

## Skate Canada Professional Club Coaches

Please contact skating director regarding lessons only:

Jennifer Yibing Jiang  
Email: [skating.director@sunsetskatingclub.com](mailto:skating.director@sunsetskatingclub.com)  
Telephone: 604-537-9339

Visiting coaches from other clubs who are planning to coach on Sunset sessions must request for permission from our head coach Jennifer [skating.director@SunsetSkatingClub.com](mailto:skating.director@SunsetSkatingClub.com). Please include a copy of your Skate Canada certification and let us know which sessions you plan to come to.

The full Ice Etiquette and Safety Guidelines of Sunset Skating Club is on the club website: [www.sunsetskatingclub.com](http://www.sunsetskatingclub.com) under the Member – Rules section. Skaters must sign a 'Skaters Code of Conduct' form and return this with the registration form and payment. Copies are available in the club office.

**Ice time is non-transferrable nor can sessions be switched for another Sunset session. 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.**

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 \$35.65 Skate Canada fee is non-refundable.

### Buy-Ons

- All buy-ons must be paid before stepping on the ice. Open sessions are opened to Jr, Int & Sr skaters only. Please sign the "Registration/Buy-on binder" found on the music box. Failure to sign in or pay will result in loss of skating privileges. There will be no buy-ons for full sessions or the Junior Star program.
- All non-members must email the Club Registrar ([sunsetregistrar@hotmail.com](mailto:sunsetregistrar@hotmail.com)) well in advance for permission and availability of ice. **Drop in's are not accepted.**

### Buy-On Rates

(Skaters must purchase full sessions)

Sunset Member: \$10/1 hr; \$8/45 min.; \$14/1.5hr session  
Visiting skaters: \$14/1 hr; \$12/45 min.; \$18/1.5hr session  
**Payment by cheque only, made to Sunset SC!**

### ICE RIGHT OF WAY

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

Your safety and that of others is your responsibility. Skaters must be aware of the other skaters' positions at all times.

### Club Contact

For additional information, contact the club:  
Registrar: [sunsetregistrar@hotmail.com](mailto:sunsetregistrar@hotmail.com)  
Visit our website: [www.sunsetskatingclub.com](http://www.sunsetskatingclub.com)  
Club message line: (604) 321-1330

## GROUP PROGRAMS: On-ice (Sunset Members Only)

**JUNIOR STAR:** Club program for Junior skaters focused on introducing and developing proper technique for mastering elements. The program is taught by club coaches and their assistants with each group rotating and working on different elements throughout the session.

**ENRICHMENT:** A session of creative edgework and powerful stroking. A mix of slow and fast paced exercises are used in each session. Footwork, spin, and jump patterns are the areas that will be focussed.

**SPIN PATCH:** Ice time dedicated to skaters practicing spins only. (Lessons are to be booked through individual coaches.)

**GROUP SPIN PATCH:** Ice time dedicated to skaters practicing spins only. Lessons are taught as a group club program by club coaches and their assistants. Coaches' fees are included in the session fee.

## GROUP PROGRAMS: Off-ice (Sunset Members Only)

One on-ice session must be purchased to be eligible for any off-ice sessions.

**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.

**STRENGTH & CONDITIONING:** Facilitated by a personal trainer, this strength and conditional program designed for skaters builds core strength and full body conditioning.

**FLEXIBILITY:** Flexibility training allows a skater to increase range of motion, reduce muscle tension, reduce severity of injuries and improve body alignment and muscular symmetry.

**DANCE:** This program is designed especially for figure skaters' development, for breadth of movement, musicality, versatility of styling and flexibility. Different forms of dance will be covered.

## ICE POLICIES

Sunset Skating Club has adopted the following policies in order to conduct a well managed, safe, and fair skating club. We ask for your co-operation in following these policies:

- 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.
- Sunset SC 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 Sunset Board.
- 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.
- Parents are not allowed to coach at the rink boards or bleachers.
- Due to privacy concerns please do not photograph or video tape other skaters than your own.

# Sunset Skating Club

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

## StarSkate / Competitive Program Schedule



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



# Spring 2018

April 1 – June 30, 2018

**Register online on the Sunset website:**

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



# Spring 2018 Starskate / Competitive Program Schedule: April 1 to June 30, 2018

## MONDAY

April 2 to June 25  
13 weeks

2:45pm to 3:45pm	Jr / Int / Sr Open	*	\$78	
3:45pm to 4:45pm	Jr Star Program	4	\$273	
<b>4:50pm to 5:35pm</b>	<b>Jr Flexibility</b>	1	<b>\$122</b>	
<i>4:45pm to 5:30pm</i>	<i>JD programs on the ice</i>			
<i>5:30pm to 5:45pm</i>	<i>Flood</i>			
<i>5:45pm to 6:30pm</i>	<i>CanSkate</i>			
5:35pm to 6:20pm	Int Flexibility	1	\$122	
6:30pm to 7:30pm	Int Freeskate		\$78	
<i>7:30pm to 7:45pm</i>	<i>Flood</i>			
6:35pm to 7:35pm	Sr Flexibility	1	\$163	
7:45pm to 8:45pm	Sr Freeskate		\$78	} \$96
8:45pm to 9:00pm	Sr Spin Patch		\$23	

