

# **Skate Primal Performance**

Information Brochure Fall 2026 & Winter Term 1

## **Fall- Sept**

Sept. 11<sup>th</sup> 5:15pm-6:45pm, 16<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup>, October 2<sup>nd</sup>, 4<sup>th</sup> & 7<sup>th</sup>

Wednesdays 5:45-6:30pm, 6:30-7:15pm, Fridays 5:45-6:30pm, Sundays 8:45-9:30am

Fall Canskate & Pre-star

September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> and October 2<sup>nd</sup>

## **Winter Term 1**

Wednesday, October 14<sup>th</sup> to Sunday, December 20<sup>th</sup>

**Canskate-** 10 sessions

**Pre-Star** offered 1 day a week on Fridays 6:30-7:15pm or 2 days a week Fridays 6:30-7:15pm and Sundays 8:45-9:30am. Group lessons (Bridging program into Star Skate for badges 4-6)

Wednesdays 5:45-6:30pm, 6:30-7:15pm, Fridays 5:45-6:30pm, Sundays 8:45-9:30am

## **Winter Term 1 Packages**

**Package A-** 3 options- Wednesday and Sunday and 1 option on Friday- \$440.00

**Package B-** 2 options- 1 option on Wednesday or 1 option Sunday and 1 option on Friday- \$320.00

**Package C-** 1 option \$180.00

**Package D-** 4 options- Wednesdays 2 options, Friday 1 option, Sunday 1 option. \$560.00

**Hockey/Ringette Edges-** Sunday Mornings 8-8:45am. Lessons can be requested with a club coach. Players will have the opportunity to practice with a puck/ring. 45 minute session. \$180.00

**Drop-in Fee-** \$17.00 for 45 min session

Take advantage of our early bird prices before September!!

**Learn to Skate- 15 min ice ticket** \$6.00 only available with a lesson with a coach.

**Drop-in sessions on main rink** for full run throughs will be planned month by month. Dates will be emailed out for families to purchase ice time.

**Test Tickets- \$18.00 for Star Skate tests (free skate, Dance and Skills)**

Please note group lessons will be given to our skaters, our coaches will be team coaching together to assure everyone receives equal amount of lessons. Our team of coaches will communicate amongst each other to assure the next lesson follows from one skill/discipline to another. For those who are purchasing one option we will let you know your options when lessons will take place. This will be based on when most of our skaters skill and test level books in for ice time to help maximize our time on the ice for lessons.

**Pre-star**- based on badges 4-6 in canskate wanting to pursue figure skating.

**Star 1-10 & Competitive**- will be grouped in group lessons. There will be changes in the group lesson based on the skater's current skill level and test level to ensure all skaters are feeling challenged. Lessons will be invoiced to the families individually by Chantel, Sandy and Jen.

**Private lessons** will be given for choreography, for those who are the only ones working on that level and don't fit into a current group lesson.

Week by week our lesson schedule may change due to the needs of our skaters. Skaters will be shared amongst Sandy, Jen and Chantel.

**Book Lessons, please email the coaches at** [sppcoaches26@gmail.com](mailto:sppcoaches26@gmail.com)

Lesson rates by our coaches Chantel, Sandy, and Jen gst may apply...

Private lessons for 15 mins \$15.00

2 skaters in a 15 min lesson will be invoiced each \$8.00

3 students in a 15 min lesson will be invoiced each \$6.00

4 students in a 15 min lesson will be invoiced each \$5.00

5 students in a 15 min lesson will be invoiced each \$4.50

**No skating** on Thanksgiving weekend October 9<sup>th</sup>-11<sup>th</sup>

Options

Wednesdays 5:45-6:30pm & 6:30-7:15pm

Fridays 5:45-6:30pm

Sundays 8:45-9:30am

**Off ice sessions** will be offered once a month at Channel Performance as a pop-up classes

## Club coaches



Chantel McDougall- Chantel has been coaching for 25 years. She holds Trained National Coach, and has completed the Advanced Coaches Diploma. Founder, Director and Coach of Channel Performance.

Coaches figure skaters from grassroots to competitive, Hockey players from beginner to the WHL and Adult Skaters.



Sandy Nicholat- National level Certified Coach. Began coaching in Sept of 1981.  
Coaches all levels of  
Figure skaters, hockey, ringette players and adults



Jen Mason- Jen brings 22 years of coaching experience to the ice. She has earned her Provincial Certification and is currently National Coach In Training. In addition, she is CanPowerSkate Certified, supporting skaters in both figure skating and power skating development.

A passionate lifelong learner, Jen holds a Bachelor of Arts in Sociology, Bachelor of Education, and a Master of Education. She currently serves as Principal of Dundurn School, bringing her leadership skills and dedication to education into both the classroom and the rink.

Jen began her own skating journey with the Clavet Skating Club, where she achieved Junior Silver Freeskate, Gold Dance, Gold Skills, Pre-Novice Competitive Ice Dance Pairs, Bronze Rhythm Dance and was a member of the Saskatchewan Development Team.

Her coaching philosophy is centered on creating a positive, inclusive environment where every skater feels valued, supported, and inspired to reach their full potential. She believes in fostering not only strong technical skills but also confidence, resilience, and a lifelong love of skating.