

# Paradise Double Ice Complex

## July 8 – August 16, 2024



# Skate NL

## Online Registration

<https://skatenf.uplifterinc.com/registration>

## Wed. April 24

Red Group – 9:00am  
Green Group – 10:00am  
Blue Group – 11:00am  
Purple(Canskate) – 12:00pm  
Pairs/Dance – 9:00am

## Payment Schedule

Registration fees can be paid in 3 equal installments:

- First payment at time of registration
- Second Payment May 20
- Third Payment June 17

Accepting:

- Visa
- Visa Debit
- Mastercard
- Discover

## Refunds

**NO REFUNDS** without medical note.

All refunds will be subject to a \$50 administration fee. Skaters may switch weeks if space is available.

## Assessment Days

(STAR 6-Gold)

Fri July 19 & Fri Aug 9

\*regular skating times may be shortened for these days\*

## Summer Skate

(STAR 1-Gold + Competitive)

Sat Aug 17 & Sun Aug 18

## Session Criteria

**Red Group** – must have passed STAR 7 elements and program assessments.

(Max 18 skaters)

**Green Group** – must have passed STAR 4 elements and program assessments.

(Max 20 skaters)

**Blue Group** – skaters working on Star 1-4 assessments

(Max 25 skaters)

**Purple Group** – CANSKATE STAGE 1-6 skaters. *\*ALL on ice and off ice instruction is included in fee.* (Low Ratio Session - Max 1:5 coach/skater ratio)

**Pairs/Dance/Extra Free** – Pair and Dance team of all levels. Space may be available for singles skaters to register in addition to their regular session.

## Schedule

- Please note Schedule 1 (Weeks 1,2,5,6) and Schedule 2 (Weeks 3,4)
- We use both Rink A and Rink B during the summer program. Skaters will be assigned Rink A or Rink B after registration

**Cost** \*Fees include ice time, group classes and off ice conditioning classes. ALL coaching fees are in addition to prices listed below (except Canskate)

Group	Cost (Week 1,2,5,6)	Cost (Week 3,4)
Red Group	\$230/wk	\$200/wk
Green Group	\$200/wk	\$140/wk
Blue Group	\$150/wk	\$140/wk
Purple Group (Canskate)	\$90/wk	N/A
Pairs/Dance/Extra Free	\$80/wk	\$80/wk

## Discounts

3 weeks – 5%

4 weeks – 10%

5 weeks – 15%

6 weeks - 20%

\*discount does not apply to the pairs/dance/extra fee session\*

# 2024 Skating Academy Coaching Staff

\*ALL Skaters (except CANSKATE) must secure private coaching prior to registration. Coaching fees are in addition to the above listed registration fees.

<p><b>Lori Brett – Program Director</b> NCCP: National Coach Certified Years of Experience: 28 Email: <a href="mailto:loribrett@hotmail.com">loribrett@hotmail.com</a></p>	<p><b>Holly Fitzpatrick</b> NCCP: Regional Coach Certified Years of Experience: 7 Email: <a href="mailto:hollybfitzpatrick@hotmail.com">hollybfitzpatrick@hotmail.com</a></p>	<p><b>Hannah Poole</b> NCCP: Provincial Coach Trained Years of Experience: 7 Email: <a href="mailto:hannahpoole2001@hotmail.com">hannahpoole2001@hotmail.com</a></p>
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## SCHEDULE - Weeks 1,2,5,6

### Rink A and Rink B(Monday-Thursday)

7:00am-7:50am	Pairs/Dance/Extra Free(Rink B)
7:50am-8:00am	FLOOD (10 min)
8:00am-8:15am	RED Spins/Footwork
8:15am-9:05am	RED Freeskate
9:05am-9:15am	FLOOD (10 min)
9:15am-9:30am	GREEN Skills/Dance
9:30am-10:15am	GREEN Freeskate
10:15am-10:25am	FLOOD (10 min)
10:25am-11:25am	RED Freeskate
11:25am-11:35am	FLOOD (10 min)
11:35am-12:25pm	GREEN Freeskate
12:25pm-12:35pm	FLOOD (10 min)
12:35pm-12:50pm	BLUE Skills
12:50pm-1:35pm	BLUE Freeskate
1:35pm-1:50pm	BLUE Dance
1:50pm-2:05pm	FLOOD/Set Up (15 min)
2:05pm-2:50pm	Purple/Canskate (Rink B)

### OFF ICE Classes

11:45am-12:30pm	RED Yoga (Wed)
9:20am-10:10am	RED Conditioning (Mon-Thurs)
12:45pm-1:30pm	GREEN Yoga (Wed)
10:30am-11:20am	GREEN Conditioning (Mon-Thurs)
2:00pm-2:45pm	BLUE Yoga (Wed)
11:30am-12:15pm	BLUE Conditioning (Mon-Thurs)
1:15pm-1:45pm	CanSkate Conditioning (Mon-Thurs)

### Rink A and Rink B(Friday)

7:30am-8:20am	Pairs/Dance (Rink B)
8:20am-8:45am	RED Group Class (25min)
8:45am-8:55am	FLOOD (10 min)
8:55am-9:55am	RED Freeskate
9:55am-10:05am	FLOOD (10 min)
10:05am-10:30am	GREEN Group Class (25 min)
10:30am-11:25am	GREEN Freeskate
11:25am-11:35pm	FLOOD (10min)
11:35am-12:25pm	BLUE
12:25pm-12:50pm	BLUE Group Class (25 min)

## SCHEDULE - Weeks 3,4

### Rink A and Rink B(Monday-Thursday)

3:00pm-3:20pm	BLUE Skills/Dance
3:20pm-4:10pm	BLUE Freeskate
4:10pm-4:20pm	FLOOD (10 min)
4:20pm-5:10pm	RED Freeskate
5:10pm-5:20pm	FLOOD (10 min)
5:20pm-5:40pm	GREEN Skills/Dance
5:40pm-6:30pm	GREEN Freeskate
6:30pm-6:40pm	FLOOD (10 min)
6:40pm-7:00pm	RED Spins/Footwork
7:00pm-7:50pm	RED Freeskate
7:50pm-8:00pm	FLOOD (10 min)
8:00pm-8:50pm	Dance/Pair Teams (Rink B)

### OFF ICE Classes

4:30pm-5:15pm	BLUE Conditioning (Mon, Tues, Thurs)
4:30pm-5:15pm	BLUE Yoga (Wed)
5:30pm-6:20pm	RED Conditioning (Mon, Tues, Thurs)
5:30pm-6:20pm	RED Yoga (Wed)
6:40pm-7:30pm	GREEN Conditioning (Mon, Tues, Thurs)
6:40pm-7:30pm	GREEN Yoga (Wed)

### Rink A and Rink B(Friday)

3:00pm-3:50pm	BLUE Freeskate
3:50pm-4:10pm	BLUE Group Class (20 min)
4:10pm-4:20pm	FLOOD (10 min)
4:20pm-4:40pm	GREEN Group Class (20 min)
4:40pm-5:30pm	GREEN Freeskate
5:30pm-5:40pm	FLOOD (10min)
5:40pm-6:30pm	RED Freeskate
6:30pm-6:50pm	RED Group Class (20 min)
6:50pm-7:00pm	FLOOD (10min)
7:00pm-7:50pm	Dance/Pair Teams (Rink B)