



Summer Camp

July 3 - August 11, 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

GENERAL INFORMATION

Summer skating camp runs from July 3 to August 11, 2023. **DEADLINE to register is June 1, 2023.** Late registrations will incur a fee of \$25.

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

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 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 commitments must be fulfilled and volunteer commitment charges will be applied.



REGISTRATION OPENS MAY 1, 2023



PROFESSIONAL COACHING STAFF

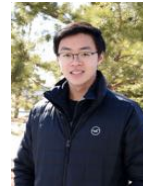
The Gateway Skating Club has a professional team of coaches who work together to ensure that all skaters achieve personal excellence. Visit our website to find more information about our coaches.



Heather Heide
National Certified
nationalcoach.heather@gmail.com



Shelley Douglas
National Certified
shelley@edgeahead.ca



Nathan Chung
Provincial (In-Training)
nathann1600@gmail.com



Amanda Dutton
Regional Certified
amandadutton@shaw.ca



Nicole Houle
Provincial (In-Training)
niconicoleh22@gmail.com



Christine Lirette
Regional Certified
crlirette@gmail.com



Alysha Gill
Regional Certified
alyshagill.98@gmail.com



Emily Vreudge
Regional Certified
evreudge@shaw.ca



Julia Chua
Regional Trained
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.



WEEKLY FEES

| CATEGORY | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|------------------|--------|--------|--------|--------|--------|--------|
| Senior | \$220 | \$200 | \$200 | \$180 | \$170 | \$110 |
| *Intermediate | \$150 | \$140 | \$140 | \$130 | \$130 | \$80 |
| *Junior | \$160 | \$150 | \$150 | \$140 | \$140 | \$90 |
| Star O12 / Adult | | \$130 | \$130 | \$120 | | |

* Junior package includes 30 min group coaching per freeskate session

* Intermediate package includes 15 min group coaching per freeskate session

*** Discount (multi-week booking: 4-week registration = 10% discount; 5 or 6 week registration = 15% discount) - Gateway Members only.**

- ▷ Weekly fee includes all on and off ice group sessions/classes.
- ▷ Private & semi private lessons are over and above weekly fees.
- ▷ Skaters not registering weekly may purchase hourly at the discretion of the Director. See prices below.
- ▷ Additional family members receive 15% discount (Gateway members only).
- ▷ Non-Gateway members, add 5%
- ▷ **NOTE: Week 4 - *Gateway Challenge (Star 1-3) - Friday, July 28**
- ▷ **NOTE: Week 6 - TEST DAY - Friday, August 11 (test fees apply).**

* Gateway Challenge (included in Week 4 registration) - \$25 if not registered for Week 4.



HOURLY & DROP-IN

| | | |
|----------|----------|---------|
| Drop-In* | Per Hour | \$20.00 |
|----------|----------|---------|

*Sessions/classes will be based on availability and must be approved by the Director.

CATEGORY QUALIFICATIONS

| CATEGORY | QUALIFICATIONS |
|------------------|---------------------------------------|
| Senior | Pre-Juvenile - Senior / Star 7 - Gold |
| Intermediate | Star 4 - 6 |
| Junior | Star 1 - 3 |
| Star O12 / Adult | Star 1 - 6 |

NOTES

- ▷ **Prior to registering, approval for your schedule is required from your coach.**
- ▷ Registration deadline is June 1, 2023. Late registrations will incur a fee of \$25.
- ▷ 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.

| Theme Days | |
|--------------|-----------------|
| Wed, July 5 | Wacky-Tacky Day |
| Wed, July 12 | Disney Day |
| Wed, July 19 | Pajama Day |
| Wed, July 26 | Beach Day |
| Wed, Aug 2 | Snowy Day |
| Wed, Aug 9 | Wild West Day |



