

Skate Canada Professional CLUB COACHES

Please contact the following regarding lessons only

Darcee Feenie Matthews	604 - 326 - 3339
Jennifer Yibing Jiang	604 - 537 - 9339
Lily Kamarn	778 - 858 - 0071
Amy Slaght	604 - 910 - 1483
France Venne	604 - 437 - 8797

Visiting coaches from other clubs who are planning to coach on Sunset sessions must apply for permission to kosmajac@telus.net. 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 SC is on the club web site www.sunsetskatingclub.com in the Rules section. A *Skaters Code of Conduct* form must be signed and returned with registration form and payment. Copies are available in the club office and online.

Ice time is non-transferable. 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.

BUY-ONS

- All buy-ons must be paid before stepping on the ice. Please sign the "Registration Book" found on the music box. Failure to sign in or pay will result in loss of skating privileges.
- Some sessions may be full. Please e-mail Mira (kosmajac@telus.net) or check our website for buy-on availability before coming.

Buy On Rates

(skaters must purchase full sessions)

Sunset Members:	\$10.00 /1 hour session
	\$8.00 / 45 minute session
Visiting skaters:	\$12.00/1 hour session
	\$10.00/45 minute session

Feel free to contact the club:

Registrar: Mira (kosmajac@telus.net)

Or visit our website at

www.sunsetskatingclub.com

Club message line: (604) 321-1330

ICE RIGHT OF WAY

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

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

GROUP PROGRAMS: On-ice

FIGURES: Going back to the training classics of figure skating, this class will emphasize and develop proper body alignment, depth of edges, timing to music and clean turns.

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

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

GROUP PROGRAMS: Off-ice

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

LORI: Lori Fung, Olympic Gold Medallist, will continue her individualized program for Sunset, which includes flexibility training, stretching and personal motivation.

MAKI: This strength & conditioning program features personal trainer Maki Riddington, who facilitates our program designed for skaters to build core strength and full body conditioning. This program is offered to Junior, Intermediate and Senior skaters. For a full bio, check online at www.dynamicconditioning.ca

DRYLAND: Our instructors will be working on off-ice jump techniques and strength training. Precise muscle area workouts and conditioning exercises are emphasized. Benefits include injury prevention and personal improvements on the ice.

BALLET: This new program is crafted especially for figure skaters' development, for breadth of movement, musicality, versatility of styling and flexibility. Different forms of dance will be covered. Rukshana Maya Elavia holds teaching qualifications with the National Ballet School, The Royal Academy of Dancing, The Imperial Society of Teachers of Dance and The Canadian Dance Teacher's Association and certificates from the Beijing Dance Academy and London's Benesh Institute of Choreology.

BALLET CLASSES LOCATION: 808 East 50th Avenue, Vancouver BC

ICE POLICIES

The Sunset Skating Club has adopted the following policies in order to conduct a well managed and fair skating Club. We ask for your co-operation in following these policies. Please read carefully.

- 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.
- The Club 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 Selection Committee.
- 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

Sunset Skating Club



Fall 2010/Winter 2011 Starskate/Competitive Program Program Schedule

September 7th to December 17th, 2010 and
January 3rd to March 31st, 2011

www.sunsetskatingclub.com

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



Fall 2010/Winter 2011 Program Schedule: September 7th to December 17th, 2010 and January 3rd to March 31st, 2011

SUNDAYS

September 19th to December 19th and
January 9th to March 27th (26 weeks)

5:45 to 6:45 pm	Special Olympics Skating	\$130
6:45 to 7:45 pm	Special Olympics Competitive Skating (starting September 12th)	\$135

MONDAYS

September 13th to December 13th and
January 3rd to March 28th (27 weeks)

2:45 to 3:45 pm	Int./Sr. A & B Freeskate (last 30 mins Open)	\$135
3:45 to 5:30 pm	<i>Canskate & JD programs on the ice</i>	—
5:30 to 5:45 pm	<i>Flood</i>	—
4:00 to 4:45 pm	Jr. Lori Fung 1	\$180
4:45 to 5:30 pm	Jr. Lori Fung 2	\$180
5:45 to 6:45 pm	Jr. Freeskate	\$135
5:30 to 6:30 pm	Int./Sr. A & B Lori Fung	\$230
6:45 to 7:45 pm	Int. Freeskate (price includes spin patch)	\$170
7:45 to 8:00 pm	<i>Flood</i>	—
8:00 to 8:15 pm	Int./Sr. A & B Spin Patch	\$170
8:15 to 9:15 pm	Sr. A & B Freeskate	

