep/Jr Free	3:00-3:45 Jr Prep/Jr Free	3:00-3:45 Jr Free
3:45-4:00 Jr Dance	3:45-4:00 Jr Skills	3:45-4:00 Jr Dance	3:45-4:00 Jr Skills	3:45-4:00 Jr Dance
4:00-4:15 Jr /Jr Prep Group	4:00-4:15 Jr/Jr Prep Group	4:00-4:15 Jr/Jr Prep Group	4:00-4:15 Jr/Jr Prep Group	4:00-4:15 Jr Group
Off ice	Off ice	Off ice	Off ice	Off ice
10:40-11:30 Int	10:40-11:30 Int	10:40-11:30 Int	10:40-11:30 Int	10:40-11:30 Int
11:55-12:45 Sr	11:55-12:45 Sr	11:55-12:45 Sr	11:55-12:45 Sr	11:55-12:45 Sr
2:00-2:45 Jr Prep/Jr	2:00-2:45 Jr Prep/Jr	2:00-2:45 Jr Prep/Jr	2:00-2:45 Jr Prep/Jr	2:00-2:45 Jr
<b>COST per week</b>				
Senior (Sr)	\$140.00	(10 free + 5 spins + 5 group + 5 off ice )		
Int	\$145.00	(10 free + 5 spins + 5 group + 5 skill/dance + 5 off ice)		
Junior	\$90.00	(5 free + 5 skill/dance + 5 group+ 5 off ice)		
Junior Prep (Mon-Thus)	\$150.00	(4 free + 4 off ice + 4 Group + all lessons- semi private)		

\*\* JUNIOR PREP WILL ONLY RUN MON - THURS (4 DAYS)

## Week 5 and 6 - July 24 – August 4

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00 Int Spins	8:30-9:00 Int Spins	8:30-9:00 Int Spins	8:30-9:00 Int Spins	8:30-9:00 Int Spins
9:00-9:45 Int Free	9:00-9:45 Int Free	9:00-9:45 Int Free	9:00-9:45 Int Free	9:00-9:45 Int Free
10:00-10:30 Sr Spins	10:00-10:30 Sr Spins	10:00-10:30 Sr Spins	10:00-10:30 Sr Spins	10:00-10:30 Sr Spins
10:30-11:15 Sr Free	10:30-11:15 Sr Free	10:30-11:15 Sr Free	10:30-11:15 Sr Free	10:30-11:15 Sr Free
11:30-12:15 Int Free	11:30-12:15 Int Free	11:30-12:15 Int Free	11:30-12:15 Int Free	11:30-12:15 Int Free
12:15-12:30 Int Group	12:15-12:30 Int Group	12:15-12:30 Int Group	12:15-12:30 Int Group	12:15-12:30 Int Group
12:45-1:45 Sr Free	12:45-1:45 Sr Free	12:45-1:45 Sr Free	12:45-1:45 Sr Free	12:45-1:45 Sr Free
1:45-2:00 Sr Group	1:45-2:00 Sr Group	1:45-2:00 Sr Group	1:45-2:00 Sr Group	1:45-2:00 Sr Group
2:15-3:00 Jr Prep/Jr Free	2:15-3:00 Jr Prep/Jr Free	2:15-3:00 Jr Prep/Jr Free	2:15-3:00 Jr Prep/Jr Free	2:15-3:00 Jr Prep/Jr Free
3:00-3:15 Jr /Jr PrepGroup	3:00-3:15 Jr/Jr Prep Group	3:00-3:15 Jr/Jr Prep Group	3:00-3:15 Jr/Jr Prep Group	3:00-3:15 Jr/ Group
<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>
10:00-10:45 Int	10:00-10:45 Int	10:00-10:45 Int	10:00-10:45 Int	10:00-10:45 Int
11:30-12:15 Sr	11:30-12:15 Sr	11:30-12:15 Sr	11:30-12:15 Sr	11:30-12:15 Sr
1:15-2:00 Jr Prep/Jr	1:15-2:00 Jr Prep/Jr	1:15-2:00 Jr Prep/Jr	1:15-2:00 Jr Prep/Jr	1:15-2:00 Jr
<b>COST per week</b>				
<b>Senior (Sr)</b>	<b>\$ 130.00</b>	<b>(10 free + 5 spins + 5 group + 5 off ice)</b>		
<b>Int</b>	<b>\$125.00</b>	<b>(10 free + 5 spins + 5 group + 5 off ice)</b>		
<b>Jr</b>	<b>\$80.00</b>	<b>(5 free + 5 group + 5 off ice)</b>		
<b>Junior Prep</b>	<b>\$150.00</b>	<b>(4 free + 4 group + 4 off ice + all lessons - semi-private)</b>		

