

**Do you have a passion for skating? Do you miss skating and want to improve over the summer when access to ice is limited in PEI?**



If yes, Skate Canada PEI Section has a new program option for you!! This summer, we are partnering with the Mississauga Skating Academy – an exclusively online training school. Classes are available week days based on your skating level (STAR 1 and up) and you customize your schedule to what works for you!

**Information & demonstration session for Parents, Skaters and Coaches**

*July 8th at 7:30-8:30pm*

Skaters and parents will learn about the intent and proper focus to improve while doing online classes as well as why the off-ice training is important to skating development for any level! There will also be a demonstration for the second half of the class to show what a virtual session looks like with MSA. Please notify the Section office if you would like the link to attend.

**PEI introductory classes \*FREE**

*July 14, 15 and 21 from 7:30-8pm*

These classes are for PEI skaters only, and will teach skaters basic terminology and exercises to ease the transition into the MSA group classes. Current MSA skaters will be online demonstrating, from elite level all the way to development levels, to share a variety of skill levels and progressions of the exercises. Please email the Section office to receive the class link.

**How it works**

Notify our Section office ([skatecanadapei@gmail.com](mailto:skatecanadapei@gmail.com)) that you want to join so you can get your login password. Join classes that work with your schedule and at the end of the month, MSA will invoice you for the sessions you attended. You can submit your invoice to Skate Canada PEI Section for a 50% funding subsidy for this program offering.

Mississauga Skating Academy		Summer Schedule		Version 1	
Monday	Tuesday	Wednesday	Thursday	Friday	
Pre-Novice and Up Jump 9:00-9:45am		Pre-Novice and Up Jump 9:00-9:45am		Pre-Novice and Up Jump 9:00-9:45am	
Star 1-4 Jump 10:00-10:45am	Star 1-4 Jump 10:00-10:45am	Star 1-4 Jump 10:00-10:45am	Star 1-4 Jump 10:00-10:45am	Star 1-4 Jump 10:00-10:45am	
Star 1-4 Stretch 10:50-11:20am		Star 1-4 Stretch 10:50-11:20am		Star 1-4 Stretch 10:50-11:20am	
Star 5 - PreNov Jump 2:00-2:45pm	Star 5 - PreNov Fitness 2:15-2:45pm Star 5 - PreNov Stretch 3:00-3:30pm	Star 5 - PreNov Jump 2:00-2:45pm	Star 5 - PreNov Fitness 2:15-2:45pm Star 5 - PreNov Stretch 3:00-3:30pm	Star 5 - PreNov Jump 2:00-2:45pm	
	Pre-Nov - Sr Fitness 3:00-3:30pm Pre-Nov - Sr Stretch 3:40-4:10pm		Pre-Nov - Sr Fitness 3:00-3:30pm Pre-Nov - Sr Stretch 3:40-4:10pm		
Open Jump 5:00-5:45pm	Open Jump 5:00-5:45pm	Open Jump 5:00-5:45pm	Open Jump 5:00-5:45pm	Open Jump 5:00-5:45pm	

LEGEND
Jump Class
Fitness Class
Stretch Class
No classes on Sat/Sun
Private lessons still running on Saturday
Please contact for available private lesson times
Schedule begins June 29th!

Please note these are listed in EST time zone. Add one hour for AST time zone. You can also view schedule at <https://www.mississauga.skatingacademy.com/classes>

**Cost**

Skate PEI is offering an information session with MSA staff and 3 introductory classes at no charge. MSA fees for your customized program are:

- Stretch group (30 minutes): \$5.00 + HST
- Jump group (45 minutes): \$7.50 + HST
- Private lessons (20 minutes): \$15.00 + HST

**Any questions, please contact Kristen at the Section Office: [skatecanadapei@gmail.com](mailto:skatecanadapei@gmail.com)**