

Skate Canada Professional CLUB COACHES

Please contact the following regarding lessons only

Darcee Feenie Matthews	604 - 326 - 3339
Sonja Hlynka	604 - 831 - 8360
Jennifer Yibing Jiang	604 - 537 - 9339
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 Skater's Code of Conduct form must be signed and returned with registration form and payment. Copies are available 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.

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 any off-ice sessions

Lori Fung — Flexibility: 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.

Sunset Skating Club



Fall/Winter 2009/10 Starskate/Competitive Program Program Schedule

September 2nd to December 19th, 2009
and January 4th to 17th, 2010
(not including December 20th to January 3rd)

www.sunsetskatingclub.com

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



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.

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

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

Fall/Winter 2009/10 Program Schedule: September 1st, 2009 to January 17th, 2010 (no ice December 20th to January 3rd)

Mondays (September 7th to January 11th) 17 weeks
No classes December 21st and 28th

2:45 to 3:45 pm	Int./Sr. A & B Freeskate (last 15 min. Open)	\$85
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	\$96
4:45 to 5:00 pm	Jr. Enrichment	\$30
5:00 to 6:00 pm	Jr. Freeskate	\$85
6:30 to 7:15 pm	Jr. Lori Fung 2	\$96
4:30 to 5:30 pm	Int./Sr. B Lori Fung	\$128
6:00 to 7:00 pm	Int./Sr. B Freeskate	\$85
7:00 to 7:15 pm	<i>Flood</i>	—
7:15 to 7:30 pm	Int./Sr. B Enrichment	\$30
7:30 to 7:45 pm	Int./Sr. B Spin Patch	\$22
7:30 to 8:15 pm	Special Olympics — Skating * ¹ * ¹ starts September 21st	\$56
5:30 to 6:30 pm	Sr. A Lori Fung	\$128
7:45 to 8:00 pm	Sr. A Spin Patch	\$22
8:00 to 8:15 pm	Sr. A Figures	\$30
8:15 to 9:15 pm	Sr. A Freeskate	\$85

Tuesdays (September 1st to January 12th) 18 weeks
No classes December 22nd and 29th

12:15 to 1:15 pm	Int./Sr. A & B Freeskate	\$90
2:45 to 3:45 pm	Jr.* ² /Int./Sr. A & B Freeskate (last 15 min. Open)	\$90
3:45 to 4:00 pm	<i>Flood</i>	—
4:00 to 6:00 pm	<i>Canskate & JD programs on the ice</i>	—

Wednesdays (September 2nd to January 13th) 18 weeks
No classes December 23rd and 30th

2:45 to 3:45 pm	Int./Sr. A & B Freeskate (last 15 min. Open)	\$90
3:45 to 4:00 pm	Int./Sr. A & B Enrichment	\$32
4:00 to 5:00 pm	Int./Sr. B Freeskate	\$90
5:00 to 5:30 pm	Int./Sr. B Enrichment	\$64
5:30 to 5:45 pm	<i>Flood</i>	—
4:30 to 5:30 pm	Jr. Strength & Conditioning* ³	\$136
5:45 to 6:00 pm	Jr. Spin Patch* ³	\$20
6:00 to 7:00 pm	Jr. Freeskate* ³	\$80
7:00 to 7:30 pm	Jr. Enrichment* ³	\$56
7:30 to 7:45 pm	<i>Flood</i>	—
7:45 to 8:45 pm	Sr. A Freeskate* ³	\$80
8:45 to 9:15 pm	Sr. A Enrichment* ³	\$56

Thursdays (September 3rd to January 14th) 18 weeks
No classes December 24th and 31st

12:15 to 1:15 pm	Int./Sr. A & B Freeskate	\$90
6:45 to 7:45 pm	Special Olympics—Figure Skating	\$75

Sundays (September 20th to January 17th) 15 weeks
No classes December 20th and 27th

<p>SESSION CRITERIA <i>Based on Freeskate Level Passed</i></p> <p>JR - Elementary to Pre-Preliminary (must have completed a Jr. Development equivalent program)</p> <p>INT - Preliminary, Pre-Juvenile, Jr. and Sr. Bronze</p> <p>SR B - Juvenile</p> <p>SR A - Sr. Silver, Pre-Novice and up</p>
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*⁴ no ice October 30th (Competition simulation)
*⁵ no class October 23rd, 30th (Simulation) or November 13th
*⁶ no class October 23rd and 30th (Competition simulation)
*⁷ no ice October 10th and December 5th (Simulation & Test Day)

Fridays (September 4th to January 15th) 18 weeks
No classes December 25th and January 1st

12:15 to 1:30 pm	Int./Sr. A & B Freeskate	\$112
1:30 to 2:00 pm	Int./Sr. A & B Enrichment	\$64
2:00 to 3:00 pm	Jr.* ² /Int./Sr. A & B Open	\$90
3:00 to 3:45 pm	Jr.* ² /Int./Sr. A & B Open	\$68
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	\$117
4:45 to 5:45 pm	Jr. Freeskate	\$90
5:45 to 6:00 pm	<i>Flood</i>	—
6:00 to 7:00 pm	Sr. A Freeskate* ⁴	\$85
7:00 to 7:15 pm	Sr. A Enrichment* ⁴	\$30
7:30 to 8:30 pm	Sr. A Strength & Conditioning* ⁵	\$145
6:00 to 7:00 pm	Int./Sr. B Strength & Conditioning* ⁶	\$145
7:15 to 8:15 pm	Int./Sr. B Freeskate* ⁴	\$85
8:15 to 8:30 pm	Int./Sr. B Enrichment* ⁴	\$30

Saturdays (September 19th to January 16th) 16 weeks
No classes December 26th and January 2nd

6:30 to 7:30 am	Jr.* ² /Int./Sr. B Open	\$80
7:30 to 7:45 am	Jr.* ² /Int./Sr. B Spin Patch	\$20
7:45 to 8:45 am	Jr./Int. Freeskate	\$80
8:45 to 9:15 am	Jr./Int. Enrichment	\$56
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* ⁷	\$91
5:30 to 6:30 pm	Int./Sr. B Freeskate* ⁷	\$70
5:15 to 6:15 pm	Sr. A Dryland* ⁷	\$91
6:30 to 7:30 pm	Sr. A Freeskate* ⁷	\$70
7:30 to 8:00 pm	Sr. A Enrichment* ⁷	\$49

SESSION EXCEPTIONS:

*¹ starts September 21st
*² open to Juniors with 1 year experience in private lessons
*³ no ice September 2nd and 9th (starts September 16th)