



SASC

St. Albert Skating Centre

Dedication - Desire - Determination



ST ALBERT SKATING CENTRE FIGURE SKATING PROGRAMS

**FALL & WINTER
2022/2023
Sept. 6 to April 29**



St. Albert Skating Centre
offers year round
figure skating
programs for all levels.

Including
Star 1 Group Figure Skating,
Private Figure Skating Lessons
For Star 1 to Gold and
Competitive Figure Skating
for athletes from
the St. Albert and
surrounding areas.

International and Olympic Level Coaches.

REGISTRATION DEADLINE AUGUST 22ND, 2022

REGISTER NOW: WWW.STALBERTSKATINGCENTRE.COM

info@stalbertskatingcentre.com

780-458-8868

Servus Credit Union Place, 400 Campbell Rd.,
St Albert, AB, T8N 5A3

SASC FALL/WINTER 2022/23

August 29 to April 29

Program Information

SASC and Skater Canada Membership Annual Fee \$45 applied to all Skaters

STAR 1 GROUP FIGURE SKATING

MONDAY & THURSDAY

5:15-5:30pm off-ice & 5:45-6:45pm on-ice

- √ On and Off Ice instruction included
 - √ Must have Figure Skates
- √ Must be Stage 2 or higher in CanSkate
 - √ For ages 5+
- √ Helmets are not mandatory depending on skating level
- √ Mandatory Volunteer Competition shift December 2022

2022/2023. Star 1 Group Figure Skating	Full Season Price	Monthly Fee: (8 payments)	Freeskates per week	Warm-ups (coach lead)	Holiday Concert Dec 22	Family Skate Tenative Dec 28	Fun Meet April 20	Pop Concert week April 24-29
Monday & Thursday	\$1,000.00	\$125.00	2	2	√	√	\$30	√
Monday & Thursday plus One Junior Day (private lesson not included)	\$1,250.00	\$156.25	3	2	√	√	\$30	√

Star 1 Group Lesson	Dates	Dates
Monday	Sept 12 to Dec 19, Jan 9 to April 17	No Oct 10, No Oct 31, No Feb 20, No April 10
Thursday	Sept 8 to Dec 15, Jan 12 to April 13	No Jan 19,
Whole Year Monday & Thursday	Includes: Holiday Concert Dec 22, Family Skate Dec 28, Pop Concert April 29	*does not include Fun Meet April 20th



ACADEMY SASC FALL/WINTER 2022/23

SASC and Skater Canada Membership Annual Fee \$45 applied to all Skaters
Late Registration Fee of \$75 will apply to ALL ACADEMY Registrations after August 22nd

PRIVATE LESSONS - ACADEMY PROGRAMS

- ✓ Academy programs are designed to train the athlete, on and off the ice, to complete Skate Canada Evaluations and to Compete.
- ✓ Our Professional National, International and Specialist Coaching Staff provide programs for all levels of skaters to achieve their potential.

CHECK SCHEDULE FOR EXACT TIMES AND DAYS

JUNIOR ACADEMY – STAR 1 TO 5

- ✓ Junior Academy Skaters choose from Tuesday, Wednesday, Thursday, Friday & Saturday.
- ✓ All skaters must consult a “Base Coach” from our staff to help you plan your skating season.

2022/2023 Junior Academy	Full Season Price	Monthly Fee: (8 Payments)	Freeskates per week	Drylands Servus Place	Warm-ups (coach lead)	Stroking	Dance/Skills	Volunteer Shifts	Pre-Season Camp August 29- Sept 1	Holiday Concert Dec 22	Family Skate Tenative Dec 28	Holiday Ice Jan 3-6	Pop Concert week April 24-29
Package 5 DAY	\$1,900.00	\$237.50	5	2	1	3	1	5 bingo or casino, 2 competition	✓	✓	✓	✓	✓
Package 4 DAY	\$1,500.00	\$187.50	4	1 to 2	1	2 to 3	1	4 bingo or casino, 2 competition	✓	✓	✓	✓	✓
Package 3 DAY	\$1,100.00	\$137.50	3	1 to 2	1	2 to 3	1	3 bingo or casino, 2 competition	✓	✓	✓	✓	✓

INTERMEDIATE/SENIOR ACADEMY – STAR 6 TO GOLD

- ✓ Intermediate/Senior Academy Skaters choose from Seven days a week.
- ✓ All skaters must consult a “Base Coach” from our staff to help you plan your skating season.
- ✓ Must choose sessions/days from the “Red” or Int/Sr Sessions ONLY.

