

# Spring Skate 2023

**St Albert Skating  
Centre**

**Academy Figure  
Skating Programs**

Junior, Intermediate/Senior, Competitive & Adult  
Programs

Troy Murray Arena, Servus Place – St. Albert

Registration Deadline: April 28, 2023

(Late Registration Fee of \$75 will be applied after April 28, 2023)

[www.stalbertskatingcentre.com](http://www.stalbertskatingcentre.com)

# Junior Academy

Is a private lesson program for Figure Skaters working on Star 1 to Star 5. Skaters are working on single jumps, Axel, and first double jumps. Registration Fee includes Ice times, as indicated on the Ice Schedule, Dryland instruction, and Coaching during the Stroking Classes. Private or Semi-Private lessons are not included. Skaters must book private lessons directly with SASC coaching staff. (Dryland Schedule will be sent out separately when it is finalized.)

Junior Spring 2023	Spring Fee	2 Month Payment Plan
Package 5 Day includes: stroking, dance/skating skills & dryland	\$460	\$230 per month
Package 4 Day, includes stroking, dance/skating skills & dryland	\$380	\$190 per month
Package 3 Day includes stroking, dance/skating skills & dryland	\$280	\$140 per month

Junior Spring 2023	Dates	#classes	No Skating Dates
Tuesday	May 16 to June 20, 2023	6	
Wednesday	May 17 to June 21 2023	6	
Thursday	May 18 to June 22, 2023	6	
Friday	May 19 to June 23, 2023	6	
Saturday	May 27 to June 17, 2023	4	No Skating: May 20 & June 24



# Intermediate/Senior Academy

Is a private lesson program for Figure Skaters working on Star 5 to Gold Freeskate tests. Skaters are working on double jumps, Star 6+ Dances and Skills Assessments. Registration Fee includes Int/Sr Ice times, as indicated on the Ice Schedule, Dryland instruction, and Coaching during the Stroking Classes. Private or Semi-Private lessons are not included. Skaters must book private lessons directly with SASC coaching staff. (Dryland Schedule will be sent out separately when it is finalized.)

Int/Sr & Adult Spring 2023	Spring Fee	2 Month Payment Plan
7 Freeskate Package includes stroking, dance/skating skills, & dryland	\$540	\$270 per month
5 Freeskate Package includes stroking, dance/skating skills, & dryland	\$475	\$237.50 per Month
4 Freeskate Package includes stroking, dance/skating skills, & dryland	\$390	\$195 per Month

Int/Sr/Adult Spring 2023	Dates	#classes	No Skating Dates
Monday	May 15 to June 19, 2023	5	No Skating: May 22, 2023
Tuesday	May 16 to June 20, 2023	6	
Wednesday	May 17 to June 21, 2023	6	
Thursday	May 18 to June 22, 2023	6	
Friday	May 19 to June 23, 2023	6	
Saturday	May 27 to June 17, 2023	4	No Skating: May 20 & June 24



# Competitive/Day Ice Academy

Is a private lesson program for Figure Skaters working on Star 7 to Gold Freeskate tests. Skaters can do three double jumps and are on Star 6+ Dances and Skills Assessments. Registration Fee includes Competitive Ice times, as indicated on the Ice Schedule, Dryland instruction, and Coaching during the Stroking Classes. Competitive/Day Ice skaters must skate a minimum of 7 freeskate sessions per week and can complete their packages with both Day Ice and Int/Sr freeskates sessions. (Exceptions are at the discretion of the Academy Program Manager and availability.) Private or Semi-Private lessons are not included. Skaters must book private lessons directly with SASC coaching staff. (Dryland Schedule will be sent out separately when it is finalized.)

