



2018 Skate This Summer

IN CANMORE & BANFF, AB

CANMORE SKATING CLUB
1900-8TH AVENUE, CANMORE, AB

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2018 SKATE THIS SUMMER IN CANMORE & BANFF, AB

The Canmore Skating Club would like to invite you to skate this summer in Canmore & Banff starting July 2 until August 25, 2018. Canmore Summer School and Skating Vacation 2018 are designed to accommodate skaters in both STAR and Competitive programs.

- Our summer skating is eight (8) weeks in total. Most weeks are 5 days in length unless otherwise stated.
- Weeks 1-6 will be held in Canmore, AB & weeks 7 & 8 will be held in Banff, AB.
- Weeks 1-6 offer two or three free skate session per day (two free skate sessions maximum for STAR 1-6 skaters), one on-ice group session plus one off-ice group session.
- Week 7 is a partial week (Mon-Wed) offering only 2 free skates for Int/Sr skaters and 1 free skate for junior skaters per day. No off-ice is offered during week 7.
- Week 8 is Skating Vacation week (August 21-25, 2018). Each group per day receives 2 free skate sessions, one off-ice group session, one on-ice group session (Annie's Edges) plus on-ice conditioning offered on Wed & Fri for juvenile to senior skaters only.

PLEASE NOTE THAT THE BANFF MUSIC SYSTEM DOES NOT ACCEPT CD'S. ALL MUSIC MUST BE ON AN IPOD/IPHONE.

THE CANMORE MUSIC SYSTEM ACCEPTS CD'S, IPODS/IPHONES.

- Pre-STAR Group is only for weeks 1-5. Pre-STAR receives one group session plus one off-ice session per day.

Anne Schelter (Annie's Edges) and Kelly Lockwood will be joining us for Skating Vacation (Week 8).

Theme days and extra-curricular activities will be organized, so please check our bulletin board in the main lobby regularly for upcoming news.

If you have any programming questions, please contact our club at canmoreskatingclub@gmail.com.

PROGRAMMING NOTES

- Summer skating is open to all figure skaters with a current Skate Canada membership. Skate Canada memberships can be obtained through the Canmore Skating Club when you register online for our skating programs. If you are a member of another national skating federation, you will be charged \$50 on your registration invoice for the Skate Canada membership if you do not already have a current Skate Canada membership number. If you have previously received a Skate Canada Member number, please use this number when registering. Any questions, please email canmoreskatingclub@gmail.com.
- **Skaters will be divided into groups based on registration numbers, free skate level, competitive level and lesson schedules.**

- **At the coaches' discretion, a skater may be recommended to move up or down a level to suit the safety and individual needs of the skater.**

For safety and logistical reasons, this is particularly important for Junior and Intermediate level skaters as groups will likely vary from week to week. Please pay close attention to and abide by the groupings provided with each weekly schedule.

- Adult skaters are welcome to register for the sessions designated as Junior at any time during the summer. Advanced adults are “encouraged” to skate on the session most appropriate to their competitive level.
- Out of club coaches are welcome and encouraged to attend along with their skaters.
- **ATTENTION: PRE-JUVENILE SKATERS** – If you are buying the full package, please register as a junior for all weeks even though you will be classified as an intermediate skater during Skating Vacation week 8. Pricing works out to be the same. If you are purchasing weekly or daily packages, then choose intermediate (2 free skates) for Skating Vacation week 8.
- **ATTENTION: All skaters including existing Uplifter members** - Please update your skater's profile on your Uplifter account. If a field does not apply, please mark that field with a “N/A”.
- If you would like lessons from one of our camp coaches, complete the section on your skater's profile on your Uplifter account.