2023 SUMMER CAMP SCHEDULE

July 3 - August 11, 2023

WEEK 1 (Monday July 3 - Friday, July 7)

| Monday Meadows E | Tuesday Meadows E | Wednesday Mill Woods A | Thursday Mill Woods A | Friday Meadows E |
|--|---|--|-------------------------------------|--|
| 9:00-9:15 - Warm-Up JUNIOR INTERMEDIATE | | 9:00-9:15 - Warm-Up JUNIOR INTERMEDIATE | 9:00-9:15 - Edge JUNIOR | 9:00-9:15 - Warm-Up JUNIOR INTERMEDIATE |
| 9:15-10:00 - Freeski JUNIOR INTERMEDIATE | | 9:15-10:00 - Freeski JUNIOR INTERMEDIATE | 9:15-10:00 - Freeski JUNIOR | 9:15-10:00 - Freeski JUNIOR INTERMEDIATE |
| 10:00-10:45 - Freeski SENIOR | | 10:00-10:45 - Freeski SENIOR | 10:00-10:15 - Spins JUNIOR | 10:00-10:45 - Freeski SENIOR |
| 10:45-11:00 - Edge SENIOR | | 10:45-11:00 - Edge SENIOR | 10:15-11:00 Freeski INTERMEDIATE | 10:45-11:00 - Edge SENIOR |
| 11:00-11:15 - FLOOD | 10:15-11:00 - Freeski JUNIOR | 11:00-11:15 - FLOOD | 11:00-11:15 - Spins INTERMEDIATE | 11:00-11:15 - FLOOD |
| 11:15-11:45 - Edge JUNIOR INTERMEDIATE | 11:00-11:15 - Spins INTERMEDIATE | 11:15-11:45 - Edge JUNIOR INTERMEDIATE | 11:15-11:30 - FLOOD JUNIOR | 11:15-11:45 - Edge JUNIOR INTERMEDIATE |
| 11:45-12:15 - D / S / C JUNIOR INTERMEDIATE | 11:45-12:00 - FLOOD 12:00-12:30 - Edge INTERMEDIATE | 11:45-12:15 - D / S / C JUNIOR INTERMEDIATE | 11:30-12:00 - Edge JR INT SR | 11:45-12:15 - D / S / C JUNIOR INTERMEDIATE |
| 12:15-12:30 - FLOOD | 12:30-1:00 - D / S / C SENIOR | 12:15-12:30 - FLOOD 12:30-12:45 - Warm Up SENIOR | 12:00-12:30 - D / S / C SENIOR | 12:15-12:30 - FLOOD 12:30-12:45 - Warm Up SENIOR |
| 12:30-1:00 - Theatre SENIOR | 1:00-1:45 - Freeski SENIOR | 12:45-1:30 Freeski SENIOR | 12:45-1:30 - Freeski SENIOR | 12:45-1:30 Freeski SENIOR |
| 1:15-2:00 - Freeski SENIOR | 1:45-2:00 - Edge SENIOR | 1:30-2:00 - Edge SENIOR | 1:30-2:00 - Stroking SENIOR | 1:30-2:00 - Edge SENIOR |

D / S / C - Dance, Skills, Choreography

OFF ICE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 10:15-11:00 - Zumba JUNIOR INTERMEDIATE | 9:15-10:00 - Technical JUNIOR | 10:15-11:00 - Ballet JUNIOR INTERMEDIATE | 9:30-10:00 - Technical INTERMEDIATE | 10:15-11:00 - ABC JUNIOR INTERMEDIATE |
| 11:15-12:00 SENIOR | 10:00-10:45 - Technical INTERMEDIATE | 11:15-12:00 SENIOR | 10:30-11:15 SENIOR | 11:15-12:00 SENIOR |
| | 11:15-12:15 SENIOR | | 10:45-11:15 - Flexibility JUNIOR | |
| | 11:45-12:15 - ABC JUNIOR | | 12:45-1:30 - Flexibility INTERMEDIATE | |
| | 1:00-1:45 - ABC INTERMEDIATE | | | |