Competitive Packages Spring 2023	Spring Fee	2 Month Payment Plan
10 Freeskate Package, includes stroking, dance/skating skills & dryland	\$650	\$325 per month
7 Freeskate Package, includes stroking, dance/skating skills & dryland	\$540	\$270 per month

Competitive Spring 2023	Dates	#classes	No Skating Dates
Monday	May 15 to June 19, 2023	5	No Skating: May 22
Tuesday	May 16 to June 20, 2023	6	
Wednesday	May 17 to June 21, 2023	6	
Thursday	May 18 to June 22, 2023	6	
Friday	May 19 to June 23, 2023	6	



# Adult & Teen Academy/Private lessons

Is a private lesson program for Adult & Teen Figure Skaters working on Star 1 to Gold Assessments. Adults & Teens receive private or semi-private lessons and work at their own pace. Registration Fee includes Ice times, as indicated on the Ice Schedule, and Coaching during the Stroking Classes. Private or Semi-Private lessons are not included. Skaters must book private lessons directly with SASC coaching staff. NO Dryland is included in the fees.

Adult Spring 2023	Spring Fee	No Skating Days
Monday Adult Includes freeskate & stroking May 15 to June 19 (5 classes)	\$75	No Skating: May 22
Wednesday Adult freeskate & stroking May 17 to June 21 (6 classes)	\$90	-

## Policies

- SASC Membership and Skate Canada Fee of \$45 is an annual fee and will be applied to all skaters.
- Visit our website regularly for schedule changes, special days, and other important information on the Home Page. Schedules are subject to change.
- **Registration Deadline is April 28, 2023, skaters who DO NOT submit their registration prior to the deadline will have a \$75 late fee applied to their account.**
- NO make-up sessions are offered due to absences.
- To ensure a positive and successful skating experience, please adhere to our Club Policies and the Parent Code of Conduct posted on our website.
- **Refund Policy: refunds will be considered for serious medical circumstances substantiated by a medical certificate. All other requests for refunds (For example - retired skater, club transfer, etc.) will be subject to a cancellation penalty of one month ice fees. Requests must be received in writing. Bingo and fundraising commitments must still be honored, and volunteer commitment charges will be applied in the case of non-participation.**
- Skaters will not be able to skate if they have outstanding Coaching or Club invoices from previous seasons or clubs. Please clear all invoices to avoid training delays.
- There shall be no refunds if skating sessions are cancelled due to mechanical failure or club activities.

# Ice Schedule

SPRING SKATE 2023							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Ice time	Ice time	Ice time	Ice time	Ice time		Ice Time
1:30	Comp.	Comp.	Comp.	Comp.	Comp.		
1:45	Comp.	Comp.	Comp.	Comp.	Comp.		
2:00	Comp.	Comp.	Comp.	Comp.	Comp.		
2:15	Comp.	Comp.	Comp.	Comp.	Comp.	10:00	Canskate
2:30						10:15	Canskate
2:45	Comp	Comp.	Comp	Comp	Comp	10:30	Canskate
3:00	Comp	Comp.	Comp	Comp	Comp	10:45	Canskate
3:15	Comp	Comp.	Comp	Comp	Comp	11:00	Canskate
3:30	Stroking	D/SS	Stroking	D/SS	Stroking	11:15	Canskate
3:45	Stroking	D/SS	Stroking	D/SS	Stroking	11:30	
4:00						11:45	
4:15	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr	12:00	Int/Sr
4:30	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr	12:15	Int/Sr
4:45	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr	12:30	Int/Sr
5:00	Stroking	Junior	Junior	D/SS	Int/Sr	12:45	Int/Sr
5:15	Stroking	Junior	Junior	D/SS		1:00	Stroking
5:30		Junior	Junior		Junior	1:15	Stroking
5:45	Star 1			Star 1	Junior	1:30	
6:00	Star 1	Canskate	Canskate	Star 1	Junior	1:45	Junior
6:15	Star 1	Canskate	Canskate	Star 1	D/SS	2:00	Junior
6:30	Star 1	Canskate	Canskate	Star 1	D/SS	2:15	Junior
6:45						2:30	Stroking
7:00	Int/Sr/Adult	Adult Group	Int/Sr/Adult	Junior		2:45	Stroking
7:15	Int/Sr/Adult	Adult Group	Int/Sr/Adult	Junior		3:00	
7:30	Int/Sr/Adult	Adult Group	Int/Sr/Adult	Junior		3:15	
7:45	Stroking		Stroking	Stroking			
8:00							

# Academy Coaching Staff

## Academy Coaching Staff

Our highly trained professionals can assist you with lessons and planning your Figure Skating programs.

