



2022-2023 FALL / WINTER

September 6, 2022 - May 6, 2023

Pre-Season Camp (Intermediates & Seniors)
Augst 29, 30, 31

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 May 6, 2023.

EARLY BIRD: register by August 1 to be entered into a draw for 1 of 3 gift cards of \$150 each (or \$150 towards Gateway gear)

LATE FEE: A late fee of \$75 will be charged after August 1, 2022

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.
- ▶ **Mandatory Fundraising this year will be one Bingo (per family) or an opt out fee of \$175 (at registration)**
- ▶ **Mandatory Volunteer Hours, depending on level of skater is 1-6 hrs per skater or an opt out fee of \$50 per required hour (at registration)**



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
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Shelley Douglas
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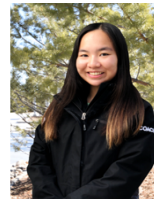
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Emily Vreudge
Regional In-Training
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Julia Chua
Regional In-Training
julia_chua_888@hotmail.com

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 Annual Membership of \$40 will be added to all Member registrations, which includes the Year End Awards Banquet
 Skate Canada Membership fee of \$45 will be added, which includes Insurance, Skate Canada membership and Safe Sport fees.
 This is a one-time fee and will be valid from September 1, 2022 - August 31, 2023.

PACKAGES & PRICING

CATEGORY	DATES		TOTAL	Monthly
Senior A/B	Monday (Meadows)	September 12, 2022 - May 1, 2023	\$270.00	\$33.75
	Tuesday (Millwoods)	September 6, 2022 - May 2, 2023	\$270.00	\$33.75
A - Star 7 / Juv-Sr B - Star 5 / Pre-Juv	Wednesday (Kinsmen)	September 7, 2022 - May 3, 2023	\$440.00	\$55.00
	Friday (Meadows)	September 9, 2022 - May 5, 2023	\$240.00	\$30.00
	Saturday (Millwoods)	September 10, 2022 - May 6, 2023	\$430.00	\$53.75
Senior A/B - MUST CHOOSE MINIMUM OF 4 DAYS				
Intermediate*	Monday (Meadows)	September 12, 2022 - May 1, 2023	\$300.00	\$37.50
	Tuesday (Millwoods)	September 6, 2022 - May 2, 2023	\$340.00	\$42.50
Star 3 / Pre-Juvenile	Wednesday (Kinsmen)	September 7, 2022 - May 3, 2023	\$380.00	\$47.50
	Friday (Meadows)	September 9, 2022 - May 5, 2023	\$270.00	\$33.75
Intermediate - MUST CHOOSE MINIMUM OF 3 DAYS				
Junior**	Monday (Meadows)	September 12, 2022 - May 1, 2023	\$360.00	\$45.00
	Tuesday (Millwoods)	September 6, 2022 - May 2, 2023	\$400.00	\$50.00
Star 1-2	Wednesday (Kinsmen)	September 7, 2022 - May 3, 2023	\$440.00	\$55.00
	Friday (Meadows)	September 9, 2022 - May 5, 2023	\$320.00	\$40.00
Junior - MUST CHOOSE MINIMUM OF 3 DAYS				
Star O12 & Adult	Thursday (Millwoods)	September 8, 2022 - May 4, 2023	\$220.00	\$27.50
	Friday (Meadows)	September 9, 2022 - May 5, 2023	\$110.00	\$13.75
Star 1-4	Saturday (Millwoods)	September 10, 2022 - May 6, 2023	\$350.00	\$43.75
Over 12 yrs old - NO MINIMUM DAYS REQUIRED				

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

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

*Packages include Pre-Season Warm-up (Aug 29, 30, 31) & Christmas Camp (Dec 27, 28, 29, Jan 3, 4, 5) for Intermediate & Senior.
 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 to be entered into a draw (see General Information)
- ▷ Register online through your Uplifter account at 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 12:00 pm



2022-2023 FALL / WINTER SCHEDULE

September 6, 2022 - May 6, 2023

Monday Meadows W	Tuesday		Wednesday Kinsmen
	Mill Woods B	Mill Woods A	
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		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
5:30-6:15 Senior B / Senior A	5:45-6:15 Senior B / Senior A	5:45-6:15 Gateway Academy	4:30-5:00 Junior / Intermediate
4:45-5:15 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	10:15-10:45 - Dance/Skills STAR O12 / Adult	3:00-3:15 - Flood
	5:15-6:00 - Simulations Sr B / Sr A / Int / Jr	10:45-11:15 - Dance/Skills Senior B / Senior A	3:15-4:00 CanSkate A
	Alternate weeks*	11:15-11:30 - Edges Senior B / Senior A	4:00-4:45 CanSkate B
	6:00-6:15 - Session Warm-up Senior B / Senior A	11:30-11:45 - Flood Senior B / Senior A	4:45-5:00 - Flood
	6:15-7:00 - Freeskate Senior B / Senior A	11:45-12:00 - Session Warm-up Senior B / Senior A	5:00-5:45 CanSkate C
	7:00-8:00 - Open STAR O12 / Adult	12:00-1:00 - Freeskate Senior B / Senior A	
5:45-6:45 CanSkate		1:00-1:15 - Flood	
		1:15-2:00 CanSkate A	
		2:00-2:15 - Flood	
		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		

Pre-Season Warm-up (Aug 29, 30, 31) for Intermediate & Senior - schedule TBD
 Christmas Camp (Dec 27, 28, 29, Jan 3, 4, 5) for Intermediate & Senior - schedule TBD

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