

Skate Canada Professional CLUB COACHES

Please contact the following regarding lessons only

Nikolai Balabardin	604 - 462 - 8737
Darcee Feenie Matthews	604 - 326 - 3339
Sonja Hlynka	604 - 831 - 8360
Jennifer Yibing Jiang	604 - 629 - 5252
Lily Kamarn	778 - 858 - 0071
Amy Slaght	604 - 910 - 1483

Sunset Skating Club accepts freelance coaches on our sessions, as long as they are in good standing with Skate Canada and agree to abide by Sunset Skating Club's Ice Etiquette and Safety Guidelines.

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* for must be signed and returned with registration form and payment. Copies are available in the in the 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

Club message line: (604) 321-1330

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.

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

Core Strength & Conditioning - Maki: This 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.

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

ICE RIGHT OF WAY

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

Sunset Skating Club



Winter 2010

Starskate/Competitive Program Program Schedule

January 18th to March 31st, 2010

www.sunsetskatingclub.com

general inquiries: info@sunsetskatingclub.com

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



Winter 2010 Program Schedule: January 18th to March 31st, 2010

Mondays (January 18th - March 29th) 11 weeks

2:45 - 3:45 pm	Int./Sr. A & B Freeskate (last 15 min. Open)	\$55
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. Lori Fung 1	\$62
4:45 to 5:45 pm	Jr. Freeskate	\$55
5:45 to 6:15 pm	<i>Jr. Ice Show practice</i>	—
6:30 to 7:15 pm	Jr. Lori Fung 2	\$62
4:30 to 5:30 pm	Int./Sr. B Lori Fung	\$83
6:15 to 7:15 pm	Int./Sr. B Freeskate	\$55
7:15 to 7:30 pm	<i>Flood</i>	—
7:30 to 8:00 pm	<i>Intermediate Ice Show practice</i>	—
5:30 to 6:30 pm	Sr. A Lori Fung	\$83
8:00 to 8:15 pm	Sr. A Figures	\$18
8:15 to 9:15 pm	Sr. A Freeskate	\$55

Tuesdays (January 19th - March 30th) 11 weeks

12:15 to 1:15 pm	Int./Sr. A & B Freeskate	\$55
2:45 to 3:45 pm	Int./Sr. A & B Freeskate	\$55
3:45 to 4:00 pm	<i>Flood</i>	—
4:00 to 5:45 pm	<i>JD & Canskate programs on the ice</i>	—

SESSION CRITERIA

Based on Freeskate Level Passed

JR - Elementary to Pre-Preliminary
(must have completed a Jr. Development equivalent program)

INT - Preliminary, Pre-Juvenile, Jr. and Sr. Bronze

SR B - Juvenile

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

Wednesdays (January 20th - March 31st) 11 weeks

2:45 - 3:45 pm	Int./Sr. A & B Freeskate (last 15 min. Open)	\$55
3:45 to 4:15 pm	Intermediate/Sr. B Enrichment	\$36
4:15 to 5:15 pm	Int./Sr. B Freeskate	\$55
5:15 to 5:30 pm	<i>Flood</i>	—
4:15 to 5:15 pm	Jr. Strength & Conditioning	\$94
5:30 to 5:45 pm	Jr./Int. Spin Patch	\$14
5:45 to 6:45 pm	Jr. Freeskate	\$55
6:45 to 7:15 pm	Jr. Enrichment	\$36
7:15 to 7:30 pm	<i>Flood</i>	—
6:15 to 7:15 pm	Sr. A Dryland	\$72
7:30 to 7:45 pm	Sr. A Spin Patch	\$14
7:45 to 8:45 pm	Sr. A Freeskate	\$55
8:45 to 9:15 pm	Sr. A Enrichment	\$36

Thursdays (January 21st - March 25th) 10 weeks

12:15 to 1:15 pm	Int./Sr. A & B Freeskate	\$50
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Sundays (January 24th - March 21st) 9 weeks

6:45 to 7:45 pm	Special Olympics — Figure Skating	\$45
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SESSION EXCEPTIONS:

* Friday afternoon sessions marked with an asterisk:

- no class Friday, March 5th due to Ice Show Dress Rehearsal

** Saturday evening sessions marked with 2 asterisks:

- no class Saturday, March 6th due to Ice Show

Fridays (January 22nd - March 26th) 10 weeks

12:15 to 1:30 pm	Int./Sr. A & B Freeskate	\$63
1:30 to 2:00 pm	Int./Sr. A & B Enrichment	\$33
2:00 to 3:00 pm	Jr./Int. Open	\$50
3:00 to 3:45 pm	Int./Sr. A & B Open	\$38
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*	\$44
4:45 to 5:45 pm	Jr. Freeskate*	\$45
5:45 to 6:00 pm	<i>Flood</i>	—
6:00 to 7:00 pm	Sr. A Freeskate*	\$45
7:00 to 7:15 pm	Sr. A Enrichment*	\$15
7:30 to 8:30 pm	Sr. A Strength & Conditioning*	\$77
6:00 to 7:00 pm	Int./Sr. B Strength & Conditioning	\$85
7:15 to 8:15 pm	Int./Sr. B Freeskate	\$50
8:15 to 8:30 pm	Int./Sr. B Enrichment	\$17

Saturdays (January 23rd - March 27th) 10 weeks

6:30 to 7:30 am	Jr./Int. Open	\$50
7:30 to 7:45 am	Jr./Int. Spin Patch	\$13
7:45 to 8:45 pm	Jr./Int. Freeskate	\$50
8:45 to 9:15 am	Jr./Int. Enrichment	\$33
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. B Dryland**	\$44
5:30 to 6:30 pm	Int./Sr. B Freeskate**	\$45
6:30 to 7:30 pm	Sr. A Freeskate**	\$45
7:30 to 8:00 pm	<i>Senior Ice Show Practice</i>	—