

## How to Register

### OPTION 1: REGISTER IN PERSON

Register in person. We have regular office hours, which are posted on our website: [www.sunsetskatingclub.com](http://www.sunsetskatingclub.com). We accept in-person payments by cheque, Debit, VISA and MasterCard.

Office Address: 390 E 51st Avenue, Vancouver BC (cross street: Main St.)  
The office is located inside the rink, next to the skate shop

### OPTION 2: ONLINE REGISTRATION

Online registration is available starting November 25th in order to allow Sunset members 1 week priority registration. Filling out an online registration form only holds your spot for 7 days, and your spot is guaranteed only when your payment has been received.

#### Once you have registered online:

- **Mail your cheque** with a copy of your registration form to:

Registrar, #406-1010 Pacific Boulevard,  
Vancouver BC, V6Z 2X8

- **OR come in during our office hours** to pay by cheque, Debit, VISA or MasterCard

## Club Contacts

Club message line: (604) 321-1330

#### Program Coordinator:

Raya Smertina  
604-323-2463 or 604-240-6747  
[info@sunsetskatingclub.com](mailto:info@sunsetskatingclub.com)

Or visit our website at  
[www.sunsetskatingclub.com](http://www.sunsetskatingclub.com)

#### Mail in registration (cheques only) to:

#406-1010 Pacific Blvd., Vancouver BC, V6Z 2X8  
Cheques payable to: "Sunset SC"  
Registrar—Mira: [kosmajac@telus.net](mailto:kosmajac@telus.net)

VISA, MasterCard and Debit payments accepted in person only  
(inquire for hours of operation)



# Sunset Skating Club



## Winter 2011

January 6th to March 26th, 2011

### POWERSKATING PROGRAM Schedule & Registration Form

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

Arena located at 390 E. 51st Avenue, Vancouver, B.C.



These programs are supported by the Province of British Columbia

Skater's Last Name: \_\_\_\_\_

Skater's First Name: \_\_\_\_\_ Sex:  Male  Female

Birth date (MMDDYY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age as of January 8, 2011: \_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Care Card #: \_\_\_\_\_

Phone Number: \_\_\_\_\_ or \_\_\_\_\_

Emergency Contact (name & phone number): \_\_\_\_\_

E-mail: \_\_\_\_\_

(only used for cancellation notices & schedule info)

Has the skater been on a hockey/ringette team?  Yes  No When? \_\_\_\_\_

What was the last hockey/ringette level/team? \_\_\_\_\_

Has the skater taken lessons before?  Yes  No When? \_\_\_\_\_

If yes, where?  Sunset Skating Club  Community Centre  another club

If the skater is coming from another Skate Canada Club: (Sunset members omit the following)

Home Club: \_\_\_\_\_ Skate Canada # \_\_\_\_\_

I understand that the SUNSET SKATING CLUB, its board members, coaches and volunteers are not responsible for any accidents, 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. A charge of \$25.00 will be added for any NSF cheques. 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 \$32.15 Skate Canada Fee is non-refundable.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Lesson Day:	Time:	Dates:	Total:



The Skate Canada Membership fee is payable once per year, for the period September 2010 to September 2011

Sub Total:	
Skate Canada Membership:	\$ 32.15
<b>TOTAL:</b>	

CLUB USE ONLY: Payment by: \_\_\_\_\_ Chq # \_\_\_\_\_ \$ \_\_\_\_\_

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Received by: \_\_\_\_\_ Other: \_\_\_\_\_

Skate Canada entered	
Log Book updated	
Master Log updated	

# Powerskating

**1 hour lessons** for skaters preparing for, or involved in hockey and ringette. Advanced skating skills will be introduced in a fast paced, educational drill environment. Focus will be on developing balance, power, endurance and most importantly, edge and turn work. Skills such as power strides, backwards skating, tight turns, crossovers, quick starts and stops are covered through drills. Proper technique, power and agility will be emphasized at all times.

**Requirements:** Full hockey/ringette equipment, with a hockey/ringette stick. Skaters must have hockey experience and/or have a minimum level 3 Canskate badge. Don't forget to bring your water bottle!

## Session 1:

Thursdays, 6:30 to 7:30 am January 6th to February 10th (6 weeks)	<b>\$ 84</b>
Saturdays, 7:00 to 8:00 pm January 8th to February 12th (6 weeks)	<b>\$ 84</b>
Both days:	<b>\$140</b>

## Session 2:

Thursdays, 6:30 to 7:30 am February 17th to March 24th (6 weeks)	<b>\$ 84</b>
Saturdays, 7:00 to 8:00 pm February 19th to March 26th (5 weeks) <b>NOTE: NO CLASS MARCH 19TH</b>	<b>\$ 70</b>
Both days:	<b>\$130</b>

## Coaching staff:

**Austin Lidstone** has been an NCCP and Skate Canada accredited coach for six years, coaching various programs from learn-to-skate to competitive figure skating, and involved in women's hockey leagues. As a hockey player with a competitive figure skating background, Austin understands the importance of strong fundamentals in power, endurance and balance, and their key role in success in game situations. As a coach, Austin emphasizes constant movement and progressive skill development, designing circuits and drills that suit a variety of learning styles and skill levels.

**Jessica Chapelski** is an NCCP and Skate Canada certified coach. She has been coaching beginner to advanced competitive skaters of all abilities and backgrounds. Jess has a Bachelor's of Education and is teaching for the Vancouver School Board. She uses her teaching background to structure lessons in a fun, yet very productive atmosphere, while emphasizing stride development and proper technique.

**Skate Canada Membership Fee:** All skaters must have a current membership with Skate Canada, for insurance purposes. Annual membership runs from September 2010 to September 2011 at a cost of \$32.15. If your child has taken Powerskating or Canskate lessons since September 2010 at any figure skating club across Canada, please provide us with your Skate Canada membership number and the name of the club, as the membership is transferable between clubs.