

## Skate Canada Professional CLUB COACHES

Please contact the following regarding lessons only

Darcee Feenie Matthews	604 - 326 - 3339
Jennifer Yibing Jiang	604 - 537 - 9339
Jan Norman	604 - 908 - 2102
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](http://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-transferrable. 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](http://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](http://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



## Spring 2011 Starskate/Competitive Program Program Schedule

April 1st to June 30th, 2011

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

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



# Spring 2011 Program Schedule: April 1st to June 30th, 2011

## MONDAYS

April 4th to June 27th (13 weeks)

2:45 to 3:45 pm	Int./Sr. A & B Freeskate	\$72
<i>3:45 to 5:30 pm</i>	<i>Canskate &amp; JD programs on the ice</i>	—
<i>5:30 to 5:45 pm</i>	<i>Flood</i>	—
4:25 to 5:10 pm	Jr. Lori	\$92
5:45 to 6:45 pm	Jr. Freeskate	\$72
6:45 to 7:45 pm	Int. Freeskate	\$72
<i>7:45 to 8:00 pm</i>	<i>Flood</i>	—
8:00 to 9:00 pm	Sr. A & B Freeskate	\$72

## TUESDAYS

April 5th to June 28th (13 weeks)

2:30 to 3:30 pm	Int./Sr. A & B Freeskate	\$72
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## WEDNESDAYS

April 6th to June 29th (13 weeks)

1:45 to 2:45 pm	Int./Sr. A & B Freeskate	\$72
2:45 to 3:45 pm	Int./Sr. A & B Open	\$72
6:15 to 7:15 pm	Int./Sr. A & B Ballet	\$122
7:45 to 8:30 pm	Int. Freeskate	\$53
8:30 to 9:15 pm	Sr. A & B Freeskate	\$53

## THURSDAYS

April 7th to June 30th (13 weeks)

5:00 to 5:45 pm	Jr. Lori	\$92
5:45 to 6:45 pm	Int. Lori	\$122
7:15 to 8:15 pm	Jr./Int. Freeskate	\$72
6:45 to 7:45 pm	Sr. A & B Lori	\$122
8:15 to 9:15 pm	Int./Sr. A & B Freeskate	\$72

## FRIDAYS

April 1st to June 24th (13 weeks)

7:30 to 8:30 am	Open Freeskate	\$72
1:45 to 2:45 pm	Int./Sr. A & B Freeskate	\$72
2:45 to 3:45 pm	Int./Sr. A & B Open	\$72
<i>3:45 to 4:30 pm</i>	<i>Canskate program on the ice</i>	—
3:45 to 4:30 pm	Jr. Dryland	\$108
<i>4:30 to 4:45 pm</i>	<i>Flood</i>	—
4:45 to 5:45 pm	Jr. Freeskate	\$72
5:45 to 6:00 pm	Jr. Enrichment	\$27
6:00 to 6:15 pm	Sr. A & B Enrichment	\$27
6:15 to 7:15 pm	Sr. A & B Freeskate	\$72
<i>7:15 to 7:30 pm</i>	<i>Flood</i>	—
7:30 to 7:45 pm	Int. Enrichment	\$27
7:45 to 8:45 pm	Int. Freeskate	\$72

### SESSION EXCEPTIONS:

- \* No Saturday evening classes May 7th (Simulation)
- \*\* No Sunday classes after 11:30 am June 5th (Low Test)

## SATURDAYS

April 2nd to June 25th (13 weeks)

6:30 to 7:30 am	Jr./Int. Open	\$72
7:30 to 7:45 am	Jr./Int. Spin Patch	\$18
7:45 to 8:30 am	Jr./Int. Freeskate	\$53
<i>8:30 to 8:45 am</i>	<i>Flood</i>	—
8:45 to 10:30 am	<i>JD &amp; Canskate programs on the ice</i>	—
6:30 to 7:30 pm	Int./Sr. A & B Dryland*	\$99
7:45 to 8:00 pm	Int./Sr. A & B Spin Patch*	\$17
8:00 to 9:00 pm	Int./Sr. A & B Freeskate*	\$66
9:00 to 9:15 pm	Int./Sr. A & B Enrichment*	\$25

## SUNDAYS

April 3rd to June 26th (13 weeks)

<i>7:00 to 9:45 am</i>	<i>Powerskating, StarSkate &amp; Canskate programs on the ice</i>	—
<i>9:45 to 10:00 am</i>	<i>Flood</i>	—
10:00 to 11:00 am	Sr. A & B Freeskate	\$72
11:00 to 11:15 am	Sr. A & B Enrichment	\$27
11:45 to 12:45 pm	Sr. A & B Maki	\$122
<i>11:15 to 11:30 am</i>	<i>Flood</i>	—
11:30 to 11:45 am	Int. Enrichment**	\$25
11:45 to 12:45 pm	Int. Freeskate**	\$66
1:00 to 2:00 pm	Int. Maki**	\$122
12:45 to 1:45 pm	Jr. Freeskate**	\$66
2:00 to 2:45 pm	Jr. Maki**	\$84

### SESSION CRITERIA — Based on Freeskate Level Passed

**JR** - Elementary to Pre-Preliminary (must have completed JD program)

**INT** - Preliminary & Jr. Bronze

(Pre-Preliminary level skaters who have competed in 3 competitions and skate minimum 3 times per week are allowed as well)

**SR B** - Pre-Juvenile, Juvenile, Sr. Bronze & Jr. Silver

**SR A** - Sr. Silver, Pre-Novice and up