SKATING LEVELS

Weeks 1-7

Pre-STAR Group: CanSkate Badges 3-6

Junior: STAR 1-6, Pre-Juvenile

Intermediate: STAR 7-10, Juvenile/Pre-Novice

Senior: Gold, Novice, Junior, Senior

Week 8 – Skating Vacation

Junior: Pre-Preliminary/Preliminary, STAR 1-5

Intermediate: STAR 6-10, Pre-Juvenile, Juvenile, Pre-Novice

Senior: Gold, Novice, Junior & Senior

DATES

Week 1: Monday, July 2 – Friday, July 6

Week 2: Monday, July 9 – Friday, July 13

Week 3: Monday, July 16 – Friday, July 20

Week 4: Monday, July 23 – Friday, July 27

Week 5: Monday, July 30 – Thursday, August 2 (4 days only)

Week 6: Tuesday, August 7 – Saturday, Aug 11

Week 7: Monday, August 13 – Wednesday, August 15 (3 days only - Banff)

Week 8: Tuesday, August 21 – Saturday, August 25 (Banff)

MASTER SCHEDULE FOR ALL LEVELS

On Ice Schedule (Weeks 1-6) Subject to Change

All days except July 6, 13, 17, 19, 20, 26, Aug 2 & 9

11:15am	11:30pm	Intermediate/Senior Stroking
11:30pm	12:15m	Intermediate/Senior Free Skate
12:15pm	12:30pm	FLOOD
12:30pm	1:15pm	Intermediate/Senior Free Skate
1:15pm	1:30pm	FLOOD
1:30pm	2:15pm	Intermediate/Senior Free Skate (For those buying 3 sessions)
2:15pm	3:00pm	Pre-STAR Group/Junior Free Skate
3:00pm	3:15pm	FLOOD
3:15pm	3:30pm	Junior Stroking
3:30pm	4:15pm	Junior Free Skate

July 6, 13, 17, 19, 20, 26, Aug 2 & 9

8:30am	8:45am	Intermediate/Senior Stroking
8:45am	9:30am	Intermediate/Senior Free Skate
9:30am	9:45am	FLOOD
9:45am	10:30am	Intermediate/Senior Free Skate
10:30am	10:45am	FLOOD
10:45am	11:30am	Intermediate/Senior Free Skate (For those buying 3 sessions)
11:30am	12:15pm	Pre-STAR Group/Junior Free Skate
12:15pm	12:30pm	FLOOD
12:30pm	12:45pm	Junior Stroking
12:45pm	1:30pm	Junior Free Skate

Off Ice Schedule (Weeks 1-6) Subject to Change

All days except July 6, 13, 17, 19, 20, 26, Aug 2 & 9

1:15pm	2:00pm	Pre-STAR Group/Junior Off-Ice
2:30pm	3:15pm	Intermediate/Senior Off-ice

July 6, 13, 17, 19, 20, 26, Aug 2 & 9

10:30am	11:15am	Pre-STAR Group/Junior Off-Ice
11:45am	12:30pm	Intermediate/Senior Off-ice

On-Ice Schedule (Week 7, Aug 13-15) – Banff, AB Subject to Change

9:00am	10:00am	Senior Free Skate
10:00am	10:15am	Flood
10:15am	11:00am	Intermediate/Senior Free Skate
11:00am	11:45am	Junior/Intermediate Free Skate

*No off-ice during week 7.

On-Ice Schedule (Skating Vacation – Week 8, Aug 21-25) – Banff, AB

Subject to Change

Tuesday - Saturday

9:00am	9:45am	Junior Free Skate
9:45am	10:30am	Intermediate Free Skate
10:30am	10:45am	FLOOD
10:45am	11:30am	Senior Free Skate
11:30am	11:45am	Flood
11:45am	12:30pm	Junior Free Skate
12:30pm	1:15pm	Intermediate Free Skate
1:15pm	1:30pm	Flood
1:30pm	2:15pm	Junior Annie's Edges
2:15pm	3:00pm	Senior Free Skate
3:00pm	3:15pm	Flood
3:15pm	4:00pm	Intermediate Annie's Edges
4:00pm	4:45pm	Senior Annie's Edges
4:45pm	5:00pm	Flood
Wednesday & Friday only		
5:00pm	5:45pm	On-Ice Conditioning Intermediate & Seniors Only
Saturday		
3:15pm	4:15pm	Intermediate/Senior Annie's Edges

Please Note: On-Ice Conditioning is for juvenile to senior skaters.