WEEK 2 (Monday, July 10 - Friday, July 14) & WEEK 3 (Monday, July 17 - Friday, July 21)

| Monday Meadows E | Tuesday Meadows E | Wednesday Mill Woods A | Thursday Mill Woods A | Friday Meadows E |
|-----------------------|--------------------------|---------------------------|--------------------------|-----------------------|
| 9:00-9:30 - D / S / C | | 9:00-9:30 - D / S / C | 9:00-9:30 - Edge | 9:00-9:30 - D / S / C |
| JR INT O12 | | JR INT O12 | JUNIOR INTERMEDIATE | JR INT O12 |
| 9:30-10:15 - Freeski | | 9:30-10:15 - Freeski | 9:30-10:15 - Freeski | 9:30-10:15 - Freeski |
| O12 / Adult | | O12 / Adult | O12 / Adult | O12 / Adult |
| 10:15-10:30 - Edge | 10:15-11:00 - Freeski | 10:15-10:30 - Edge | 10:15-10:30 - Edge | 10:15-10:30 - Edge |
| O12 / Adult | JUNIOR | O12 / Adult | O12 / Adult | O12 / Adult |
| 10:30-10:45 - FLOOD | 11:00-11:15 - Edges | 10:30-10:45 - FLOOD | 10:30-10:45 - FLOOD | 10:30-10:45 - FLOOD |
| 10:45-11:30 - Freeski | JUNIOR INTERMEDIATE | 10:45-11:30 - Freeski | 10:45-11:30 - Freeski | 10:45-11:30 - Freeski |
| SENIOR | 11:15-12:00 - Freeski | SENIOR | SENIOR | SENIOR |
| 11:30-12:15 - Freeski | INTERMEDIATE O12 / Adult | 11:30-12:15 - Freeski | 11:30-12:15 - Freeski | 11:30-12:15 - Freeski |
| JUNIOR INTERMEDIATE | 12:00-12:15 - Spins | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE |
| 12:15-12:30 - Edge | INTERMEDIATE O12 / Adult | 12:15-12:30 - Edge | 12:15-12:30 - Edge | 12:15-12:30 - Edge |
| JUNIOR INTERMEDIATE | 12:15-12:30- FLOOD | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE |
| 12:30-12:45 - FLOOD | 12:30-1:00 - D / S / C | 12:30-12:45 - FLOOD | 12:30-12:45 - FLOOD | 12:30-12:45 - FLOOD |
| 12:45-1:15 - Theatre | SENIOR | 12:45-1:00 - Warm Up | 12:45-1:15 - D / S / C | 12:45-1:00 - Warm Up |
| SENIOR | 1:00-1:45 - Freeski | SENIOR | SENIOR | SENIOR |
| 1:15-2:00 - Freeski | SENIOR | 1:00-1:45 - Freeski | 1:15-2:00 - Freeski | 1:00-1:45 - Freeski |
| SENIOR | 1:45-2:00 - Edge | SENIOR | SENIOR | SENIOR |
| | SENIOR | 1:45-2:00 - Edge | | 1:45-2:00 - Edge |
| | | SENIOR | | SENIOR |

D / S / C - Dance, Skills, Choreography

OFF ICE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--------------------------|------------------------|--------------------------|------------------------|
| 9:45-10:45 - Zumba | 9:15-10:00 - Technical | 9:45-10:45 - Ballet | 9:45-10:45 - Technical | 9:45-10:45 - Technical |
| JUNIOR INTERMEDIATE | JUNIOR | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE |
| 10:00-10:30 - Technical | 10:00-10:45 - Technical | 9:45-10:30 - Technical | 9:45-10:30 - Technical | 9:45-10:30 - Technical |
| SENIOR | INTERMEDIATE | SENIOR | SENIOR | SENIOR |
| 10:45-11:30 | 11:15-12:15 | 10:45-11:30 | 10:45-11:30 | 10:45-11:30 |
| O12 / Adult | SENIOR | O12 / Adult | O12 / Adult | O12 / Adult |
| 11:50-12:30 | 11:45-12:30 | 12:00-12:30 | 12:00-12:30 | 12:00-12:30 |
| SENIOR | JUNIOR | SENIOR | SENIOR | SENIOR |
| 12:45-1:15 - Technical | 12:30-1:00 | 12:45-1:15 - ABC | 12:45-1:15 - Flexibility | 12:45-1:15 - ABC |
| JUNIOR INTERMEDIATE | O12 / Adult | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE |
| | 12:45-1:15 - Flexibility | | | |
| | INTERMEDIATE | | | |

