



2023 Summer Skating School

August 14-18, 2023

Moose Jaw Event Centre

Package Information & Fees:

All packages include 1-3 open sessions per day, 2 – 30 minute edge sessions per week, 2 – 30 minute dance sessions per week, 1 – 30 minute spin session per week, 3 – 15 minute off-ice warm up sessions & 2 – 30 minute posture/stretch sessions.

Packages Offered:	
Open Sessions/Day	Rate
1	\$185
2	\$275
3	\$325

	Monday	Tuesday	Wednesday	Thursday	Friday
4:45-5:15	B/S Edge	B/S Dance	B/S Spin	B/S Edge	B/S Dance
5:15-6:00	Open 1	Open 1	Open 1	Open 1	Open 1
6:00-6:15	Flood	Flood	Flood	Flood	Flood
6:15-7:00	Open 2	Open 2	Open 2	Open 2	Open 2
7:00-7:30	S/G Edge	S/G Dance	S/G Spin	S/G Edge	S/G Dance
7:30-8:15	Open 3	Open 3	Open 3	Open 3	Open 3





Additional Information:

Level of Skating Guideline:

Bronze: Star 1-2

Register for one open/week

Silver: Star 2-4

Register for 1-2 open/week

Gold: Completed Star 5 Free Skate

Register for 2-3 open/week

Coaching Staff:

Moose Jaw Skating Coaches will be present, see MJSC website for more information. All private lessons on open sessions will be billed direct to the skater. Coaching is included in the weekly pricing for all Edge, Spin, and Dance sessions.

To Register:

Registration for Moose Jaw Skating Club members begins on June 30, 2023, and non-members on July 15, 2023. On June 30, 2023, Moose Jaw Skate Club members will be provided with a priority registration link to access the registration web page. On July 15, 2023, registration opens to non-members and access to the web page can be found on the Moose Jaw Skate Club website under the registration link.

Cancellation Policy

The cancellation deadline is July 31, 2023. After July 31, refunds will be considered for medical reasons substantiated by a doctor's medical certificate. Requests must be made in writing. The \$25 registration fee will be withheld on all refunds.

Off-Ice Sessions

Off-Ice Warm Up & Posture/Stretch sessions will be facilitated at the Moose Jaw Event Centre. Off-Ice warm up sessions will be held 3 days per week, Posture/Stretch classes will be held twice a week.

Off-ice strength sessions will be facilitated by GAP (Gottselig Athletic Performance) located in the Golden Ticket Centre. Pre-season dates August 1-3 & Aug 8-10, 2023 (max 12 = \$38/skater). GAP will also be offering strength training sessions during the Summer Camp for all five days at an additional cost. The cost for the summer camp sessions will be divided equally between all participating skaters.

****Final schedule including all off-ice sessions to be sent out individually prior to camp****