

# Sunset Skating Club

Arena located at 390 East 51<sup>st</sup> Avenue, Vancouver, B.C.

## StarSkate / Competitive Program Schedule



website: [www.sunsetskatingclub.com](http://www.sunsetskatingclub.com)



# Fall 2023

October 11 – December 21, 2023

Register online on the Sunset website:

[www.sunsetskatingclub.com](http://www.sunsetskatingclub.com)

### Skate Canada Professional Club Coaches

Please contact skating director regarding lessons only:  
Jennifer Yibing Jiang  
Email: [skating.director@sunsetskatingclub.com](mailto:skating.director@sunsetskatingclub.com)  
Telephone: 604-537-9339

Visiting coaches from other clubs who are planning to coach on Sunset sessions must request for permission from our skating director, Jennifer [skating.director@SunsetSkatingClub.com](mailto:skating.director@SunsetSkatingClub.com). Please include a copy of your Skate Canada certification and let us know which sessions you plan to come to.

The full Ice Etiquette and Safety Guidelines of Sunset Skating Club is on the club website: [www.sunsetskatingclub.com](http://www.sunsetskatingclub.com) under the Member – Rules section. Skaters must sign a 'Skaters Code of Conduct' form and return this with the registration form and payment. Copies are available in the club office.

Ice time is non-transferrable nor can sessions be switched for another Sunset session. The club is not responsible for supplying make-up time for sessions missed by skaters. Every attempt will be made to make up ice time that has been cancelled by the club.

The Sunset Skating Club, its Board members, coaches, and volunteers are not responsible for any accident, injuries or loss of personal belongings either on or off the ice at Sunset Arena during programs. Sunset SC is not responsible for cancellation of classes due to unavailable ice, but will make every effort to reschedule, if at all possible. There will be a charge of \$25.00 for any NSF cheques. Withdrawals before the start of session or up to and including the first class only – NO EXCEPTIONS unless accompanied by a valid medical certificate. No refunds will be issued for any reason unless accompanied by a valid medical certificate. All refunds will be pro-rated and in the form of a credit note. An administration fee of \$5.00 will apply to all refunds/prorating/credit-notes being processed. The Skate Canada member fee of \$58.65 is payable once per year for the period September 1, 2023 to August 31, 2024 and is non-refundable.

#### Buy-Ons

- All buy-ons must be paid before stepping on the ice. Open sessions are opened to Jr, Int & Sr skaters only. Please sign the "Registration/Buy-on binder" found on the music box. Failure to sign in or pay will result in loss of skating privileges. There will be no buy-ons for full sessions or the Junior Star program.

- All non-members must email the Club Registrar ([sunsetregistrar@hotmail.com](mailto:sunsetregistrar@hotmail.com)) well in advance for permission and availability of ice. Drop in's are not accepted.

#### Buy-On Rates

(Skaters must purchase full sessions)

Sunset Member: \$12/1 hr; \$10/45 min.; \$14/1.5hr session

Visiting skaters: \$14/1 hr; \$12/45 min.; \$18/1.5hr session

Payment online or by cheque, made to Sunset SC!

#### ICE RIGHT OF WAY

1. Skaters performing their solo
2. Skaters in a lesson

Your safety and that of others is your responsibility. Skaters must be aware of the other skaters' positions at all times.

#### Club Contact

For additional information, contact the club:  
Registrar: [sunsetregistrar@hotmail.com](mailto:sunsetregistrar@hotmail.com)  
Visit our website: [www.sunsetskatingclub.com](http://www.sunsetskatingclub.com)  
Club message line: (604) 321-1330

### GROUP PROGRAMS: On-ice (Sunset Members Only)

**JUNIOR STAR:** Club program for Junior skaters focused on introducing and developing proper technique for mastering elements. The program is taught by club coaches and their assistants with each group rotating and working on different elements throughout the session.

**ENRICHMENT:** A session of creative edgework and powerful stroking. A mix of slow and fast paced exercises are used in each session. Footwork, spin, and jump patterns are the areas that will be focussed.

**SPIN PATCH:** Ice time dedicated to skaters practicing spins only. (Lessons are to be booked through individual coaches.)

**GROUP SPIN PATCH:** Ice time dedicated to skaters practicing spins only. Lessons are taught as a group club program by club coaches and their assistants. Coaches' fees are included in the session fee.

### GROUP PROGRAMS: Off-ice (Sunset Members Only)

One on-ice session must be purchased to be eligible for any off-ice sessions.

**DRYLAND:** Our club coaches will work on off-ice jump techniques and strength training. Precise muscle area workouts and conditioning exercises are emphasized. Benefits include injury prevention and on ice personal improvements.