**\*\* JUNIOR PREP WILL ONLY RUN MON - THURS (4 DAYS)**

Week 7 Aug 7 – Aug 11				
Monday (NO ICE)	Tuesday	Wednesday	Thursday	Friday
	8:30 -9:30 Jr/Jr Prep / Int Free	8:30 -9:30 Jr/Jr Prep / Int Free	8:30 -9:30 Jr/Jr Prep / Int Free	8:30 -9:30 Jr/Jr Prep / Int Free
	9:30 - 10:00 Jr/Jr Prep/Int Group	9:30 - 10:00 Jr/Jr Prep/Int Group	9:30 - 10:00 Jr/Jr Prep/Int Group	9:30 - 10:00 Jr/Jr Prep/Int Group
	10:15 - 11:15 Sr Free	10:15 - 11:15 Sr Free	10:15 - 11:15 Sr Free	10:15 - 11:15 Sr Free
	11:30 - 12:15 Sr Free	11:30 - 12:15 Sr Free	11:30 - 12:15 Sr Free	11:30 - 12:15 Sr Free
	12:15 - 12:30 Sr Group	12:15 - 12:30 Sr Group	12:15 - 12:30 Sr Group	12:15 - 12:30 Sr Group
NO OFF ICE	NO OFF ICE	NO OFF ICE	NO OFF ICE	NO OFF ICE
COST per week				
Senior (Sr)	\$75.00	8 Freeskates + 8 Group		
Intermediate	\$60.00	4 Freeskates + 4 Group		
Junior	\$60.00	4 Freeskates + 4 Group		
Junior Prep (Tues - Fri)	\$125.00	4 Freeskates + 4 Group + all lessons - semi-private		

**\*\* JUNIOR PREP WILL ONLY RUN TUES - FRI (4 DAYS)**

## **There will be evening ice available** **You must register for this ice separately**

\*\*\* Competition simulation ice can be signed up for and paid at that time – does not have to be included with registration

Monday	Tuesday	Wednesday	Thursday
<b>July 3rd</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr			
<b>July 10th</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr  7:00-8:00 – Competition Simulation			<b>July 13<sup>th</sup></b>  7:00-8:00- Competition Simulation
<b>July 17th</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr  7:00-8:00 – Competition Simulation			<b>July 20st</b>  7:00-8:00- Competition Simulation
<b>July 24<sup>th</sup></b>  6:00-7:00- Dance Partnering – Jr/Int/Sr  7:00-8:00- Competition Simulation	<b>July 25th</b>  6:45-7:45 – Competition Simulation		<b>July 27th</b>  7:00-8:00 – Competition Simulation

### **REMINDER**

- ❖ SPSC members deadline May 30, 2017
- ❖ Registration after May 30, 2017 will be charged a \$75.00 late fee
- ❖ Cheques payable to SPSC – post dated to June 27, 2017 accepted
- ❖ Pick up ice is \$15.00 per hour – paid prior to going on the ice
- ❖ No make-up sessions for missed ice
- ❖ Must be current registered member with Skate Canada
- ❖ Int and Sr skaters doing all weeks receive 10% discount