

# Summer Skate 2023

**St Albert Skating  
Centre**

**Academy  
Figure Skating  
Programs**



**Junior, Intermediate/Senior,  
Competitive & Star 1 Group  
Figure Skating**

Kinex & Troy Murray Arenas  
Registration Deadline: June 15, 2023  
(Late Registration Fee of \$75 will be  
applied after June 15, 2023)

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



# Star 1 Group Figure Skating

Is a GROUP lesson program for Figure Skaters working on Pre-Star to Star 1. Skaters will begin learning jumps and spins while continuing to learn basic crosscuts, edges and turns. Registration Fee includes all instruction on and off-ice and facility fees.

## Monday and Thursday

July 3 to July 27

Troy Murray Arena

Off-Ice Warm-up 5:30-5:45 PM

On-ice 6:00-7:00 PM

8 classes

**Summer Fee: \$225**



# 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 Summer 2023	Summer Fee	Initial Payment	Ice Time/Arena
<b>Week 1</b> - July 17-20 (4 days)	\$90	\$60	4:30-5:30pm/Kinex
<b>Week 2</b> - July 24-27 (4 days)	\$90	\$60	4:30-5:30pm/Kinex
<b>Week 3</b> - July 31-Aug 3 (4 days)	\$90	\$60	4:30-5:30pm/Kinex
<b>Week 4</b> - Aug 8-10 (3 days plus Fun Friday)	\$70	\$40	4:30-5:30pm/Kinex
<b>ALL Weeks</b> - July 17-Aug 10	\$280	\$140	4:30-5:30pm/Kinex



# 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 Summer 2023	Arena	Summer Fee	Initial Payment
<b>Week 1:</b> July 3-7	Troy Murray	\$180	\$90
<b>Week 2:</b> July 10-14	Troy Murray	\$180	\$90
<b>Week 3:</b> July 17-21	Kinex	\$180	\$90
<b>Week 4:</b> July 24-28	Kinex	\$180	\$90
<b>Week 5:</b> July 31-Aug 4	Kinex	\$180	\$90
<b>Week 6:</b> Aug 8-11	Kinex	\$140	\$70
<b>Three Week Package</b>		\$450	\$225
<b>All Six Week Package</b>		\$850	\$425

## **Monday to Thursday Ice Times:**

2:00-2:45 PM Freeskate

3:00-3:45 PM Freeskate

3:45-4:15 PM Dance/Skating Skills or Stroking

## **Friday's**

1:45-2:45 PM Freeskate

3:00-3:45 PM Int/Sr Group, Stroking, Spins, Simulations, Fun Friday events.



# 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 2023	Arena	Summer Fee	Initial Payment
<b>Week 1:</b> July 3-7	Troy Murray	\$180	\$90
<b>Week 2:</b> July 10-14	Troy Murray	\$180	\$90
<b>Week 3:</b> July 17-21	Kinex	\$180	\$90
<b>Week 4:</b> July 24-28	Kinex	\$180	\$90
<b>Week 5:</b> July 31-Aug 4	Kinex	\$180	\$90
<b>Week 6:</b> Aug 8-11	Kinex	\$140	\$70
<b>Three Week Package</b>		\$450	\$225
<b>All Six Week Package</b>		\$850	\$425

## **Monday to Thursday**

11:30-12:15 PM Freeskate

12:30-1:15 PM Freeskate

1:15-1:45 PM Dance/Skating Skills or Stroking

## **Friday's**

11:30-12:30 PM Freeskate

12:45-1:30 PM Competitive Group, Stroking, Spins, Simulations, Fun Friday Events.



# Ice Schedule

Summer Schedule 2023 (July 3 to Aug 11)					
Troy Murray Arena, July 3-July 14					
Kinex Arena, July 17-August 11					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Ice time	Ice time	Ice time	Ice time	Ice time
	Troy/Kinex	Troy/Kinex	Troy/Kinex	Troy/Kinex	Troy/Kinex
11:30	Comp	Comp	Comp	Comp	Comp
11:45	Comp	Comp	Comp	Comp	Comp
12:00	Comp	Comp	Comp	Comp	Comp
12:15					Spin
12:30	Comp	Comp	Comp	Comp	
12:45	Comp	Comp	Comp	Comp	Comp Group
1:00	Comp	Comp	Comp	Comp	Comp Group
1:15	Stroking	D/SS	Stroking	D/SS	Comp Group
1:30	Stroking	D/SS	Stroking	D/SS	
1:45					Int/Sr
2:00	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr
2:15	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr
2:30	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Spin
2:45					
3:00	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr Group
3:15	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr Group
3:30	Int/Sr	Int/Sr	Int/Sr	Int/Sr	Int/Sr Group
3:45	D/SS	Stroking	D/SS	Stroking	
4:00	D/SS	Stroking	D/SS	Stroking	
4:15					
4:30	Junior	Junior	Junior	Junior	
4:45	Starts July 17th	Starts July 17th	Starts July 17th	Starts July 17th	
5:00	Junior	Junior	Junior	Junior	
5:15	Stroking	D/SS	Stroking	D/SS	
5:30					
5:30	Troy	Troy	Troy	Troy	
5:45	Murray	Murray	Murray	Murray	
6:00	Star 1	Canskate	Canskate	Star 1	
6:15	Starts July 3	Canskate	Canskate	Starts July 3	
6:30	Ends July 27	Canskate	Canskate	Ends July 27	
6:45	Star 1			Star 1	
7:00		Adult Group			
7:15		Adult Group			
7:30		Adult Group			
7:45					

# Academy Coaching Staff

## Academy Coaching Staff

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

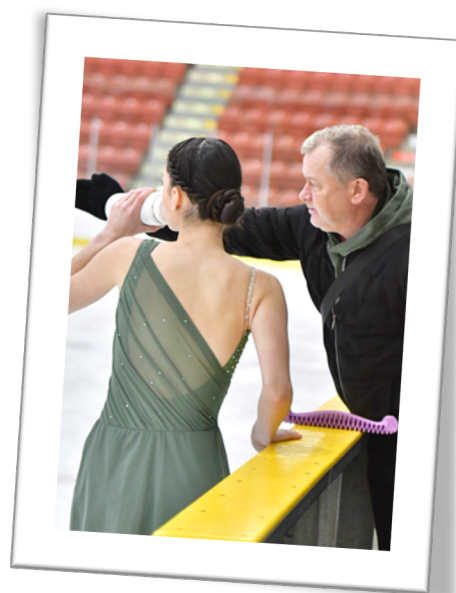


### Kristy Wirtz

- 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)

### 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)



### Deborah Lyon

- SASC Academy Program Manager
  - 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
  - Star 1 Group Figure Skating Coordinator
  - Email: [lyononice@shaw.ca](mailto:lyononice@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)

# 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 June 15, 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.
- If payment is made in two installments the Initial Payment will be when you register, and remainder of payment will be July 30, 2023.



**St. Albert  
Skating Centre**

