

# How to Register

Register online on the Sunset Skating Club website:

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

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## Club Contacts

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

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

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

**Canskate & Junior Development Coordinators:**  
Jennifer ([skating.director@sunsetskatingclub.com](mailto:skating.director@sunsetskatingclub.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 re-funds 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 \$35.65 Skate Canada fee is non-refundable.



# Sunset Skating Club

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

## Junior Development & Advanced CanSkate



# Fall 2018

September 10 – December 15, 2018

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Sunset Skating Club



## 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 or skirt 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.*

### Junior Development Program (8 years old and under)

Skaters in the Junior Development program are working towards the goal of transitioning into private lessons with one of our Sunset Club coaches. Skaters that continue into private lessons work towards test/competitive achievements. **(14 weeks)**

Days	On-Ice	Off-Ice	Dates	Cost
Mondays	4:45pm to 5:45pm	6:00pm to 6:30pm	September 10 to December 10	\$644
Saturdays	9:00am to 10:00am	10:15am to 10:45am	September 15 to December 15	
<b>2 days per week</b>				

### Advanced CanSkate Program (9 years old and over)

Skaters in the Advanced CanSkate program are encouraged to pursue skating for recreational or competitive goals. **(14 weeks)**

Days	On-Ice	Off-Ice	Dates	Cost
Mondays	4:45pm to 5:45pm	6:00pm to 6:30pm	September 10 to December 10	\$644
Saturdays	9:00am to 10:00am	10:15am to 10:45am	September 15 to December 15	
<b>2 days per week</b>				