

## 2019 STRIDES SPRING SKATING SCHOOL



Sunday April 21<sup>st</sup> to Friday April 26<sup>th</sup>  
6 Days Consecutively

TEST DAY  
Friday April 26<sup>th</sup> Afternoon  
&/or  
Saturday April 27<sup>th</sup> Moring

North Battleford, Sask.  
DON ROSS ARENA

REGISTRATIONS ARE FIRST COME FIRST SERVE  
WITH 50% OF SPRING SCHOOL FEES. ALL FEES  
MUST BE BEFORE THE FIRST SKATING DAY PLEASE

ALL COACHES & SKATERS WELCOME

FOR MORE INFORMATION CALL  
CINDY TYMORUSKI

306-481-5048 PH  
306-446-7172 FAX

strides@sasktel.net  
Box 426, Battleford, SK S0M 0E0

## COACHING STAFF

Cindy Tymoruski Ph; 306-481-5048  
[strides@sasktel.net](mailto:strides@sasktel.net)  
Certified National Coach  
Skills, Freeskate, Dance, Interpretive  
Rate: \$14.25/15 Min - 42 Yrs. Coaching

Greg Melchior Ph; 306-937-3120  
Certified Regional Coach - 31 Yrs. Coaching  
Stroking, Freeskate + Off-Ice Harness & Spinner  
Rate: \$12.00 / 15 Min

Sherryl Britton Ph; 306-232-7549  
[icesk84me@hotmail.com](mailto:icesk84me@hotmail.com)  
National Coach Trained CanPowerSkate,  
CanSkate Coach University  
Skills, Freeskate, Dance, Interpretive  
34 Years' Experience  
\$13.00 / 15 min private lesson (includes expenses)

Neil Tymoruski Ph; 306-491-4825  
[ntymoruski@gmail.com](mailto:ntymoruski@gmail.com)  
Diploma in Child Youth Care Counselling  
Certified National Coach  
Freeskate + On-Ice Harness  
Rate \$15 /15 min lesson  
33 years coaching experience

Jen Chapman Ph; 306-481-3480  
[jl773@hotmail.com](mailto:jl773@hotmail.com)  
Off-Ice Classes  
Bachelor of Science in Kinesiology & Master in  
Physical Therapy YMCA Group Fitness Certified  
15 year's group fitness teaching experience

COACHES YOU ARE ALL WELCOME TO BRING  
YOUR OWN STUDENTS

Or

PLEASE CONTACT YOUR COACH OF CHOICE  
ON THE LIST FOR LESSONS

## ICE FEES

A session is 1 Hour  
Skills / Dance or Freeskate

PACKAGE # 1 - \$150.00  
1 - 1 Hr. Session / day for 6 Days

PACKAGE # 2 - \$275.00  
2 - 1 Hr. Sessions / day for 6 Days

PACKAGE # 3 - \$400.00  
4 - 1 Hr. Sessions / day for 6 Days

Package pays for ice time only lessons are additional  
Paid directly to the coach you hire

**EXTRA 1 HOUR SESSION**  
For Registered Skaters \$25.00  
Drop in Skaters / Session \$30.00

**OFF-ICE CLASS WITH JEN**  
Sunday Apr. 21<sup>st</sup> to Friday Apr. 26<sup>th</sup>  
\$18 / Class Drop-In or Non-Registered Skaters  
\$15 / Class Skaters Registered for the Week  
Minimum 5 participants

**TEST FEES**

SKILLS	\$25.00
DANCE	\$25.00
FREESKATE	\$25.00 / part
INTERPRETATIVE	\$35.00

APPLICATIONS FIRST COME FIRST SERVE

FOR MORE INFORMATION CALL  
CINDY  
@ 306-446-7172 fax @306-481-5048 cell  
[strides@sasktel.net](mailto:strides@sasktel.net)

**REQUEST FOR DORMS**  
Staying In The Dorms Is Like Camping Indoors.  
Parents & Coaches Stay Free – Skaters \$20/Night  
Private Shower, Bring Your Own Bed & Bedding,  
Common Eating Area, Meals Coordinated By Sherryl.  
DVD Player Provided Bring Your Favorite Movies

