

# summer PROGRAM



 sherwood park  
figure skating club



# Summer Skate

## June 25 - August 10, 2018

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

### **Best Summer Ice Program**

**Beginner to Senior National Level**

**Daily Off-Ice Conditioning**

**Fun Theme Days, Simulations**

#### **Competitions:**

**Wildrose Aug 3-6, Leduc, AB**

**BC Summerskate August 16-19, Burnaby, BC**

**Skatefest 4 – July 20 - Edmonton**

**(Star 1-3 competitors)**

**Tentative Test Day: July 29**

**Jr Evaluations/Testing:**

**July 23-26**



**SKATECANADA**  
ALBERTA-NWT/NUNAVUT

**SPSC members deadline May 30, 2018**

SENIOR PASSED entire JR SILVER FREESKATE or PRE-NOVICE COMPETITOR & UP  
INT PASSED entire STAR 3 AND UP  
JUNIOR WORKING ON STAR 1, 2 OR 3 FREESKATE  
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, 2018 and then all of the out of club members will be given the same priority.
- ❖ All fees must accompany registration. Online registration only. If paying by cheque, please make cheques payable to SPSC post dated cheques accepted to June 25, 2018. Cheques post dated later than June 25, 2018 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 25, 2018.
- ❖ 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.sherwoodparks skatingclub.ca](http://www.sherwoodparks skatingclub.ca)

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

Online registration at

<http://register.sherwoodparks skatingclub.ca>

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

**\*\*\*\*Additional family Members deduct 15%**

**Week 1 June 25 – June 28**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday – NO ICE</b>
1:30 – 2:30 Sr Free	1:30 – 2:30 Sr Free	1:30 – 2:30 Sr Free	1:30 – 2:30 Sr Free	
2:45 – 3:30 Sr Free	2:45 – 3:30 Sr Free	2:45 – 3:30 Sr Free	2:45 – 3:30 Sr Free	
3:30 – 3:45 Sr Edges/Stoking	3:30 – 3:45 Sr Edges/Stoking	3:30 – 3:45 Sr Edges/Stoking	3:30 – 3:45 Sr Edges/Stoking	
4:00 – 4:45 Int Free	4:00 – 4:45 Int Free	4:00 – 4:45 Int Free	4:00 – 4:45 Int Free	
5:00 – 5:45 Int Free	5:00 – 5:45 Int Free	5:00 – 5:45 Int Free	5:00 – 5:45 Int Free	
5:45 – 6:00 Int Edges/Stoking	5:45 – 6:00 Int Edges/Stoking	5:45 – 6:00 Int Edges/Stoking	5:45 – 6:00 Int Edges/Stoking	
<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	
4:00 – 5:00 Sr	4:00 – 5:00 Sr	4:00 – 5:00 Sr	4:00 – 5:00 Sr	
6:15 – 7:00 Int	6:15 – 7:00 Int	6:15 – 7:00 Int	6:15 – 7:00 Int	
<b>COST per week</b>				
<b>Senior (Sr)</b>	<b>\$128.00</b>	<b>(8 free + 4 spins + 4 Edges/Stoking + 4 off ice )</b>		
<b>Int</b>	<b>\$115.00</b>	<b>(8 free + 4 spins + 4 Edges/Stoking + 4 off ice)</b>		