**STRENGTH & CONDITIONING:** Facilitated by a personal trainer, this strength and conditional program designed for skaters builds core strength and full body conditioning.

**FLEXIBILITY:** Flexibility training allows a skater to increase range of motion, reduce muscle tension, reduce severity of injuries and improve body alignment and muscular symmetry.

**DANCE:** This program is designed especially for figure skaters' development, for breadth of movement, musicality, versatility of styling and flexibility. Different forms of dance will be covered.

#### ICE POLICIES

Sunset Skating Club has adopted the following policies in order to conduct a well managed, safe, and fair skating club. We ask for your co-operation in following these policies:

- All members must treat fellow skaters, coaches, and board members with respect.
- Proper ice etiquette must always be observed. Please speak to your coach if in doubt as to what this involves. Misconduct on or off the ice at the Sunset arena may result in expulsion from the arena and no refund will be given.
- Sunset SC is not responsible for lost or stolen articles.
- Appropriate skating attire is mandatory.
- Long hair must be tied back
- No eating or drinking on the ice (except water or sport drinks).
- Skaters must skate only in their category unless permission has been granted by the Sunset Board.
- Skaters must use the ice for which it is designated. Example: stroking sessions are for stroking only.
- Conflicts must be reported to a board member immediately. If necessary, a conflict will be brought to the next Board meeting for clarification.
- Do not interrupt a coach while he or she is conducting a lesson with another skater.
- Parents and-or guardians must not leave their skater unattended.
- Parents are not allowed to coach at the rink boards or bleachers.
- Due to privacy concerns please do not photograph or video tape other skaters than your own.



# StarSkate



# Skate Canada

Fall 2023 StarSkate / Competitive Program Schedule: October 11 to December 22, 2023

**MONDAY**

October 16 to December 18  
10 weeks

2:45pm to 3:45pm	StarSkate/Int/Sr Open*	\$80
3:45pm to 4:45pm	StarSkate Freeskate & Enrichment	\$125
<b>5:00pm to 5:45pm</b>	<b>StarSkate Dryland</b>	<b>\$47</b>
4:45pm to 5:45pm	JDC Program	\$220
<b>6:00pm to 6:45pm</b>	<b>JDC Dryland</b>	<b>\$42.50</b>
<i>5:45pm to 6:00pm</i>	<i>Flood</i>	
<i>6:00pm to 6:45pm</i>	<i>CanSkate</i>	
<b>5:45pm to 6:30pm</b>	<b>Int Dryland <sup>1</sup></b>	<b>\$37.50</b>
6:45pm to 7:45pm	Int Freeskate <sup>1</sup>	\$64
<i>7:45pm to 8:00pm</i>	<i>Flood</i>	
<b>7:00pm to 7:45pm</b>	<b>Sr Dryland <sup>1</sup></b>	<b>\$37.50</b>
8:00pm to 9:15pm	Sr Freeskate & Enrichment <sup>1</sup>	\$100

Off ice – Sunset Arena

<sup>1</sup> No classes October 23 & November 13, 2023 (6:45pm to 9:15pm) – Sunset simulation

**WEDNESDAY**

October 11 to December 20  
11 weeks

2:45pm to 3:45pm	StarSkate/Int/Sr Open*	\$88
3:45pm to 5:00pm	StarSkate Freeskate & Spin Patch	\$110
5:00pm to 5:45pm	JDC Program	\$181.50
5:00pm to 5:45pm	JD Freeskate	\$66
6:00pm to 6:45pm	JDC/JD Dryland	\$46.75
<i>5:45pm to 6:00pm</i>	<i>Flood</i>	
<i>6:00pm to 6:45pm</i>	<i>CanSkate</i>	
<b>5:45pm to 6:30pm</b>	<b>Int Dryland</b>	<b>\$51.60</b>
6:45pm to 8:00pm	Int Freeskate & Enrichment	\$137.50
<i>8:00pm to 8:15pm</i>	<i>Flood</i>	
<b>7:00pm to 8:00pm</b>	<b>Sr Dryland</b>	<b>\$68.75</b>
8:15pm to 9:15pm	Sr Freeskate	\$88

**THURSDAY**

October 12 to December 21  
11 weeks

2:45pm to 3:45pm	StarSkate/Int/Sr Open*	\$88
3:45pm to 4:30pm	Int Freeskate	\$66
<b>4:45pm to 5:30pm</b>	<b>Int Conditioning</b>	<b>\$51.60</b>
4:30pm to 5:30pm	Sr Freeskate	\$88
<b>5:45pm to 6:30pm</b>	<b>Sr Conditioning</b>	<b>\$51.60</b>

