



2025-2026 FALL / WINTER

September 2, 2025 - May 3, 2026

Pre-Season Camp (Junior, Intermediate, O12/Adult & Senior)
August 25, 26, 27

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

Kinsmen Twin Arenas
1979 - 111 Street

GENERAL INFORMATION

The Fall/Winter skating school runs from September 2, 2025 to May 3, 2026

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

Gateway SC will pay for coaches' expenses (transportation, meals & accommodation) for selected competitions.

No make-up sessions are offered due to absences.

- Hourly skaters may makeup a session if canceled 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:

- Please refer to Gateway SC's website for more details.

Fundraising / Volunteer

- Please refer to Gateway SC's website for more details.

REGISTRATION OPENS

- JULY 21, 2025

DEADLINE: August 11, 2025 (end of day)

A late fee of \$75 will be charged after August 11, 2025 (end of day)

New to Gateway Skating Club?

- Please contact us at contact@gatewayskatingclub.org before registering





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 Certified
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Nicole Houle
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Amanda Dutton
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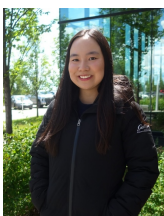
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Emily Vreugde
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Julia Chua
Regional Certified
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Christine Lirette-Waltz
Regional Certified
cllirette@gmail.com



Chetna Grewal
Regional Certified
chetnagrewal6@gmail.com



Tanya Bray (Guest Coach)
Provincial Certified
pt.bray@hotmail.com

Please contact coaches directly to inquire about lesson rates and availability.

If you are new to private lessons, please contact us at contact@gatewayskatingclub.org



Annual Membership Fees (Note: these are a one-time fee and will be valid from September 1, 2025 - August 31, 2026)

Gateway Home Club Membership Fee: \$2 per adult (minimum one purchase per family)

Social Fee: \$40 per skater (to help subsidize our special events)

Skate Canada Membership fee: \$61.65 per skater (includes Skate Canada membership, Insurance and Safe Sport fees)

PACKAGES & PRICING

CATEGORY		DATES	Hrs/Day	TOTAL	Monthly
Senior Star 6-Gold Juvenile-Senior	Monday (Meadows)	September 8, 2025 - April 27, 2026	1.75	\$300.00	\$37.50
	Tuesday (CFS) (Mill Woods)	September 2, 2025 - April 28, 2026	2.5	\$550.00	\$68.75
	Wednesday (Kinsmen)	September 3, 2025 - April 29, 2026	1.75	\$350.00	\$43.75
	Thursday (CFS) (Mill Woods)	September 4, 2025 - April 30, 2026	1.75	\$450.00	\$56.25
	Friday (Meadows)	September 5, 2025 - May 1, 2026	2	\$360.00	\$45.00
	Saturday (Mill Woods)	September 6, 2025 - May 2, 2026	2	\$390.00	\$48.75
Senior - MUST CHOOSE MINIMUM OF 4 DAYS (one must be a CFS session)					
Intermediate A	Monday (Meadows)	September 8, 2025 - April 27, 2026	1.75	\$350.00	\$43.75
Intermediate Star 4-5 / Juvenile U10	Monday (CFS) (Meadows)	September 8, 2025 - April 27, 2026	1.75	\$490.00	\$61.25
	Tuesday (CFS) (Mill Woods)	September 2, 2025 - April 28, 2026	2	\$530.00	\$66.25
	Thursday (CFS) (Mill Woods)	September 4, 2025 - April 30, 2026	1.75	\$520.00	\$65.00
	Friday (Meadows)	September 5, 2025 - May 1, 2026	1.75	\$370.00	\$46.25
	Saturday (Mill Woods)	September 6, 2025 - May 2, 2026	2.25	\$490.00	\$61.25
Intermediate - MUST CHOOSE MINIMUM OF 4 DAYS					
Junior Star 1-3	Monday (CFS) (Meadows)	September 8, 2025 - April 27, 2026	1.75	\$490.00	\$61.25
	Wednesday (Kinsmen)	September 3, 2025 - April 29, 2026	1.5	\$350.00	\$43.75
	Friday (CFS) (Meadows)	September 5, 2025 - May 1, 2026	1.25	\$390.00	\$48.75
	Saturday (Mill Woods)	September 6, 2025 - May 2, 2026	2.25	\$490.00	\$61.25
Junior - MUST CHOOSE MINIMUM OF 3 DAYS					
Star O12 & Adult Star 1-4	Tuesday (Mill Woods)	September 2, 2025 - April 28, 2026	1.25	\$270.00	\$33.75
	Saturday (Mill Woods)	September 6, 2025 - May 2, 2026	2	\$390.00	\$48.75
Over 12 yrs old - NO MINIMUM DAYS REQUIRED					
Teams	Monday (Meadows)	September 8, 2025 - April 27, 2026	0.5	\$100.00	\$12.50
	Friday (Meadows)	September 5, 2025 - May 1, 2026	0.75	\$160.00	\$20.00
Competitive Dance Teams					
Open	Tuesday (morning) (Kinsmen)	September 2, 2025 - April 28, 2026	1	\$170.00	\$21.25
	Thursday (day) (Mill Woods)	September 4, 2025 - April 30, 2026	1	\$200.00	\$25.00
	Friday (morning) (Mill Woods)	September 5, 2025 - May 1, 2026	1	\$180.00	\$22.50
Additional DAY & MORNING ICE session for all categories					

Packages include Pre-Season Warm-up (Aug 25, 26, 27) & Christmas Camp (TBA) for ALL categories.