**Week 2, 3, 4 July 2 – 20 (Junior and Jr Prep – 4 Days Only – Mon-Thurs)**

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00 Int Spins	8:30-9:00 Int Spins/Components/GOE	8:30-9:00 Int Spins	8:30-9:00 Int Spins/Components/GOE	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 Int Components/GOE	9:45-10:15 Sr/Int Dance	9:45-10:15 Int Components/GOE	9:45-10:15 Sr /Int Dance	9:45-10:15 Int Components/GOE
10:30-11:00 Sr Spins/Components/GOE	10:30-11:00 Sr Spins/Components/GOE	10:30-11:00 Sr Spins/Components/GOE	10:30-11:00 Sr Spins/Components/GOE	10:30-11:00 Sr Spins/Components/GOE
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 Edges/Stroking	12:45-1:00 Int Edges/Stroking	12:45-1:00 Int Edges/Stroking	12:45-1:00 Int Edges/Stroking	12:45-1:00 Int Edges/Stroking
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 Edges/Stroking	2:15-2:45 Sr Edges/Stroking	2:15-2:45 Sr Edges/Stroking	2:15-2:45 Sr Edges/Stroking	2:15-2:45 Sr Edges/Stroking
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	No Junior/Jr Prep
3:45-4:00 Jr Dance	3:45-4:00 Jr/ Skills	3:45-4:00 Jr Dance	3:45-4:00 Jr Skills	No Junior/Jr Prep
4:00-4:15 Jr Group	4:00-4:15 Jr Group	4:00-4:15 Jr Group	4:00-4:15 Jr Group	No Junior/Jr Prep
<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>
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	
<b>COST per week</b>				
<b>Senior (Sr)</b>	<b>\$160.00</b>	<b>(10 free + 5 spins/Components/GOE + 5 Edges/Stroking + 5 off ice )</b>		
<b>Int</b>	<b>\$165.00</b>	<b>(10 free + 5 spins + 5 Edges/Stroking + 5 Components/dance + 5 off ice)</b>		
<b>Junior (Mon-Thurs)</b>	<b>\$80.00</b>	<b>(4 free + 4 skills/dance + 4 group+ 4 off ice)</b>		
<b>Junior Prep (Mon-Thus)</b>	<b>\$130.00</b>	<b>(4 free + 4 off ice + all lessons- semi private)</b>		

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

**Week 5 - July 23 – July 27 (Junior and Jr Prep – 4 Days Only – Mon-Thurs)**

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
9:45-10:00 Int Component/GOE	9:45-10:00 Int/Sr Dance	9:45-10:00 Int Component/GOE	9:45-10:00 Int/Sr Dance	9:45-10:00 Int Component/GOE
10:15-10:45 Sr Spins/Components/GOE	10:15-10:45 Sr Spins/Components/GOE	10:15-10:45 Sr Spins/Components/GOE	10:15-10:45 Sr Spins/Components/GOE	10:15-10:45 Sr Spins/Components/GOE
10:45-11:30 Sr Free	10:45-11:30 Sr Free	10:45-11:30 Sr Free	10:45-11:30 Sr Free	10:45-11:30 Sr Free
11:45-12:30 Int Free	11:45-12:30 Int Free	11:45-12:30 Int Free	11:45-12:30 Int Free	11:45-12:30 Int Free
12:30-12:45 Int Edges/Stroking	12:30-12:45 Int Edges/Stroking	12:30-12:45 Int Edges/Stroking	12:30-12:45 Int Edges/Stroking	12:30-12:45 Int Edges/Stroking
1:00-2:00 Sr Free	1:00-2:00 Sr Free	1:00-2:00 Sr Free	1:00-2:00 Sr Free	1:00-2:00 Sr Free
2:00-2:15 Sr Edges/Stroking	2:00-2:15 Sr Edges/Stroking	2:00-2:15 Sr Edges/Stroking	2:00-2:15 Sr Edges/Stroking	2:00-2:15 Sr Edges/Stroking
2:30-3:15 Jr/Jr Prep Free	2:30-3:15 Jr/Jr Prep Free	2:30-3:15 Jr/Jr Prep Free	2:30-3:15 Jr/Jr Prep Free	No Junior/Jr Prep
3:15-3:30 Jr/Jr Prep Group	3:15-3:30 Jr/Jr Prep Group	3:15-3:30 Jr/Jr Prep Group	3:15-3:30 Jr/Jr Prep Group	No Junior/Jr Prep
<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>	<b>Off ice</b>
10:15-11:00 Int	10:15-11:00 Int	10:15-11:00 Int	10:15-11:00 Int	10:15-11:00 Int
11:45-12:30 Sr	11:45-12:30 Sr	11:45-12:30 Sr	11:45-12:30 Sr	11:45-12:30 Sr
1:30-2:15 Jr Prep/Jr	1:30-2:15 Jr Prep/Jr	1:30-2:15 Jr Prep/Jr	1:30-2:15 Jr Prep/Jr	
<b>COST per week</b>				
<b>Senior (Sr)</b>	<b>\$ 160.00</b>	<b>(10 free + 5 spins/Components/GOE + 5 Stroking/Edges + 5 off ice)</b>		
<b>Int</b>	<b>\$160.00</b>	<b>(10 free + 5 spins + 5 Components/Dance + 5 Stroking.Edges + 5 off ice)</b>		
<b>Jr</b>	<b>\$70.00</b>	<b>(4 free + 4 group + 4 off ice)</b>		
<b>Junior Prep</b>	<b>\$130.00</b>	<b>(4 free + 4 group + 4 off ice + all lessons - semi-private)</b>		

