



## 2022-2023 FALL / WINTER

September 6, 2022 - May 6, 2023

Gateway Skating Club is committed to an environment that fosters personal growth & development of our members.

Mill Woods Rec Centre  
7207 - 28 Avenue

The Meadows Rec Centre  
2407 - 17 Street

Kinsmen Twin Arenas  
1979 - 111 Street

### GENERAL INFORMATION

The Fall/Winter skating school runs from September 6, 2022 to April 29, 2023. DEADLINE to register is **August 15**.

**Early Bird registration (\$50 credit) if registered on or before August 1. Late registration (\$25) after August 15.**

Gateway Skating Club is adhering to all federal, provincial, municipal and Skate Canada regulations regarding COVID-19. See website for the latest COVID-19 policies.

Check our Events Calendar frequently for changes/adjustments/events. Follow us on Instagram/Facebook to stay up to date!

Gateway SC will pay for coaches expenses (transportation, meals & accommodation) for selected competitions.

No make-up sessions are offered due to absences.

- ▶ Hourly skaters may make-up a session if cancelled by the club - arranged through base coach.

Private / Semi-Private lessons are charged separately (contact your base coach).

Payment information/options are found on the registration form (online).

There will be no refunds in the event that skating is canceled due to facility failure or club events.

Refund Policy:

- ▶ Account adjustments will be considered for a serious medical circumstances (with a medical certificate).
- ▶ A \$25 Admin fee will be withheld. Any other requests (e.g., Transfers, retiring, etc) must be requested in writing, and will be subject to a cancellation penalty of one month's ice fee.
- ▶ **All fundraising / volunteer commitments must be fulfilled to avoid the \$150 volunteer commitment charge.**

### VOLUNTEER HOURS & FUNDRAISING

Please see separate information sheet.



## PROFESSIONAL COACHING STAFF

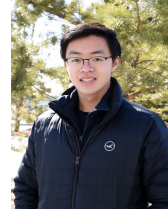
The Gateway Skating Club has a professional team of coaches who work together to ensure that all skaters achieve personal excellence. Visit our website to find more information about our coaches.



**Heather Heide**  
National Certified  
nationalcoach.heather@gmail.com



**Shelley Douglas**  
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**Julia Chua**  
Regional In-Training  
julia\_chua\_888@hotmail.com

Please contact coaches directly to inquire about lesson rates and availability.  
If you are new to private lessons, please contact Heather Heide at nationalcoach.heather@gmail.com.

**Gateway SC Yearly Membership of \$160 will be added to all Member registrations.**

Membership includes Skate Canada Insurance, membership and Safe Sport fees, AGM & Awards Banquet.  
Valid from September 1, 2022 - August 31, 2023.

**PACKAGES & PRICING**

CATEGORY	DATES		TOTAL	Monthly
Senior A/B	Monday	September 12, 2022 - May 1, 2023	\$270.00	\$33.75
	Tuesday	September 6, 2022 - May 2, 2023	\$270.00	\$33.75
	Wednesday	September 7, 2022 - May 3, 2023	\$440.00	\$55.00
	Friday	September 9, 2022 - May 5, 2023	\$240.00	\$30.00
	Saturday	September 10, 2022 - May 6, 2023	\$420.00	\$52.50
	<b>Senior A/B - MUST CHOOSE MINIMUM OF 4 DAYS</b>			
Intermediate*	Monday	September 12, 2022 - May 1, 2023	\$300.00	\$37.50
	Tuesday	September 6, 2022 - May 2, 2023	\$340.00	\$42.50
	Wednesday	September 7, 2022 - May 3, 2023	\$380.00	\$47.50
	Friday	September 9, 2022 - May 5, 2023	\$270.00	\$33.75
	<b>Intermediate - MUST CHOOSE MINIMUM OF 3 DAYS</b>			
Junior**	Monday	September 12, 2022 - May 1, 2023	\$360.00	\$45.00
	Tuesday	September 6, 2022 - May 2, 2023	\$400.00	\$50.00
	Wednesday	September 7, 2022 - May 3, 2023	\$440.00	\$55.00
	Friday	September 9, 2022 - May 5, 2023	\$320.00	\$40.00
	<b>Junior - MUST CHOOSE MINIMUM OF 3 DAYS</b>			
Star O12 & Adult	Thursday	September 8, 2022 - May 4, 2023	\$220.00	\$27.50
	Friday	September 9, 2022 - May 5, 2023	\$110.00	\$13.75
	Saturday	September 10, 2022 - May 6, 2023	\$350.00	\$43.75
	<b>Over 12 yrs old - NO MINIMUM DAYS REQUIRED</b>			

Note: Intermediate\* packages include 20 min of group coaching on all freeskate sessions

Note: Junior\*\* packages include 30 min of group coaching on all freeskate sessions

Packages include Christmas Camp (Dec 27, 28, 29, Jan 3, 4, 5) for Senior & Intermediate.