No regular skating (subject to change) Sept 30, Oct 13, 31(modified), Nov 11, Dec 22-Jan 5, Feb 16, Mar 27, 30, Apr 2, 3, 4, 20.

No Friday MORNING skating (subject to change) Nov 14, Dec 26, Jan 2, Feb 27.

No Tuesday MORNING skating (subject to change) Sept 1, 30, Nov 11, Dec 23, 30, Feb 17.

- Packages include specific on and off ice group sessions scheduled on each day. See schedule page for details.
- Skaters not registering for a Package may purchase hourly at the discretion of the Director. See prices below.
- Additional family members receive 15% discount (members only).

HOURLY	Members	Non-Members
Hourly	\$14.00	\$20.00

NOTES

- Register by July 28, 2025 (end of day).
- 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.



Monday	Tuesday			Wednesday	Thursday	
<i>Meadows W</i>	<i>Kinsmen Twin Arenas</i>	<i>Mill Woods A</i>	<i>Mill Woods B</i>	<i>Kinsmen</i>	<i>Mill Woods A</i>	<i>Mill Woods B</i>
4:00-5:00 - CFS	6:30-7:30 AM	4:00-4:45 - CFS	4:00-4:45 - CFS	4:00-4:45 - Freeskate		3:00-4:00
JUNIOR INT B	OPEN	INTERMEDIATE	SENIOR	SENIOR		OPEN
5:00-5:30		4:45-5:15 - S / D	4:45-5:15 - Freeskate	4:45-5:00 - Edge	4:00-4:45 - CFS	4:00-4:45 - CFS
TEAMS		INT O12	SENIOR	SENIOR JUNIOR	INTERMEDIATE	SENIOR
5:30-5:45		5:15-6:00 - Freeskate	5:15-5:30	5:00-5:45 - Freeskate	4:45-5:15 - Freeskate	4:45-5:15 - Freeskate
Flood		O12 / ADULT	Flood	JUNIOR	INTERMEDIATE	SENIOR
5:45-6:30 - Freeskate			5:30-6:00 - S / D	5:45-6:00	5:15-6:00	5:15-5:30
SENIOR INT A			SENIOR	Flood	GATEWAY ACADEMY	Flood
6:30-6:45 - Edge			6:00-7:00	6:00-6:45		5:30-6:30
SENIOR INT A			GATEWAY ACADEMY	CANSKATE		CANSKATE
6:45-7:30				6:45-7:30		
CANSKATE				CANSKATE		
OFF ICE		OFF ICE	OFF ICE	OFF ICE	OFF ICE	OFF ICE
4:30-5:15		5:30-6:15	6:15-7:00	5:10-5:55	5:30-6:00	5:30-6:00
SENIOR INT A		INTERMEDIATE	SENIOR	SENIOR	INTERMEDIATE	SENIOR
5:15-6:00			5:15-5:45	6:00-6:30	6:15-7:00	
JUNIOR INT B			GATEWAY ACADEMY	JUNIOR	GATEWAY ACADEMY	

Friday	Saturday	Sunday
<i>Meadows E</i>	<i>Mill Woods B</i>	<i>Meadows E</i>
4:00-4:45 - CFS	8:45-9:00 - Edge	1:30-2:15
JUNIOR	JUNIOR	GATEWAY ACADEMY
4:45-5:00 - Edge	9:00-9:45	2:15-3:00
INTERMEDIATE	JUNIOR	STARPREP / ADULT CS
5:00-5:45 - Freeskate	9:45-10:15 - S / D	3:00-3:15
INTERMEDIATE	JR INT	Flood
5:45-6:00	10:15-11:00 - Freeskate	3:15-4:00
Flood	INTERMEDIATE	CANSKATE
6:00-7:00 - Freeskate	11:00-11:15 - Edge	4:00-4:45
SENIOR	INT O12	CANSKATE
7:00-7:15 - Edge	11:15-11:30	4:45-5:00
SENIOR	Flood	Flood
7:15-8:00 - Freeskate	11:30-12:15 - Freeskate	5:00-5:45
TEAMS	O12 / ADULT	CANSKATE
	12:15-12:45 - S / D	
	O12 SR	
	12:45-1:30 - Freeskate	
	SENIOR	
	1:30-2:15	
	CANSKATE	
	2:15-2:30	
	Flood	
	2:30-3:15	
	CANSKATE	
OFF ICE	OFF ICE	OFF ICE
5:00-5:45	9:00-9:30	12:30-1:15
SENIOR	INTERMEDIATE	GATEWAY ACADEMY
5:00-5:30	10:30-11:15	3:15-3:45
JUNIOR	JUNIOR	STARPREP
6:00-6:45	11:15-12:00	
INTERMEDIATE	SENIOR	
	1:00-1:30	
	O12 / ADULT	



2025-2026 FALL / WINTER SCHEDULE

September 2, 2025 - May 3, 2026

Gateway is excited to introduce our new CFS program

Continuous Flow System (CFS) Program

About CFS:

- a fully coached group session
- blends the best of the European and Western coaching styles
- a modern, efficient approach to skill development
- fostering continuous movement and skill repetition
- training in a supportive environment
- conveniently built into your registration cost
- lowering your private coaching costs

PACKAGES INCLUDE:

Junior: Includes off-ice & on-ice group sessions, mini-groups, dance/skills, and CFS

Intermediate: Includes off-ice & on-ice group sessions, dance/skills, and CFS

Senior: Includes off-ice & on-ice group sessions, dance/skills, and CFS

