

Coaches

Skate Winnipeg Contracted Coaches

Russell, Margo	margo_russell@mymts.net	204-253-2811—Skate Winnipeg Head Coach
Chen, Tina	tinamaichen@gmail.com	204-330-8147 (text only—no calls)
Cybulsky,Carolyn	ccybulsky@gmail.com	204-290-0661
Dawe, Kevin	kevin_48@hotmail.com	204-894-8947 (coaches to book Pole Harness lessons)
Russell, Deidre	deidskates94@hotmail.com	204-253-2811
Swischuk, Roni	ronis@mymts.net	204-832-4826
Winning, Connie	cdwinn@mymts.net	204-832-0766

Additional Summer Program Coaches

Bauer, Rosalyn	Rosalyn_g@hotmail.com	204-471-8808
Boychuk, Clarise	rcboy@mymts.net	204-255-5711
Cameron, Carolyn	recservices@steannemb.ca	204-475-1878
Hysop, Carolyn	hysopc@gmail.com	204-479-6732
McKee, Dana	marrinsmom@yahoo.ca	204-896-9104
Pilat, Tanya	tanyapilat@yahoo.com	204-453-6984

All Parents/Guardians are responsible for their child while at the arena. Do not leave your child unattended. The Club is not responsible to provide child supervision.

Simulations: All Intermediate, Senior A and Senior B skaters registered for a minimum of 4 weeks, will be scheduled for simulations. Skaters must check the bulletin board for date and time. Feedback will be provided based on CPC format. Skaters are expected to be dressed as they would for competition and to prepare accordingly. Should you wish to opt out of Simulations, please advise the Head Coach.

Off-ice includes classes in: strength and conditioning; stretch and flexibility; Zumba; off-ice jumps. Skaters need to have the appropriate clothing and footwear.

spirit days throughout the summer, with prizes for all those who participate

hot lunch option once per week

By pre-order only. Order forms will be made available Monday each week.

Announcing the Gordon Linney Memorial Scholarship

Gordon Linney was an advocate for Summer Figure Skating in Manitoba and to continue his legacy, Skate Winnipeg will be awarding scholarships in his memory. These scholarships are open to any summer registrant that is registered for a minimum of 4 weeks. Applicants are to prepare and submit a written statement on how Mr. Linney impacted their skating and why they are pursuing Figure Skating in Manitoba and mail to Skate Winnipeg, 1188 Dakota St. Winnipeg, Manitoba, R2n 3H4. Scholarships will be awarded to successful applicants after submissions have been received.

Deadline for submissions is June 15th, 2016



skate winnipeg SUMMER SESSION 2016



June 27th To August 19th

Test days will be held on July 22 and August 19.
Manitoba Summer Open Competition—July 23-24, 2016

Dakota Community Centre
1188 Dakota St. Winnipeg, MB

Sanctioned by Skate Canada

Skate Winnipeg Summer Fee Schedule

Early bird discount 10% if registered by May 15, 2016.
Family discount: 10% off the total bill for families with 2 or more skaters registered.

NOTE: To qualify for FAMILY RATE, each booking must be a min. of 4 weeks.

10% discount for complete summer session (8 weeks)
Preference will be given to those who register for the full 8 weeks