Off-Ice Schedule (Skating Vacation – Week 8)

9:45am	10:30am	Senior Off-ice
10:30am	11:15am	Junior Off-ice
11:30am	12:15am	Intermediate Off-ice

PRE-STAR GROUP/JUNIOR SCHEDULE FOR ALL WEEKS INCLUDING ON & OFF-ICE SESSIONS

Weeks 1-6 (Subject to Change)

Note: Pre-STAR Group only have on-ice & off-ice programming during Weeks 1-5

All days except July 6, 13, 17, 19, 20, 26, Aug 2 & 9

July 6, 13, 17, 19, 20, 26, Aug 2 & 9

Weeks 1-6 (Pre-STAR only weeks 1-5)		
1:15pm	2:00pm	Pre-STAR/Junior Off-Ice
2:15pm	3:00pm	Pre-STAR Group/Junior Free Skate
3:00pm	3:15pm	FLOOD
3:15pm	3:30pm	Junior Stroking
3:30pm	4:15pm	Junior Free Skate

Weeks 1-6 (Pre-STAR only weeks 1-5)		
10:30am	11:15am	Pre-STAR/Junior Off-Ice
11:30am	12:15pm	Pre-STAR Group/Junior Free Skate
12:15pm	12:30pm	FLOOD
12:30pm	12:45pm	Junior Stroking
12:45pm	1:30pm	Junior Free Skate

Week 7 On-Ice Schedule, Aug13-15 – Banff, AB (Subject to Change)

11:00am	11:45am	Junior/Intermediate Free Skate
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No off-ice during week 7.

Week 8 Skating Vacation On & Off-Ice Schedule, Aug 21-25– Banff, AB (Subject to Change)

9:00pm	9:45am	Junior Free Skate
10:30am	11:15am	Junior Off-ice
11:45pm	12:30pm	Junior Free Skate
1:30pm	2:15pm	Junior Annie's Edges

Week 1: July 2-6 Week 2: July 9-13 Week 3: July 16-20 Week 4: July 23-27 Week 5: July 30-August 2 Week 6: Aug 7-11 Week 7: Aug 13-15 Week 8 – Aug 21-25
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INTERMEDIATE SCHEDULE FOR ALL WEEKS INCLUDING ON & OFF-ICE SESSIONS

All days except July 6, 13, 17, 19, 20, 26, Aug 2 & 9

11:15am	11:30pm	Intermediate/Senior Stroking
11:30pm	12:15m	Intermediate/Senior Free Skate
12:15pm	12:30pm	FLOOD
12:30pm	1:15pm	Intermediate/Senior Free Skate
1:15pm	1:30pm	FLOOD
1:30pm	2:15pm	Intermediate/Senior Free Skate (For those buying 3 sessions)
2:30pm	3:15pm	Intermediate/Senior Off-ice

July 6, 13, 17, 19, 20, 26, Aug 2 & 9

8:30am	8:45am	Intermediate/Senior Stroking
8:45am	9:30am	Intermediate/Senior Free Skate
9:30am	9:45am	FLOOD
9:45am	10:30am	Intermediate/Senior Free Skate
10:30am	10:45am	FLOOD
10:45am	11:30am	Intermediate/Senior Free Skate (For those buying 3 sessions)
11:45am	12:30pm	Intermediate/Senior Off-ice

Week 7 On-Ice Schedule, Aug 13-15 – Banff, AB (Subject to Change)

10:15am	11:00am	Intermediate/Senior Free Skate
11:00am	11:45am	Junior/Intermediate Free Skate

No off-ice during week 7.

Week 8 Skating Vacation On & Off-Ice Schedule, Aug 21-25– Banff, AB (Subject to Change)

Tuesday - Saturday

9:45am	10:30am	Intermediate Free Skate
11:30am	12:15pm	Intermediate Off-Ice
12:30pm	1:15pm	Intermediate Free Skate
3:15pm	4:00pm	Intermediate Annie's Edges
Wednesday & Friday only		
5:00pm	5:45pm	On-Ice Conditioning Intermediate & Seniors Only
Saturday		
3:15pm	4:15pm	Intermediate/Senior Annie's Edges

Please Note: On-Ice Conditioning is for juvenile to senior skaters.