## SCHEDULE

**SESSION # 1**  
8:00 AM - 9:00 AM SKILLS & DANCE  
9:00 AM - 10:00 AM FREESKATE

10:00 AM - 10:15 AM FLOOD

**SESSION # 2**  
10:15 AM - 11:15 AM SKILLS & DANCE  
11:15 AM - 12:15 PM FREESKATE

12:15 PM – 12:30 PM FLOOD

**SESSION # 3**  
12:30 PM – 1:30 PM SKILLS & DANCE  
1:30 PM – 2:30 PM FREESKATE

2:30 PM – 2:45 PM FLOOD

**SESSION # 4**  
2:45 PM – 3:45 PM SKILLS & DANCE  
3:45 PM – 4:45 PM FREESKATE

4:45 PM – 5:00 PM FLOOD

SESSION # 4 5:00 – 6:00 DONE FOR THE DAY

**4:15 – 5:15 PM OFF-ICE WITH JEN**

**SCHEDULE SUBJECT TO CHANGE**  
**DEPENDING ON NUMBERS**

PLEASE MAKE CHEQUES PAYABLE TO  
CINDY TYMORUSKI  
Please return Application and waiver form  
BOX 426, BATTLEFORD, SK. S0M 0E0  
FAX 306-446-7172  
[strides@sasktel.net](mailto:strides@sasktel.net)

**2019 STRIDES SPRING SCHOOL APPLICATION**

**PREFERED SESSIONS**

SKATER NAME \_\_\_\_\_

SKILLS \_\_\_\_\_

AGE \_\_\_\_\_ BD (m/d/y) \_\_\_\_\_

DANCE \_\_\_\_\_

PARENTS NAME \_\_\_\_\_

FREESKATE \_\_\_\_\_

EMAIL \_\_\_\_\_

OTHER \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_  
\_\_\_\_\_ PC \_\_\_\_\_

**REQUEST FOR SPRING SCHOOL COACH**

PH # \_\_\_\_\_  
CELL \_\_\_\_\_

COACH \_\_\_\_\_  
# Lessons / Day \_\_\_\_\_ Discipline \_\_\_\_\_

HOSP # \_\_\_\_\_

COACH \_\_\_\_\_  
# Lessons / Day \_\_\_\_\_ Discipline \_\_\_\_\_

SKATE CANADA # \_\_\_\_\_

COACH \_\_\_\_\_  
# Lessons / Day \_\_\_\_\_ Discipline \_\_\_\_\_

CLUB NAME & # \_\_\_\_\_  
\_\_\_\_\_

**OFF-ICE SESSIONS WITH JEN 4:15 – 5:15**  
\_\_\_\_\_ \$15 / Class Skaters Registered for Week  
\_\_\_\_\_ \$18 / Class Drop-In Skaters  
Minimum 5 participants  
Payable directly to Jen Chapman

CLUB EMAIL \_\_\_\_\_

CLUB CONTACT PERSON \_\_\_\_\_  
\_\_\_\_\_

HIGHEST TEST PASSED  
SKILLS \_\_\_\_\_  
FREESKATE \_\_\_\_\_  
DANCE \_\_\_\_\_  
OTHER \_\_\_\_\_

REQUEST FOR DORMS  
# Nights \_\_\_ X \$20= \$ \_\_\_\_\_  
Parent/Guardian \_\_\_\_\_

REQUEST FOR PACKAGE  
PACKAGE # 1 \_\_\_\_\_ \$150  
PACKAGE # 2 \_\_\_\_\_ \$275  
PACKAGE # 3 \_\_\_\_\_ \$400

CONTACT COACH OF CHOICE FOR LESSONS  
or  
LET CINDY KNOW YOU'LL BRING YOUR OWN  
COACH  
BASE COACH NAME AND PH #  
\_\_\_\_\_

# \_\_\_\_\_ **EXTRA SESSIONS** \_\_\_\_\_  
For Registered Skaters \$25.00  
Drop in Skaters / Session \$30.00

**PLEASE MAKE CHEQUES PAYABLE TO  
CINDY TYMORUSKI  
Box 426, Battleford, SK. S0M 0E0  
strides@sasktel.net  
Fax. # 306-446-7172 Cell # 306-481-5048**

**WAIVER FORM  
STRIDES SPRINGS SCHOOL 2019**



**I AGREE AND UNDERSTAND THAT  
STRIDES SPRING SCHOOL  
IS NOT IN ANY WAY RESPONSIBLE FOR  
ANY INJURIES OR ACCIDENTS  
THAT OCCUR OR ANY  
ARTICLES THAT MAY BE STOLEN OR LOST DURING THE  
SPRING SCHOOL BEING HELD**

**Sunday April 21<sup>st</sup> to Saturday April 27<sup>th</sup> Consecutively**

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**SKATER**

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**PARENT / GUARDIAN  
If under 18 years of age**

**THANK YOU FOR YOUR ATTENDANCE AND COOPERATION**