2022/2023 Int/Sr Academy	Full Season Price	Monthly Fee: (8 payments)	Freeskates per week	Drylands Servus Place	Warm- ups (coach lead)	Stroking	Dance/Skil ls & Steps	Volunteer Shifts	Pre-Season Camp August 29- Sept 1	Holiday Concert Dec 22	Family Skate Tenative Dec 28	Holiday Ice Jan 3-6	Pop Concert week April 24-29
8 Freeskate Package	\$2,500.00	\$312.50	8	3	1	2 to 3	2 to 3	5 bingo or casino, 2 competition	✓	✓	✓	✓	✓
5 Day Package	\$2,200.00	\$275.00	5	2 to 3	1	2 to 3	2 to 3	5 bingo or casino, 2 competition	✓	✓	✓	✓	✓
3 Day Package	\$1,400.00	\$175.00	3	1 to 2	1	1 to 2	1 to 2	3 bingo or casino, 2 competition	✓	✓	✓	✓	✓

COMPETITIVE/DAY ICE ACADEMY

- √ Competitive/Day Ice Academy Skaters must skate 8 to 10 times per week.
- √ Skaters must be STAR 8+ to be on the 1:30-2:30 Freeskate Session.
- √ Skaters must be STAR 6+ to be on the 2:45-3:30pm Freeskate Session.
- √ Numbers will be limited on these sessions

2022/2023 Competitive Academy	Full Season Price	Monthly Fee: (8 payments)	Freeskates per week	Drylands Servus Place	Warm-ups (coach lead)	Stroking	Dance/Skills & Steps	Volunteer Shifts	Pre-Season Camp August 29- Sept 1	Holiday Concert Dec 22	Family Skate Tentative Dec 28	Holiday Ice Jan 3-6	Pop Concert week April 24-29
10 Freeskate Package	\$2,900.00	\$362.50	10	3	2	3	2	5 bingo or casino, 2 competition	✓	✓	✓	✓	✓
8 Freeskate Package	\$2,500.00	\$312.50	8	3	1 to 2	2 to 3	2	5 bingo or casino, 2 competition	✓	✓	✓	✓	✓
Skaters Must be Star 8+ and be skating 8 to 10 freeskate per week to be on 1:30-2:30pm Freeskate sessions.													
Skaters Must be star 6+ and be skating 8 to 10 freeskates per week to be on 2:45pm freeskate sessions.													

Regular Scheduled Dates & No Skating Dates

- √ These dates are for the regular schedule September 6 to April 22

	Dates	No Skating Dates
Monday	Sept 12 to Dec 19, Jan 9 to April 17	No Oct 10, No Feb 20, No April 10
Tuesday	Sept 6 to December 20, Jan 11 to April 18	
Wednesday	Sept 7 to Dec 21, Jan 11 to April 19	
Thursday	Sept 8 to Dec 15, Jan 12 to April 13,	No Jan 19, No April 20,
Friday	Sept 9 to Dec 16, Jan 6 to April 21,	No Oct 7, No Dec 2, No Jan 20,
Saturday	Sept 10 to Dec 10, Jan 7 to April 15,	No Oct 8, No Dec 3, No Dec 17, No Jan 21, No March 11, No April 22
Sunday	Sept 11 to Dec 18, Jan 8 to April 16,	No Oct 9, No Dec 4, No Jan 22, No April 9



COACHING STAFF

Deborah Lyon - Base Coach
SASC Academy Program Manager
National Level Coach
35+ years' experience
Bachelor of Science & Education Degrees
Specializing in Freeskate Skater
development
Skating Skill Evaluator & Ice Dance Coach
lyononice@shaw.ca