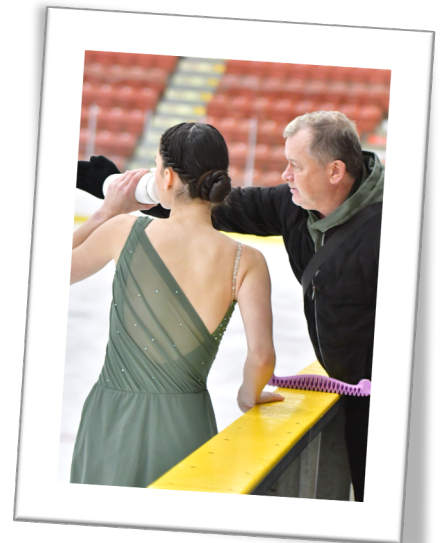


### Kris Wirtz

- National Certified - Base Coach
- 20 years+ coaching
- Coached 40+ skaters National Medalists
- International, World and Olympic Students with medals
- Petro Canada Coach of the Year 2014
- 2 Time National Champion and 3 Time Olympian
- 8 Time World Team Member
- Email: [krisnkristy@hotmail.com](mailto:krisnkristy@hotmail.com)

### Kristy Wirtz

- National Certified - Base Coach
  - 20+ years coaching
- Coached 40+ National Medalists
- International, World and Olympic Students with medals
  - 2 Time National Champion
  - 2 Time Olympian
  - 7 Time World Team
- Email: [krisnkristy@hotmail.com](mailto:krisnkristy@hotmail.com)



### Karen Brown

- National Certified - Base Coach
- Junior to Competitive Freeskate, Dance & Skating Skills, including Adults
  - Coached National Competitors
  - 45 years Coaching Experience
- Email: [kbrown55@hotmail.com](mailto:kbrown55@hotmail.com)





### **Deborah Lyon**

- National Certified - Base Coach
- Junior to Competitive Freeskate, Dance & Skating Skills
  - Skating Skills Evaluator
  - 36 years Coaching Experience
- Bachelor of Education and Bachelor of Science Degrees
  - SASC Academy Program Manager
- Star 1 Group Figure Skating Coordinator
  - Email: [lyononoice@shaw.ca](mailto:lyononoice@shaw.ca)

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### **Alexa Arrotta**

- **Learn To Skate Coordinator**
- Provincial Certified Coach
- 10 years coaching experience.
- National Level Senior Ice Dancer
- Specializing in stroking, edges, video analysis, and choreography
- Personal Fitness Trainer, Bachelor of Arts- Hons. in Child Studies
- Email: [a.arrotta@hotmail.com](mailto:a.arrotta@hotmail.com)

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### **Madison Kowaluk**

- Regional Certified Coach
- 5 years coaching experience
- Working with Juniors, Int/Sr & Adults
  - Email: [kowalukmadi@gmail.com](mailto:kowalukmadi@gmail.com)

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### **Kiera Fischer**

- Regional Certified Coach
- 2.5 years coaching experience
- Working with Juniors, Int/Sr & Adults
- Email: [fis.kiera@gmail.com](mailto:fis.kiera@gmail.com)

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### **Sydney Biensch**

- Regional Coach in Training
- 1 year coaching experience
- Working with Juniors, Int/Sr & Adults
  - Email: [Sydney.biensch@gmail.com](mailto:Sydney.biensch@gmail.com)