Off ice – Sunset Arena

**FRIDAY**

October 13 to December 15  
10 weeks

2:45pm to 3:45pm	StarSkate/Int/Sr Open*	\$80
3:45pm to 4:00pm	Int Enrichment	\$45
4:00pm to 5:00pm	Int Freeskate	\$80
<b>5:15pm to 6:00pm</b>	<b>Int Conditioning</b>	<b>\$46.90</b>
<i>5:00pm to 5:15pm</i>	<i>Flood</i>	
<i>5:15pm to 6:00pm</i>	<i>CanSkate</i>	
<b>5:00pm to 5:45pm</b>	<b>StarSkate Dryland</b>	<b>\$46.90</b>
6:00pm to 7:00pm	StarSkate Freeskate	\$80
<i>7:00pm to 7:15pm</i>	<i>Flood</i>	
<b>6:15pm to 7:00pm</b>	<b>Sr Dryland</b>	<b>\$46.90</b>
7:15pm to 8:30pm	Sr Freeskate & Enrichment	\$125

Off ice – Sunset Arena

December 22, 2023 Ice reserved for Christmas exhibition practice

**SATURDAY**

October 14 to December 16  
10 weeks

7:15am to 8:45am	StarSkate Freeskate	\$125
<b>9:00am to 10:00am</b>	<b>StarSkate Conditioning</b>	<b>\$62.50</b>
<i>8:45am to 9:00am</i>	<i>Flood</i>	
9:00am to 10:00am	JDC Program	\$220
<b>10:15am to 11:00am</b>	<b>JDC Conditioning</b>	<b>\$42.50</b>
<i>9:00am to 10:45am</i>	<i>CanSkate / JD/JDT programs on the ice</i>	
<b>3:30pm to 4:30pm</b>	<b>Int Dryland</b>	<b>\$62.50</b>
4:45pm to 6:00pm	Int Freeskate & Spin Patch	\$100
<i>6:00pm to 6:15pm</i>	<i>Flood</i>	
<b>5:00pm to 6:00pm</b>	<b>Sr Dryland</b>	<b>\$62.50</b>
6:15pm to 7:30pm	Sr Freeskate & Spin Patch	\$100

Off ice – Sunset Arena

October 14 to December 16  
10 weeks

**Boogaloo Academy**

#101 - 8410 Ontario Street Vancouver, B.C. V5X 4S6

<b>1:45pm to 2:45pm</b>	<b>JDC Flexibility A</b>	} \$240
<b>2:45pm to 3:45pm</b>	<b>JDC Ballet A</b>	
<b>1:45pm to 2:45pm</b>	<b>JDC Ballet B</b>	} \$240
<b>2:45pm to 3:45pm</b>	<b>JDC Flexibility B</b>	

**SUNDAY**

October 15 to December 17  
10 weeks

**Boogaloo Academy**

<b>2:30pm to 3:30pm</b>	<b>Sr Contemporary</b>	} \$190
<b>3:30pm to 4:30pm</b>	<b>Sr Flexibility</b>	
<b>2:30pm to 3:30pm</b>	<b>StarSkate / Int Flexibility</b>	} \$190
<b>3:30pm to 4:30pm</b>	<b>StarSkate / Int Contemporary</b>	

**SESSION CRITERIA**

Skater placement category is based on the highest Freeskate level competed as of date of registration. Skaters registered in the incorrect level will be asked to leave the ice.

Please see a Board member if you are unsure of your level.

**StarSkate** – JD Stage 5 to Gold, Star 1 to 4 (see \*note1\* below)

**Int** – Star 3 and up with two or more doubles

**Sr** – Passed Jr Silver or competing at Juvenile & higher & **must cleanly land 5 doubles** (see \*note2\* below)

\*note\* - Sr skaters are allowed to do double sessions on Int sessions.

**Denotes off ice classes, members only.**

**Boogaloo Academy**

#101 - 8410 Ontario Street Vancouver, B.C. V5X 4S6

**SESSION EXCEPTIONS**

All JDC on ice Programs are taught in groups by club coaches and their assistants. The fee includes all coaching fees. Exception will be coaching fees for competitions or private lessons which will be charged to the individual skater by the coaches directly.

\* Open sessions are opened to StarSkate, Int and Sr skaters only. All non-members must email the Club Registrar (sunsetregistrar@hotmail.com) in advance for permission and availability of ice. Drop in's are not accepted.

**Denotes Group Programs: Off Ice (Sunset Members Only)**