SESSION CRITERIA — Based on Freeskate Level Passed

JR - Elementary to Pre-Preliminary (must have completed JD program)
INT - Preliminary, Pre-Juvenile, Jr. and Sr. Bronze, Jr. Silver
SR B - Juvenile
SR A - Sr. Silver, Pre-Novice and up

THURSDAYS

September 16th to December 16th and
January 6th to March 31st (27 weeks)

7:30 to 8:30 am	Jr./Int. Freeskate	\$135
12:15 to 1:15 pm	Int./Sr. A & B Freeskate	\$135

TUESDAYS

September 7th to December 14th and
January 4th to March 29th (28 weeks)

1:45 to 2:45 pm	Int./Sr. A & B Freeskate (starting September 14th)	\$135
2:45 to 3:45 pm	Int./Sr. A & B Freeskate (last 30 mins Open)	\$140
4:15 to 5:15 pm	Sr. A & B Strength & Conditioning (no class November 9th)	\$230
3:45 to 4:00 pm	<i>Flood</i>	—
4:00 to 5:00 pm	Jr./Int. Freeskate	\$140
5:15 to 6:15 pm	Jr./Int. Strength & Conditioning (Dryland for September classes)	\$230

WEDNESDAYS

September 8th to December 15th and
January 5th to March 30th (28 weeks)

2:45 to 3:45 pm	Int./Sr. A & B Freeskate	\$140
3:45 to 4:15 pm	Int./Sr. A & B Enrichment	\$245
4:15 to 5:15 pm	Int. Freeskate	
5:15 to 5:30 pm	<i>Flood</i>	—
5:40 to 6:40 pm	Int./Sr. A & B Ballet	\$240
4:10 to 5:10 pm	Jr. Ballet	\$240
5:30 to 5:45 pm	Jr. Spin Patch	\$280
5:45 to 6:45 pm	Jr. Freeskate	
6:45 to 7:15 pm	Jr. Enrichment	—
7:15 to 7:30 pm	<i>Flood</i>	
7:30 to 7:45 pm	Sr. A & B Spin Patch	\$280
7:45 to 8:45 pm	Sr. A & B Freeskate	
8:45 to 9:15 pm	Sr. A & B Enrichment	

SESSION EXCEPTIONS:

* No Friday evening classes on March 18th (Ice Show DR)
 ** No Saturday evening classes October 9th & 30th (Competition Simulations), December 4th (Low Test Day) and March 19th (Ice Show)

FRIDAYS

September 10th to December 17th and
January 7th to March 25th (27 weeks)

1:45 to 2:45 pm	Int./Sr. A & B Freeskate (starting September 17th)	\$130
2:45 to 3:45 pm	Int./Sr. A & B Open	\$135
3:45 to 4:30 pm	<i>Canskate program on the ice</i>	—
4:30 to 4:45 pm	<i>Flood</i>	—
3:45 to 4:30 pm	Jr. Dryland* (no class October 22nd)	\$280
4:45 to 5:45 pm	Jr. Freeskate*	
5:45 to 6:00 pm	<i>Flood</i>	—
6:00 to 7:00 pm	Sr. A & B Freeskate*	\$180
7:00 to 7:15 pm	Sr. A & B Enrichment*	
7:30 to 8:30 pm	Sr. A&B Strength & Conditioning* (no classes Oct 22 and Nov 12)	\$205
6:00 to 7:00 pm	Int. Dryland* (no class October 22nd)	\$370
7:15 to 8:15 pm	Int. Freeskate*	
8:15 to 8:30 pm	Int. Enrichment*	

SATURDAYS

September 11th to December 11th and
January 8th to March 26th (26 weeks)

6:30 to 7:30 am	Jr./Int. Open	\$130
7:30 to 7:45 am	Jr./Int. Spin Patch	\$295
7:45 to 8:45 am	Jr./Int. Freeskate	
8:45 to 9:15 am	Jr./Int. Enrichment	\$395
SATURDAY PACKAGE: all sessions 6:30 to 9:15 am		
9:15 to 9:30 am	<i>Flood</i>	
9:30 to 11:15 am	<i>JD & Canskate programs on the ice</i>	—
4:15 to 5:15 pm	Int./Sr. A & B Dryland**	\$360
5:30 to 6:30 pm	Int./Sr. A & B Freeskate**	
6:30 to 7:00 pm	Int./Sr. A & B Enrichment**	