No skating Oct 10, Nov 11, Dec 9, 15, 16, 17, Dec 24-Jan 8, Feb 20, Mar 17, 24, 31, Apr 7.

- ▷ Packages include all on and off ice group sessions scheduled on each day. \*Junior/Int package - see note about extra coaching.
- ▷ Skaters not registering for a Package may purchase hourly at the discretion of the Director. See prices below.
- ▷ Additional family members receive 15% discount (members only).

**HOURLY**

Hourly	per hour	\$20.00
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**NOTES**

- ▷ Register by August 1, 2022, and receive a \$50 credit
- ▷ Register online through your Uplifter account at [www.gatewayskatingclub.org](http://www.gatewayskatingclub.org).
- ▷ Schedules are subject to change. GSC reserves the rights to cancel/adjust sessions without notice.
- ▷ Check the Calendar of Events on the GSC website regularly for no skating days, cancellations, and schedule changes.



**REGISTRATION OPENS**

- ▷ JULY 20, 2022 at Noon.



## 2022-2023 FALL / WINTER SCHEDULE

September 6, 2022 - May 6, 2023

Monday Meadows W	Tuesday Mill Woods B      Mill Woods A		Wednesday Kinsmen
4:15-4:30 - Session Warm-up Senior B / Senior A	4:00-4:15 - Session Warm-up Senior B / Senior A	4:00-4:15 - Edges / Warm-up Junior / Intermediate	4:00-4:15 - Session Warm-up Senior B / Senior A
4:30-5:15 - Freeskate Senior B / Senior A	4:15-5:00 - Freeskate Senior B / Senior A	4:15-5:00 - Freeskate Junior / Intermediate	4:15-5:00 - Freeskate Senior B / Senior A
5:15-5:30 - Flood Junior / Intermediate	5:00-5:30 - Dance/Skills Sr B / Sr A / Int / Jr		5:00-5:15 - Edges Senior B / Senior A
5:30-5:45 - Edges / Warm-up Junior / Intermediate	5:30-5:45 - Flood HOCKEY SKILLS		5:15-5:30 - Group Spins Sr B / Sr A / Int / Jr
5:45-6:30 - Freeskate Junior / Intermediate	5:45-6:30 HOCKEY SKILLS		5:30-5:45 - Flood
6:30-7:15 Canskate	6:30-7:15 HOCKEY SKILLS	6:30 - 7:30 Gateway Academy	5:45-6:00 - Edges / Warm-up Junior / Intermediate
			6:00-6:45 - Freeskate Junior / Intermediate
			6:45-7:30 Canskate
OFF-ICE	OFF-ICE	OFF-ICE	OFF-ICE
5:30-6:30 Senior B / Senior A	5:45-6:15 Senior B / Senior A	5:45-6:15 Gateway Academy	4:30-5:00 Junior / Intermediate
4:30-5:15 Junior / Intermediate		5:45-6:15 Junior / Intermediate	5:45-6:30 Senior B / Senior A
Thursday Mill Woods B	Friday Meadows E	Saturday Mill Woods B	Sunday Meadows
4:30-5:15 - Freeskate STAR O12 / Adult	4:00-4:15 - Edges / Warm-up Junior / Intermediate	9:15-9:30 - Edges STAR O12 / Adult	1:30-2:15 Gateway Academy
5:15-5:45 - Dance/Skills STAR O12 / Adult	4:15-5:00 - Freeskate Junior / Intermediate	9:30-10:15 - Freeskate STAR O12 / Adult	2:15-3:00 STARPrep / Adult-Teen CanSkate
5:45-6:30 Gateway Academy	5:00-5:15 - Flood Sr B / Sr A / Int / Jr	10:15-10:45 - Dance/Skills STAR O12 / Adult	3:00-3:15 - Flood CanSkate A
	5:15-6:00 - Simulations Alternate weeks*	10:45-11:15 - Dance / Skills Senior B / Senior A	3:15-4:00 CanSkate A
	6:00-6:15 - Session Warm-up Senior B / Senior A	11:15-11:30 - Edges Senior B / Senior A	4:00-4:45 CanSkate B
	6:15-7:00 - Freeskate Senior B / Senior A	11:30-11:45 - Flood Senior B / Senior A	4:45-5:00 - Flood CanSkate C
	7:00-8:00 - Open STAR O12 / Adult	11:45-12:00 - Session Warm-up Senior B / Senior A	5:00-5:45 CanSkate C
Mill Woods A 5:45-6:45 CanSkate		12:00-1:00 - Freeskate Senior B / Senior A	
		1:00-1:15 - Flood CanSkate A	
		1:15-2:00 CanSkate A	
		2:00-2:15 - Flood CanSkate B	
		2:15-3:00 CanSkate B	
		3:00-3:45 CanSkate C	
OFF-ICE	OFF-ICE	OFF-ICE	OFF-ICE
4:45-5:30 Gateway Academy	5:15-5:45* Junior / Intermediate	11:00-11:30 STAR O12 / Adult	12:30-1:15 Gateway Academy
	5:15-5:45* Senior B / Senior A		