Karen Brown - Base Coach
National Level Coach
40+ years' coaching experience
Specializing in Freeskate
Coaches Skills and Dance
kbrown55@hotmail.com

Alexa-Marie Arrotta - Team Coach
SASC Learn to Skate Coordinator
Provincial Level Coach
9 years' coaching experience
National Level Senior Ice Dancer
Specializing in stroking, edges, video
analysis, and choreography
Personal Fitness Trainer
Bachelor of Arts- Hons. in Child Studies
a.arrotta@hotmail.com

Kris Wirtz – Base Coach
National Level Coach
20 years+ coaching
Coached 40+ skaters National Medalists
International, World and Olympic Students
with medals
Petro Canada Coach of the Year 2014
2 Time National Champion and 3 Time
Olympian
8 Time World Team Member
krisnkristy@hotmail.com

Kristy Wirtz – Base Coach
National Level Coach
20+ years coaching
Coached 40+ National Medalists
International, World and Olympic Students
with medals
2 Time National Champion
2 Time Olympian
7 Time World Team
krisnkristy@hotmail.com

Madison Kowaluk – Team Coach
Regional Level Coach
Administrative Assistant
5 years' experience
Coaching all levels

Kiera Fischer – Team Coach
Regional Level Coach
3 years' experience
Quad Gold
Coaching all level



Additional Information & Policies

- > Our Fall/Winter Regular Schedule runs from September 6 until April 22, 2023.
- > Our Pre-Season Camp is August 29 to September 1, 2022 and is a separate Schedule.
- > Holiday ice is also a separate schedule January 2-6, 2023
- > Pre-Season Camp, Holiday Concert, Pop Concert and Family Skate are included.
- > SASC Membership and Skate Canada Fee of \$45 is an annual fee and will be applied to all skaters.
- > Visit our website regularly for schedule changes, special days and other important information on the Home Page.
- > **Registration Deadline is August 22, 2022, skaters who DO NOT submit their registration prior to the deadline will have a \$75 late fee applied to their account.**
- > No make-up sessions are offered due to absences
- > In order to ensure a positive and successful skating experience, please adhere to our Club Policies and the Parent Code of Conduct posted on our website.
- > The SASC pays for coaches' expenses (travel, accommodation, etc.) for Home Club Members for select competitions both StarSkate and Competitive.
- > Refund Policy: refunds will be considered for serious medical circumstances substantiated by a medical certificate. All other requests for refunds (For example - retired skater, club transfer, etc.) will be subject to a cancellation penalty of one month ice fees. Requests must be received in writing. Bingo and fundraising commitments must still be honored, and volunteer commitment charges will be applied in the case of non-participation.
- > Skaters will not be able to skate if they have outstanding Coaching or Club invoices from previous seasons or clubs. Please clear all invoices to avoid training delays.
- > There shall be no refunds if skating sessions are cancelled due to mechanical failure or club activities.



For Information Contact:
info@stalbertskatingcentre.com
780-458-8868
Servus Credit Union Place, 400 Campbell Rd.,
St Albert, AB, T8N 5A3