WEEK 4 (Monday, July 24 - Friday, July 28)

| Monday Meadows E | Tuesday Meadows E | Wednesday Mill Woods B | Thursday Mill Woods B | Friday Meadows E |
|-----------------------|--------------------------|---------------------------|--------------------------|-----------------------|
| 9:00-9:30 - D / S / C | | 9:00-9:30 - D / S / C | 9:00-9:30 - Edge | 9:00-9:30 - D / S / C |
| JR INT O12 | | JR INT O12 | JUNIOR INTERMEDIATE | JR INT O12 |
| 9:30-10:15 - Freeski | | 9:30-10:15 - Freeski | 9:30-10:15 - Freeski | 9:30-10:15 - Freeski |
| O12 / Adult | | O12 / Adult | O12 / Adult | O12 / Adult |
| 10:15-10:30 - Edge | 10:15-11:00 - Freeski | 10:15-11:00 - Freeski | 10:15-10:30 - Edge | 10:15-11:00 - Freeski |
| O12 / Adult | JUNIOR | SENIOR | SENIOR | SENIOR |
| 10:30-10:45 - FLOOD | 11:00-11:15 - Edge | 11:00-11:15 - FLOOD | 10:30-11:00 - D / S / C | 11:00-11:15 - FLOOD |
| 10:45-11:30 - Freeski | JUNIOR INTERMEDIATE | 11:15-12:00 - Freeski | SENIOR | 11:15-12:15 |
| SENIOR | 11:15-12:00 - Freeski | JUNIOR INTERMEDIATE | 11:00-11:15 - FLOOD | GATEWAY CHALLENGE |
| 11:30-12:15 - Freeski | INTERMEDIATE O12 / Adult | 12:00-12:45 - Freeski | 11:15-12:00 - Freeski | |
| JUNIOR INTERMEDIATE | 12:00-12:15 - Spins | SENIOR | JUNIOR INTERMEDIATE | |
| 12:15-12:30 - Edge | INTERMEDIATE O12 / Adult | 12:45-1:00 - Edge | 12:00-1:00 - Freeski | 12:15-1:00 - Freeski |
| JUNIOR INTERMEDIATE | 12:15-12:30- FLOOD | SENIOR | SENIOR | SENIOR |
| 12:30-12:45 - FLOOD | 12:30-1:00 - D / S / C | | | |
| 12:45-1:15 - Theatre | SENIOR | | | |
| SENIOR | 1:00-1:45 - Freeski | | | |
| 1:15-2:00 - Freeski | SENIOR | | | |
| SENIOR | 1:45-2:00 - Edge | | | |
| | SENIOR | | | |

D / S / C - Dance, Skills, Choreography

OFF ICE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|----------------------------|-------------------------|----------------------------|-------------------------|
| 9:45-10:45 - Zumba | 9:15-10:00 - Technical | 9:45-10:30 - Ballet | 9:45-10:30 - Technical | 9:45-10:30 - Technical |
| JUNIOR INTERMEDIATE | JUNIOR | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE |
| 10:00-10:30 - Technical | 10:00-10:45 - Technical | 10:30-11:15 | 10:30-11:15 | 10:30-11:15 |
| SENIOR | INTERMEDIATE | O12 / Adult | O12 / Adult | O12 / Adult |
| 10:45-11:30 | 11:15-12:15 - Conditioning | 11:15-11:45 - Technical | 11:15-11:50 - Conditioning | 11:15-12:00 - Technical |
| O12 / Adult | SENIOR | SENIOR | SENIOR | SENIOR |
| 11:50-12:30 - Zumba | 11:45-12:30 - Flexibility | 12:15-1:00 - ABC | 12:15-1:00 - Flexibility | |
| SENIOR | JUNIOR | JUNIOR INTERMEDIATE | JUNIOR INTERMEDIATE | |
| 12:45-1:15 - Technical | 12:30-1:00 | 1:15-1:45 - Flexibility | 1:15-1:45 - Technical | 1:15-1:45 - Flexibility |
| JUNIOR INTERMEDIATE | O12 / Adult | SENIOR | SENIOR | SENIOR |
| | 12:45-1:15 - Flexibility | | | |
| | INTERMEDIATE | | | |