Maximum total discount allowed 20%

SESSION PRICE PER WEEK

SENIOR DANCE	25.00
SENIOR A	260.00
SENIOR B	250.00
INTERMEDIATE	215.00
JUNIOR—Weeks 1-4	160.00
JUNIOR—Weeks 5-8	155.00

Register at www.skatewinnipeg.ca

2016 Skate Winnipeg Summer Session Schedule - Wks 1-4

	Monday/Tuesday/Thursday/Friday		Wednesday—No Off Ice
	On Ice	OFF ICE	On Ice
6:45-7:45	Harness/Choreography		Harness/Choreography
7:45-8:00	Sr. B. Spins		Sr. B. Spins
8:00-8:45	Sr. B. FreeSkate		Sr. B. FreeSkate
8:45-8:55	FLOOD		FLOOD
8:55-9:55	Sr. A FreeSkate		Sr. A FreeSkate
9:55-10:05	FLOOD		FLOOD
10:05-10:35	Sr. A/B Skills		Sr. A/B Skills
10:35-11:20	Sr. B FreeSkate		Sr. B FreeSkate
11:20-11:30	FLOOD		FLOOD
11:30-11:45	Sr. A Spins	11:30-12:15 Sr. B	Sr. A Spins
11:45-12:45	Sr. A FreeSkate		Sr. A FreeSkate
12:45-1:10	Sr. A/B Stroking		FLOOD—12:45-12:55
1:10-1:20	FLOOD		SIMULATIONS - -12:55-1:50
1:20-1:50	Sr/Int Dance	1:30-2:15 Sr. A	
1:50-2:00	Int Spins		Int Spins
2:00-2:45	Int. FreeSkate	2:15-2:45 Jr.	Int. FreeSkate
2:45-2:55	FLOOD		FLOOD
2:55-3:25	Int/Jr Skills		Int/Jr FreeSkate 2:55-3:40
3:25-4:10	Int/Jr FreeSkate		Int/Jr Skills 3:40-4:10
4:10-4:25	Int/Jr Stroking		Int/ Jr Stroking 4:10-4:25
4:25-5:00	Jr. Dance	4:30-5:00 Int.	Jr. Dance 4:25-5:00

***Harness/Choreography Sessions:** Open to skaters of all levels. Ice-time is purchased through the Dakota Community Centre. This is not Summer Session ice. Tickets will be sold by your coach at a cost of \$10.00 per session and must be paid prior to the skater participating in the session.

Harness lessons: Kevin Dawe is available for jump lessons using the pole harness on the designated sessions (6:45-7:45am, Monday to Friday). Lessons are to be scheduled with Kevin by the skater's coach.

Information 2016—www.skatewinnipeg.ca

Senior A Max. 14 skaters per session.

Novice to Senior Competitive/Complete Gold FreeSkate. Includes 2 FS, Footwork/Skills, Spins, Stroking/Edges, Off-ice and Simulations.

Senior B Max. 20 skaters per session.

Pre-Novice Competitive/Complete Jr. Silver FreeSkate. Includes daily schedule of 2 Senior FS, Footwork/Skills, Spins, Stroking/Edges, Off-ice and simulations.

Senior Dance - Available for Seniors as not included in Sr. A and B.

Passed complete Jr. Silver dance tests or higher. Working on Sr. Silver to Diamond dances.

Intermediate Max. 24 skaters per session.

Star 5 to Completed Sr. Bronze FreeSkate. Includes daily schedule of 2 Intermediate FS, Footwork/Skills, Spins, Stroking/Edges, Dance, Off-ice and simulations.

Junior Max. 28 skaters per session.

Jr. Academy to STAR 4 (passed no higher than Jr. Bronze FS test). Includes daily schedule of 1 Junior FS, Skills, Dance, Stroking, and Off-ice.

2016 Skate Winnipeg Summer Session Schedule—Wks 5 - 8

	Monday/Tuesday/Thursday/Friday		Wednesday—No Off Ice
	On Ice	OFF ICE	On Ice
6:45-7:45	Harness/Choreography * Sr. Dance Option		Harness/Choreography * Sr. Dance Option
7:45-8:00	Sr. B Spins		Sr. B Spins
8:00-8:45	Sr. B Freeskate		Sr. B Free
8:45-8:55	FLOOD		FLOOD
8:55-9:55	Sr. A Freeskate		Sr. A Free
9:55-10:05	FLOOD		FLOOD
10:05-10:35	Sr. A/B Skills/Ft work		Sr. A/B Skills/Ft work
10:35-11:20	Sr. B Freeskate		Sr. B Free
11:20-11:30	FLOOD		FLOOD
11:30-11:45	Sr. A Spins	11:30-12:15 Sr. B	Sr. A Spins
11:45-12:45	Sr. A Freeskate		Sr. A Free
12:45-1:10	Sr. A/B Stroking	12:30-1:00 Int.	FLOOD—12:45—12:55
1:10-1:20	FLOOD		SIMULATIONS - 12:55-1:50
1:20-1:50	Dance	1:45-2:30 Sr. A	
1:50-2:20	Jr./Int Skills		Int Free -1:50 - 2:35
2:20-3:05	Jr./Int Free		Jr/Int Skills - 2:35-3:05
3:05-3:15	FLOOD		FLOOD
3:15-3:30	Int. Spins	3:15-3:45 Jr.	Jr/Int Spins
3:30-4:15	Int. Free		Jr/Int Free
4:15-4:30	Int. Stroking		Jr/Int Stroking