FALL/WINTER 2022-23 SCHEDULE

September 6th to April 22nd

2022/2023	Sunday	Monday	Mon Fitness	Tuesday	Tue Fitness	Wednesday	Wed Fitness	Thursday	Thu Fitness	Friday	Fri Fitness		Saturday
1:00				Off-ice Sports Specific				Off-ice Sports Specific					
1:15													
1:30		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold			
1:45		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold			
2:00		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		9:45	Flood
2:15		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		Day Ice Star 8 to Gold		10:00	SASC Canskate
2:30		Flood		Flood		Flood		Flood		Flood		10:15	SASC Canskate
2:45		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		10:30	SASC Canskate
3:00		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		10:45	SASC Canskate
3:15		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		Day Ice Star 6 to Gold		11:00	SASC Canskate
3:30	Flood	Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		11:15	SASC Canskate
3:45	SASC Canskate	Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		Day Ice Dance /Skills/Steps		Day Ice Stroking		11:30	Flood
4:00	SASC Canskate	Flood	Flood	Flood	Flood	Flood	Flood	Flood	Flood	Flood	Flood	11:45	Int/Sr Star 5 to Gold
4:15	SASC Canskate	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Go Auro Int/Sr Star 5 to Gold		Junior Star 1-5	Day Ice Star 6 to Gold	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Junior Star 1-5	Int/Sr Star 5 to Gold	12:00	Int/Sr Star 5 to Gold
4:30	SASC Canskate	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Go Auro Int/Sr Star 5 to Gold	Junior 1-5 Off-ice Sports Specific	Junior Star 1-5	Day Ice Star 6 to Gold	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Junior Star 1-5	Int/Sr Star 5 to Gold	12:15	Int/Sr Star 5 to Gold
4:45	SASC Canskate	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Go Auro Int/Sr Star 5 to Gold	Junior 1-5 Off-ice Sports Specific	Junior Star 1-5	Day Ice Star 6 to Gold	Int/Sr Star 5 to Gold	Day Ice Star 6 to Gold	Junior Star 1-5	Int/Sr Star 5 to Gold	12:30	Int/Sr Star 5 to Gold
5:00	SASC Canskate	SASC Int/Sr Stroking		Go Auro Int/Sr Star 5 to Gold		Junior stroking		Int/Sr Dance/SS		Junior stroking		12:45	Int/Sr Stroking
5:15	Flood	SASC Int/Sr Stroking	SASC Star 1 Group warm-up	Go Auto Junior Star 1-5		Flood		Int/Sr Dance/SS	SASC Star 1 Group warm-up	Int/Sr Star 5 to Gold		1:00	Int/Sr Stroking
5:30	Int/Sr Star 5 to Gold & Adult	Flood		Go Auto Junior Star 1-5	Int/Sr Off-ice sports specific	SASC Canskate	Junior Star 1-5	Flood		Int/Sr Star 5 to Gold	Junior 1-5 Off-ice Sports Specific	1:15	Flood
5:45	Int/Sr Star 5 to Gold & Adult	SASC Star 1 Group	Int/Sr Star 5 to Gold	Go Auto Junior Star 1-5	Int/Sr Off-ice sports specific	SASC Canskate	Junior Star 1-5	SASC Star 1 Group		Int/Sr Star 5 to Gold	Junior 1-5 Off-ice Sports Specific	1:30	Int/Sr Dance/SS
6:00	Int/Sr Star 5 to Gold & Adult	SASC Star 1 Group	Int/Sr Star 5 to Gold	Flood		SASC Canskate	Junior Star 1-5	SASC Star 1 Group	Int/Sr Star 5 to Gold	Int/Sr Star 5 to Gold		1:45	Int/Sr Dance/SS
6:15	Int/Sr Star 5 to Gold & Adult	SASC Star 1 Group	Int/Sr Star 5 to Gold	SASC GO AUTO Canskate		SASC Canskate		SASC Star 1 Group	Int/Sr Star 5 to Gold	END		2:00	Junior Star 1-5
6:30	Flood	SASC Star 1 Group		SASC GO AUTO Canskate		SASC Canskate		SASC Star 1 Group	Int/Sr Star 5 to Gold			2:15	Junior Star 1-5
6:45	Int/Sr/Adult privates	Flood		SASC GO AUTO Canskate		SASC Canskate		Flood	6:30-6:45 Off-ice Sports Specific			2:30	Junior Star 1-5
7:00	Int/Sr/Adult privates	SASC Power		END		Flood		Junior Star 1-5				2:45	Junior stroking
7:15	Int/Sr/Adult privates	SASC Power				Int/Sr Star 5 to Gold		Junior Star 1-5				3:00	Junior stroking
7:30	Flood	SASC Power				Int/Sr Star 5 to Gold		Junior Star 1-5				3:15	END
7:45	SASC Adult group	SASC Power				Int/Sr Star 5 to Gold		Junior Star 1-5					
8:00	SASC Adult group	SASC Power				Int/Sr & Adult Stroking		Junior Dance/SS					
8:15	SASC Adult group	SASC Power				Int/Sr & Adult Stroking		Junior Dance/SS					
8:30	END	END				END		END					