



Royal Glenora Club Summer Program 2018 (July 3-Aug. 24)

Packages	Week 1 July 3-6	Week 2 July 9-13	Week 3 July 16-20	Week 4 July 23-27	Week 5 Jul 30-Aug. 3	Week 6 Aug. 6-10	Week 7 Aug. 13-17	Week 8 Aug. 20-24
Senior Competitive	\$120	\$150	\$150	\$150	\$150	Members only	Members only	Members only
Int. Competitive	\$120	\$150	\$150	\$150	\$150	Members only	Members only	Members only
Junior Competitive	\$115	\$140	\$140	\$140	\$140	\$115	\$140	\$140
STARSkate	\$95	\$115	\$115	\$115	\$115	\$95	\$140	\$140
Junior Academy	\$64	\$80	\$80	\$80	\$80	_____	_____	_____

- non-members add 25%

Senior Competitive: Pre-Novice+ includes on-ice group lessons in stroking (Monday, Wednesday, Friday), spins/edges (T, Th), and daily off-ice fitness (ballet/stretch, yoga, hip-hop and jump class. 3 freeskate sessions, 2 designated senior free skate, 1 open free. Fridays Theme day.

Intermediate Competitive: Pre-Juv-Juv., Star 6 +-10 includes on-ice group lessons in stroking (Monday, Wednesday, Friday), spins/edges (T, Th), and daily off-ice fitness (ballet/stretch, yoga, hip-hop and jump class. 3 freeskate sessions, 2 designated intermediate free skate, 1 open free. Fridays Theme day

Junior Competitive: This program is for the STARSkater, levels 1-3. The program includes off-ice instruction (fitness, ballet, yoga, and off-ice jump) and group lessons in stroking and spins. Designated junior free skate. Fridays Theme Day.

STARSkate: Advanced CanSkater that would like to learn figure skating skills in group lessons taught by a Competitive Figure Skating Coach. The program includes 30-45 minutes of off-ice instruction followed by a 45-minute on-ice group lesson. Fridays Theme Day

Junior Academy: CanSkaters work with Competitive Figure Skating Coaches with National/International experience to learn the technical skills to excel in their skating. This program will focus on transitioning CanSkaters to the STARSkate program while learning the fundamentals of skating. 45 min. on-ice group lesson

The RGC is the home and training facility of many previous world class and Olympic Champions, such as Kurt Browning, Jamie Salé, David Pelletier, Michael Slipchuk, Kristi Yamaguchi to name a few. We have competitive skaters on the Alberta Junior Development team, Pre-Juvenile to the Junior Competitive level, 2018 Provincial champion, and 2017 National competitor.

For registration please contact Katherine Co-Grant skatingdirector.royalglenora@gmail.com
<http://www.royalglenora.com>