



2024 SUMMER SCHOOL

DATES: July 2nd – AUGUST 9th, 2024

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
- Red Deer Skating Club members will have priority registration until May 15th, 2024 after that non-club members may register.
- 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 18th from 8-9am.
- Drop-In is \$20/session. Please email the club and your coach 24 hours prior to reserve a spot.
- There are no partial week bookings accepted.
- The Club is planning a test day for Week #6 but the test day has not been confirmed. There will be NO REFUNDS for skating missed due to test day

Skating Sessions Information

- July 2 - August 2 will be at the Collicut Center 3031 30th Street and August 6-9 will be at Dawe Arena 56 Holt 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 **one** stroking session & **one** dryland session. There will be **no discount** if not participating.
- Skaters may not be registered in both Prestarskate and Starskate skating sessions.

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: 1982
Rate: \$13.00
Phone: (403) 396-3964
pattisomer@gmail.com

Lana Bellmore

Provincial Coach
Coaching Since: 1991
Rate: \$13.00
Phone: (403) 506-1880
lanabellmore@gmail.com

Jessica Mackay

Provincial Coach
Coaching Since: 2014
Rate: \$12.00
Phone: (780) 999-4192
jess.sergeant@hotmail.com

Jennifer Shigematsu

Provincial Coach Trained
Coaching Since: 1993
Rate: \$ 12.00
Phone: (780) 385-0222
mjmk@live.ca

Morgan Rattai

Provincial Coach
Coaching Since: 2002
Rate: \$ 11.00
Phone: (780) 298-3258
morganrattai@outlook.com

FIT & FLEX class

Classes included in your fees for the week you are skating. If you plan to attend please add that session to your cart to register. Class is offered Monday – Friday and is training on the floor. Please bring a yoga mat, water bottle and runners. **FIT** is for Prestarskaters and Starskaters. **FLEX** is for Starskaters. Meet in the upstairs dance studio.

Human Performance Class

These classes teach focus, positive self-talk and how to train with excellence. Train the Brain is for Prestarskate and Junior Starskaters July 10th & 31st from 1215-1pm. Psyched 2 Perform is for Starskaters July 10th and 31st from 115-215pm. Meet in the Board room upstairs.

SUMMER SCHOOL 2024 FEES & SCHEDULE

WEEK 1 – July 2nd – 5th Collicutt Center

TIME	COST	SESSION
9:45am – 10:45am	\$60.00	PreStar/Open Stroking & Session #1
9:45am – 10:45am	Included	FLEX Class #1
10:45am-11:00am		FLOOD
11:00am – 12:15pm	\$75.00	Open Session & Stroking #2
11:00am – 11:45am	Included	FIT class #1
12:00pm – 1:00pm	\$60.00	Open Stroking & Session #3

WEEK 2 – July 8th – 12th 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 15th – 19th 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 22nd – 26th 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 – July 29th – Aug 2nd Collicutt Center

TIME	COST	SESSION
9:45am – 10:45am	\$75.00	PreStar/Open Stroking & Session #13
9:45am – 10:45am	Included	FLEX Class #5
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$95.00	Open Session & Stroking #14
11:00am – 11:45am	Included	FIT class #5
12:00pm – 1:00pm	\$75.00	Open Stroking & Session #15

WEEK 6 – Aug 6th – 9th Dawe Arena

TIME	COST	SESSION
9:45am – 10:45am	\$60.00	PreStar/Open Stroking & Session #16
9:45am – 10:45am	Included	FLEX Class #6
10:45am – 11:00am		FLOOD
11:00am – 12:15pm	\$75.00	Open Session & Stroking #17
11:00am – 11:45am	Included	FIT class #6
12:00pm – 1:00pm	\$60.00	Open Stroking & Session #18