

## How to Register

Register online on the Sunset Skating Club website:

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

## Club Contacts

Club message line: **604-321-1330**

[info@sunsetskatingclub.com](mailto:info@sunsetskatingclub.com)

Registrar: [sunsetregistrar@hotmail.com](mailto:sunsetregistrar@hotmail.com)

Junior Development Coordinator:  
[sunset.jd@hotmail.com](mailto:sunset.jd@hotmail.com)

## Junior Development (JD) Program Policy

All of the following **conditions** must be met to be eligible for taking private lessons on Sunset's Junior ice:

1. Skaters in the JD Program must register 2 days per week in the JD Program to be **eligible** for taking lessons on our Junior Star program;
2. Skaters in the JD Program must have passed JD Level 5, at minimum, to be **qualified** for taking on our Junior Star program;

The Sunset Skating Club, its Board members, coaches, and volunteers are not responsible for any accident, 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. There will be a charge of \$25.00 for any NSF cheques. Withdrawals before the start of session or up to and including the first class only – NO EXCEPTIONS unless accompanied by a valid medical certificate. No refunds will be issued for any reason 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 \$43.65 Skate Canada fee is non-refundable.



# Sunset Skating Club

Arena located at 390 East 51<sup>st</sup> Avenue, Vancouver, B.C.

## Junior Development



# Summer 2023

July 8 – August 13, 2023

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Sunset Skating Club



Skate Canada

## After CanSkate...

An **introduction to figure skating** in a group lesson setting. All skaters accepted into the JD program have been auditioned by one of the program coordinators and have shown talent, desire, and an interest in figure skating

Jumps, spins, footwork and musicality will be developed through this twice per week program. Class sizes are kept smaller to allow for individual attention. Skaters must show their commitment by enrolling in the entire program, **both** on ice and off ice development (2 days a week).

**DRYLAND:** Our club coaches will work on off-ice jump techniques and strength training. Precise muscle area workouts and conditioning exercises are emphasized. Benefits include injury prevention and on ice personal improvements.

Sunset Skating Club's JD **coaching staff** is one of the best in Vancouver. Nationally certified coaches with competitive experience will work with your child on a weekly basis to ensure they develop the necessary figure skating basics.

**Skating attire** for Junior Development differs greatly from that of CanSkate. Girls are to arrive in a skating dress, skirt or sports tights/leggings with their hair tied back or in a bun. Boys are to wear appropriate skating pants. **NO loose clothing or heavy winter jackets.** Helmets are NOT recommended or necessary at this level.

*All JD fees include coaching fee.*

Days	On-Ice	Off-Ice	Dates	Location	Cost
Saturdays	10:00am to 10:45am	11:00am to 11:45am	July 8 to August 12	Hillcrest ice rink	\$243.50
Sundays	9:00am to 10:00am	10:15am to 11:00am	July 16 to August 13	Trout Lake ice rink	

**2 days per week (Saturday - 6 weeks, Sunday – 5 weeks)**

**Hillcrest Ice Rink: 4575 Clancy Loranger Way, Vancouver, BC**

**Trout Lake Ice Rink: 3360 Victoria Drive, Vancouver, BC**

The Skate Canada member fee \$43.65 is payable once per year, for the period September 1, 2022 to August 31, 2023