SENIOR SCHEDULE FOR ALL WEEKS INCLUDING ON & OFF-ICE SESSIONS

All days except July 6, 13, 17, 19, 20, 26, Aug 2 & 9

11:15am	11:30pm	Intermediate/Senior Stroking
11:30pm	12:15m	Intermediate/Senior Free Skate
12:15pm	12:30pm	FLOOD
12:30pm	1:15pm	Intermediate/Senior Free Skate
1:15pm	1:30pm	FLOOD
1:30pm	2:15pm	Intermediate/Senior Free Skate (For those buying 3 sessions)
2:30pm	3:15pm	Intermediate/Senior Off-ice

July 6, 13, 17, 19, 20, 26, Aug 2 & 9

8:30am	8:45am	Intermediate/Senior Stroking
8:45am	9:30am	Intermediate/Senior Free Skate
9:30am	9:45am	FLOOD
9:45am	10:30am	Intermediate/Senior Free Skate
10:30am	10:45am	FLOOD
10:45am	11:30am	Intermediate/Senior Free Skate (For those buying 3 sessions)
11:45am	12:30pm	Intermediate/Senior Off-ice

Week 7 On-Ice Schedule, Aug13-15 – Banff, AB (Subject to Change)

9:00am	10:00am	Senior Free Skate
10:00am	10:15am	Flood
10:15am	11:00am	Intermediate/Senior Free Skate

No off-ice during week 7.

Week 8 Skating Vacation On & Off-Ice Schedule, Aug 21-25– Banff, AB (Subject to Change)

Tuesday - Saturday

9:45am	10:30am	Senior Off-Ice
10:45am	11:30am	Senior Free Skate
2:15pm	3:00pm	Senior Free Skate
4:00pm	4:45pm	Senior Annie's Edges
Wednesday & Friday only		
5:00pm	5:45pm	On-Ice Conditioning Intermediate & Seniors Only
Saturday		
3:15pm	4:15pm	Intermediate/Senior Annie's Edges

<p>Please Note: On-Ice Conditioning is for juvenile to senior skaters.</p>

OFF ICE SCHEDULES (SUBJECT TO CHANGE)

Off ice sessions are included in each day's fees (no off-ice week 7) and will generally be organized as follows:

Pre-STAR Group/Junior (Note: Pre-STAR Group only have off-ice weeks 1-5)

Weeks	Times	Class Description	Location
Mondays (Weeks 1-6)	1:15pm-2:00pm	To Be Announced.	Peaks of Grassi Gym
Tuesdays (Weeks 1-6)	1:15pm-2:00pm Except for July 17: 10:30pm-11:15am	To Be Announced.	Peaks of Grassi Gym
Wednesdays (Weeks 1-6)	1:15pm-2:00pm	To Be Announced.	Peaks of Grassi Gym
Thursdays (Weeks 1-6)	1:15pm-2:00pm Except for July 19, 26 & Aug 2, 9: 10:30am-11:15am	To Be Announced.	Peaks of Grassi Gym
Fridays (Weeks 1-6)	1:15pm-2:00pm Except for July 6, 13, 20: 10:30am-11:15am	To Be Announced.	Peaks of Grassi Gym
Week 7	No off-ice offered.	N/A	N/A
Skating Vacation (Week 8)	10:30am-11:15am	Fitness	Outside (Kelly Lockwood leads all off ice sessions this week. Meet Kelly in the main lobby before class start time.)