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

**Week 6 - July 30 – August 3 (Junior and Jr Prep – 4 Days Only – Mon-Thurs)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:30-9:00 Int Spins/Components	8:30-9:00 Int Spins/Components	8:30-9:00 Int Spins/Components	8:30-9:00 Int Spins/Components	8:30-9:00 Int Spins/Components
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/Components/GOE	10:00-10:30 Sr Spins/Components/GOE	10:00-10:30 Sr Spins/Components/GOE	10:00-10:30 Sr Spins/Components/GOE	10:00-10:30 Sr Spins/Components/GOE
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 Stroking/Edges	12:15-12:30 Int Stroking/Edges	12:15-12:30 Int Stroking/Edges	12:15-12:30 Int Stroking/Edges	12:15-12:30 Int Stroking/Edges
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 Stroking/Edges	1:45-2:00 Sr Stroking/Edges	1:45-2:00 Sr Stroking/Edges	1:45-2:00 Sr Stroking/Edges	1:45-2:00 Sr Stroking/Edges
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	No Junior/Jr Prep
3:00-3:15 Jr/Jr Prep Group	3:00-3:15 Jr/Jr Prep Group	3:00-3:15 Jr /Jr PrepGroup	3:00-3:15 Jr/Jr Prep Group	No Junior/Jr Prep
<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	
<b>COST per week</b>				
<b>Senior (Sr)</b>	<b>\$ 160.00</b>	<b>(10 free + 5 spins/Components/GOE + 5 Stroking/Edges + 5 off ice)</b>		
<b>Int</b>	<b>\$150.00</b>	<b>(10 free + 5 spins/Components + 5 Stroking.Edges + 5 off ice)</b>		
<b>Jr</b>	<b>\$70.00</b>	<b>(4 free + 4 group + 4 off ice)</b>		
<b>Junior Prep</b>	<b>\$130.00</b>	<b>(4 free + 4 group + 4 off ice + all lessons - semi-private)</b>		

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

**Week 7 – Aug 7 – August 10**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>NO ICE</b>	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
	9:30-9:45 Jr/Jr Pre/Int Stroking/Edges	9:30-9:45 Jr/Jr Pre/Int Stroking/Edges	9:30-9:45 Jr/Jr Pre/Int Stroking/Edges	9:30-9:45 Jr/Jr Pre/Int Stroking/Edges
	10:00-11:00 Sr Free	10:00-11:00 Sr Free	10:00-11:00 Sr Free	10:00-11:00 Sr Free
	11:15-12:15 Sr Free	11:15-12:15 Sr Free	11:15-12:15 Sr Free	11:15-12:15 Sr Free
	12:15 – 12:30 Sr Stroking/Edges	12:15 – 12:30 Sr Stroking/Edges	12:15 – 12:30 Sr Stroking/Edges	12:15 – 12:30 Sr Stroking/Edges
<b>COST per week</b>				
<b>Senior (Sr)</b>	<b>\$ 100.00</b>	<b>(8 free + 4 Stroking/Edges)</b>		
<b>Int</b>	<b>\$70.00</b>	<b>(4 free + 4 Stroking/Edges)</b>		
<b>Jr</b>	<b>\$70.00</b>	<b>(4 free + 4 Stroking/Edges)</b>		
<b>Junior Prep</b>	<b>\$110.00</b>	<b>(4 free + 4 group + all lessons - semi-private)</b>		



**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 2nd</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr			
<b>July 9th</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr			<b>July 12<sup>th</sup></b>  7:00-8:00- Competition Simulation
<b>July 16th</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr  7:00-8:00 – Competition Simulation			<b>July 19th</b>  7:00-8:00- Competition Simulation
<b>July 23rd</b>  6:00-7:00- Dance Partnering – Jr/Int/Sr  7:00-8:00- Competition Simulation	<b>July 24th</b>  6:45-7:45 – Competition Simulation		<b>July 26th</b>  7:00-8:00 – Competition Simulation
<b>July 30<sup>th</sup></b>  6:00-7:00 – Competition Simulation			

**REMINDER**

- ❖ SPSC members deadline May 30, 2018
- ❖ Registration after May 30, 2018 will be charged a \$75.00 late fee
- ❖ Cheques payable to SPSC – post dated to June 25, 2018 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
- ❖ Additional Family Members deduct 15%