WEEK 5 (Monday, July 31 - Friday, August 4) & WEEK 6 (Tuesday, August 8 - Friday, August 11)

| Monday Meadows E | Tuesday Mill Woods A | Wednesday Mill Woods A | Thursday Mill Woods A | Friday Mill Woods A |
|-------------------------|-------------------------|---------------------------|--------------------------|-------------------------|
| 10:00-10:30 - D / S / C | 10:00-10:30 - Edge | 10:00-10:30 - D / S / C | 10:00-10:30 - Edge | 10:00-10:30 - D / S / C |
| JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* |
| 10:30-11:15 - Freeskate | 10:30-11:00 - D / S / C | 10:30-11:15 - Freeskate | 10:30-11:00 - D / S / C | 10:30-11:15 - Freeskate |
| SENIOR | SENIOR | JUNIOR INTERMEDIATE* | SENIOR | JUNIOR INTERMEDIATE* |
| 11:15-11:30 - FLOOD | 11:00-11:15 - Edge | 11:15-11:30 - FLOOD | 11:00-11:15 - Edge | 11:15-11:30 - FLOOD |
| 11:30-12:15 - Freeskate | SENIOR | 11:30-11:45 - Edge | SENIOR | 11:30-11:45 - Edge |
| JUNIOR INTERMEDIATE* | 11:15-11:30 - FLOOD | JUNIOR INTERMEDIATE* | 11:15-11:30 - FLOOD | JUNIOR INTERMEDIATE* |
| 12:15-12:30 - Edge | 11:30-12:15 - Freeskate | 11:45-12:00 - Spins | 11:30-12:15 - Freeskate | 11:45-12:00 - Spins |
| JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JR INT* SR | JUNIOR INTERMEDIATE* | JR INT* SR |
| 12:30-12:45 - Spins | 12:15-1:00 - Freeskate | 12:00-12:45 - Freeskate | 12:15-1:00 - Freeskate | 12:00-12:45 - Freeskate |
| JR INT* | SENIOR | SENIOR | SENIOR | SENIOR |
| 12:45-1:00 - Edge | | 12:45-1:00 - Edge | | 12:45-1:00 - Edge |
| SENIOR | | SENIOR | | SENIOR |
| 1:00-1:15 - FLOOD | | | | |
| 1:15-2:00 - Freeskate | | | | |
| SENIOR | | | | |

D / S / C - Dance, Skills, Choreography

OFF ICE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--------------------------|----------------------|--------------------------|----------------------|
| 10:00-10:15 - Warm Up | 10:00-10:15 - Warm Up | 10:30-11:30 | 10:00-10:15 - Warm Up | 10:30-11:30 |
| SENIOR | SENIOR | SENIOR | SENIOR | SENIOR |
| 10:45-11:15 - Zumba | 10:45-11:15 - Technical | 12:15-1:00 - ABC | 10:45-11:15 - Technical | 12:15-1:00 - ABC |
| JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* | JUNIOR INTERMEDIATE* |
| 11:30-12:15 | 11:30-12:00 | | 11:30-12:00 | |
| SENIOR | SENIOR | | SENIOR | |
| | 12:30-1:15 - Flexibility | | 12:30-1:15 - Flexibility | |
| | JUNIOR INTERMEDIATE* | | JUNIOR INTERMEDIATE* | |

*Q12 skaters competing at Wild Rose may partake in all Intermediate sessions during Week 5.

No skating August 9.

Friday, August 11 - Test Day: Modified Schedule TBA.