Intermediate/Senior

Weeks	Times	Class Description	Location
Mondays (Weeks 1-6)	2:30pm-3:15pm	To Be Announced.	Peaks of Grassi Gym
Tuesdays (Weeks 1-6)	2:30pm-3:15pm Except for July 17: 11:45am-12:30pm	To Be Announced.	Peaks of Grassi Gym
Wednesdays (Weeks 1-6)	2:30pm-3:15pm	To Be Announced.	Peaks of Grassi Gym
Thursdays (Weeks 1-6)	2:30pm-3:15pm Except for July 19, 26 & Aug 2, 9: 11:45am-12:30pm	To Be Announced.	Peaks of Grassi Gym
Fridays (Weeks 1-6)	2:30pm-3:15pm Except for July 6, 13, 20: 11:45am-12:30pm	To Be Announced.	Peaks of Grassi Gym
Week 7	No off-ice offered.	N/A	N/A
Skating Vacation (Week 8)	Senior: 9:45am-10:30am Intermediate: 11:30am-12:15pm	Fitness for all levels.	Outside (Kelly Lockwood leads all off ice sessions this week. Meet Kelly in the main lobby before class start time.)

FEES - (FULL, WEEKLY & DAILY PACKAGES)

Pre-STAR Group:

Includes 45 min group oriented session & 45 min off-ice class. (Offered during weeks 1-5 only.)

Junior/Intermediate/Senior:

Weeks 1-6: Includes 2 or 3 free skates, 45 minute off-ice class and 15 min on-ice group class each day.

Week 7: Includes 1 free skate for juniors and 2 free skates for intermediates & seniors each day.

Week 8: includes 2 free skates, 45 min off-ice class with Kelly Lockwood and 45 min on-ice class (Annie's Edges) each day plus Wed & Fri also include on-ice conditioning with Kelly Lockwood. (On-Ice Conditioning is for juvenile to senior skaters.)

FULL (All Weeks) Packages

<p>All Weeks (includes weeks 1-8)</p> <p>*Please note week 7 – there is only 1 free skate for juniors per day & only 2 free skates for Int/Sr per day.</p>	<p>Pre-STAR Group - \$352 (weeks 1-5 only)</p> <p>Junior - 2 Free Skates - \$1,670</p> <p>Intermediate/Senior - 2 Free Skates - \$1,720 (does not include on-ice conditioning)</p> <p>Intermediate/Senior - 2 Free Skates - \$1,755 (includes on-ice conditioning)</p> <p>Intermediate/Senior – 3 Free Skates - \$2230 (does not include on-ice conditioning)</p> <p>Intermediate/Senior - 3 Free Skates - \$2265 (includes on-ice conditioning)</p>
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Weekly Packages

Week	Dates	Fees per Skater per Week
Week #1 (5 days)	July 2 – 6 Monday to Friday	Pre-STAR Group: \$110 Junior: 2 Free Skates - \$280 Intermediate/Senior: 2 Free Skates - \$280 Intermediate/Senior: 3 Free Skates - \$390
Week #2 (5 days)	July 9 – 13 Monday to Friday	Pre-STAR Group: \$110 Junior - 2 Free Skates: \$280 Intermediate/Senior: 2 Free Skates - \$280 Intermediate/Senior: 3 Free Skates - \$390
Week #3 (5 days)	July 16 – 20 Monday to Friday	Pre-STAR Group: \$110 Junior - 2 Free Skates: \$280 Intermediate/Senior: 2 Free Skates - \$280 Intermediate/Senior: 3 Free Skates - \$390
Week #4 (5 days)	July 23 – 27 Monday to Friday	Pre-STAR Group: \$110 Junior - 2 Free Skates: \$280 Intermediate/Senior: 2 Free Skates - \$280 Intermediate/Senior: 3 Free Skates - \$390
Week #5 (4 days)	July 30 – August 2 Monday to Thursday	Pre-STAR Group: \$88 Junior - 2 Free Skates: \$224 Intermediate/Senior: 2 Free Skates - \$224 Intermediate/Senior: 3 Free Skates - \$312

Week #6 (5 days)	August 7 – 11 Tuesday to Saturday	Junior - 2 Free Skates: \$280 Intermediate/Senior: 2 Free Skates - \$280 Intermediate/Senior: 3 Free Skates - \$390
Week #7 (3 days)	August 13 – 15 Monday to Wednesday	Junior - 1 Free Skates: \$54 Intermediate/Senior: 2 Free Skates - \$120
Skating Vacation Week #8 (5 days)	August 21-25 (Tuesday to Saturday)	Junior: \$405 Intermediate/Senior without on-ice conditioning - \$405 Intermediate/Senior with on-ice conditioning - \$450 *On-ice conditioning is for Juvenile to Seniors only.

