

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. 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 30th 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

Or visit our website at
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

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



Sunset Skating Club



Winter 2010

January 10th to March 28th, 2010

POWERSKATING PROGRAM Schedule & Registration Form

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 4th, 2010: _____

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 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, it's 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 after the 1st day of a session 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 2009 to September 2010

Sub Total:	
Skate Canada Membership:	\$ 32.15
TOTAL:	

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!

This **6 week** program will run on the following sessions:

Sundays, January 10th to February 14th , 5:45 to 6:45 pm	\$ 72
Sundays, February 21st to March 28th , 5:45 to 6:45 pm	\$ 72

Or you can purchase **both sessions** at a discounted cost of **\$132**

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 2009 to September 2010 at a cost of \$32.15. If your child has taken Powerskating or Canskate lessons since September 2009 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 transferrable between clubs.