Daily Packages: (Registration must be completed through our website at least 2 days prior due to lesson planning otherwise you may not get your requested lesson).

Days	Fees per Skater per Day
Single Day – Weeks 1-6	Pre-STAR Group - \$27 Junior: 2 Free Skates - \$65 Intermediate/Senior – 2 Free Skates - \$65 Intermediate/Senior – 3 Free Skates - \$90
Single Day – Week 7	Junior: \$20 Intermediate/Senior: \$45
Single Day – Skating Vacation (Week 6)	Junior: \$90 Intermediate/Senior without on-ice conditioning - \$90 Intermediate/Senior with on-ice conditioning - \$110 *On-ice conditioning is for juvenile to Seniors only

DROP IN FEES

- Applies to all levels.
- Sessions are paid in full with no prorating.
- Please pay at the music cart. Envelopes are provided.

1 hour Free Skate	\$30
45 min Free Skate	\$25
45 min Free Skate plus 15 min group	\$30
Pre-STAR Group	\$30
On-Ice Conditioning	\$30 (Juvenile to Senior Skaters Only)
Annie's Edges	\$30
45 min off-ice	\$25

PAYMENT DETAILS

- All programming with the exception of drop in fees must be purchased online through our website.
- There will be a one-time \$25 administrative fee charged to each skater.
- A family discount of 5% will be offered to families with a minimum of 2 family members purchasing summer programming. **Please note that the 5% discount will only be given per invoice only. This means all purchases must be on one invoice to receive the 5% discount.**
- Payment may be made in three (3) installments or you can choose full payment.
 - First Installment: 1/3 day of purchase
 - Second installment: 1/3 dated July 1, 2018
 - Third installment: 1/3 dated August 1, 2018
- **Our Uplifter registration system accepts online payments by credit card only.** If you need an alternate payment option, please email canmoreskatingclub@gmail.com to make this request plus include in your email the programs you want to register your skater for. We will then create a manual invoice and post online to your Uplifter account. You must confirm the invoice on your Uplifter account is correct via email prior to sending the arranged payments.
- **No refunds granted except for injury and a doctor's note must be submitted.**

COACHES

Cynthia Ullmark
Jan Ullmark
Robin Forsyth

Sonya Chrastina
Kendra Domenico

Coach biographies can be found on the “Our Coaches” section of the Canmore Skating Club web site <https://canmoresc.uplifterinc.com>.

ADDRESSES

Canmore Skating
P.O. Box 8382
Canmore, AB T1W 2V2

Canmore Recreation Centre
1900 - 8th Avenue
Canmore, AB

Banff Fenlands Recreation Centre
100 Mt Norquay Rd.

Banff, AB *(Banff is only 15 minutes west of Canmore. Coming from Canmore, take the Mount Norquay exit, turn left, arena is on the left hand side before the railway tracks)*

REGISTRATION INSTRUCTIONS

1. Go to <https://canmoresc.uplifterinc.com> to register.
2. If you do not have an account, go to “Login” or “Registration” to create your account.
Member: Parent/Guardian/Adult Skater
Skater: Participant
(Please fully complete the “skater profile”.)
3. Go to “Registration”, choose “Summer Skating” and then choose the appropriate level.
4. Select the programs you wish to participate in. (For quick/ease access, use the categories feature on the left side of the page.)
5. Go to the “shopping cart” and review selected programs.
Please do not use “note” in the invoice as it is not delivered to us directly. Please contact us via email canmoreskatingclub@gmail.com for your additional message.
6. Read and accept all policies.
7. Make payment by credit card only.
(As mentioned earlier under “Payment Details”, if you need an alternate payment option, please email canmoreskatingclub@gmail.com to make this request plus include in your email the programs you want to register your skater for. We will then create a manual invoice and post online to your Uplifter account. You must confirm the invoice on your Uplifter account is correct via email prior to sending the arranged payments.)

Any questions, please email canmoreskatingclub@gmail.com.