<sup>1</sup> Maximum 8 per class

## WEDNESDAY

April 4 to June 27  
13 weeks

2:45pm to 3:45pm	Jr / Int / Sr Open	*	\$78	
5:15pm to 6:15pm	Jr Dance		\$104	
6:15pm to 7:15pm	Int Dance		\$104	
7:45pm to 8:30pm	Int Freeskate		\$59	
7:15pm to 8:00pm	Sr Dance		\$78	
8:30pm to 9:15pm	Sr Freeskate		\$59	

## THURSDAY

April 5 to June 28  
13 weeks

6:00pm to 7:00pm	Jr Dryland	5	\$69	} \$245
7:15pm to 8:00pm	Jr Star Program	4 5	\$189	
7:00pm to 7:45pm	Int / Sr Dryland		\$56	} \$148
8:00pm to 9:00pm	Int / Sr Freeskate	2	\$78	
9:00pm to 9:15pm	Int / Sr Spin Patch	2 5	\$22	

<sup>2</sup> Intermediate skaters require prior approval from the skating director for the Int / Sr freeskate session

<sup>5</sup> No classes April 26th 7:15pm to 8:00pm (Star 2 to 4 simulation); Sr. Freeskate runs 8:15pm to 9:15pm & no Sr. Spin Patch.

Denotes Group Programs: Off Ice (Sunset Members Only)

## FRIDAY

April 6 to June 29  
13 weeks

2:45pm to 3:45pm	Jr / Int / Sr Open	*	\$78	
3:45pm to 4:00pm	Int Spin Patch		\$23	} \$179
4:00pm to 5:00pm	Int Freeskate		\$78	
5:10pm to 6:00pm	Int Conditioning		\$87	
<i>5:00pm to 5:15pm</i>	<i>Flood</i>			
<i>5:15pm to 6:00pm</i>	<i>CanSkate</i>			
5:00pm to 5:45pm	Jr Dryland		\$56	} \$127
6:00pm to 7:00pm	Jr Freeskate	6	\$78	
<i>7:00pm to 7:15pm</i>	<i>Flood</i>			
6:10pm to 7:00pm	Sr Conditioning		\$87	} \$216
7:15pm to 8:15pm	Sr Freeskate		\$78	
8:15pm to 8:30pm	Sr Spin Patch		\$23	
8:30pm to 8:45pm	Sr Enrichment		\$39	

<sup>6</sup> Ice fee only, coaching fee extra

### SESSION CRITERIA

Skater placement category is based on the highest Freeskate level competed as of date of registration. Skaters registered in the incorrect level will be asked to leave the ice. Please see a Board member if you are unsure of your level.

Jr – JD Stage 5 to Gold, Star 1 to 4 (see \*note1\* below)

Int - Star 4 (Single Axel) to Pre-Juvenile

Sr – Passed Jr Silver or competing at Juvenile & higher & must cleanly land 3 doubles (see \*note2\* below)

\*note1\* -- JD skaters may register for Jr only sessions, no mixed sessions

\*note2\* - Sr skaters need approval to skate down to intermediate level.

### SESSION EXCEPTIONS

<sup>4</sup> All Junior Star on ice Programs are taught in groups by club coaches and their assistants. The fee includes all coaching fees. Exception will be coaching fees for competitions or private lessons which will be charged to the individual skater by the coaches directly.

\* Open sessions are opened to Jr, Int and Sr skaters only. All non-members must email the Club Registrar (sunsetregistrar@hotmail.com) well in advance for permission and availability of ice. Drop in's are not accepted.

<sup>1</sup> Maximum 8 per class

<sup>2</sup> Intermediate skaters require prior approval from the skating director for the Int / Sr freeskate session

<sup>3</sup> No classes April 29, 2018 11:45am to 1:45pm (Sunset Simulation)

<sup>5</sup> No classes April 26th 7:15pm to 8:00pm (Star 2 to 4 simulation); Sr. Freeskate runs 8:15pm to 9:15pm & no Sr. Spin Patch.

## SATURDAY

April 7 to June 30  
13 weeks

*8:30am to 10:15am*

*CanSkate / JD programs on the ice*

6:30pm to 7:30pm	Int Dryland		\$75	} \$127
7:45pm to 8:30pm	Int Freeskate		\$59	
6:30pm to 7:30pm	Sr Dryland		\$75	} \$127
8:30pm to 9:15pm	Sr Freeskate		\$59	

## SUNDAY

April 1 to June 24  
13 weeks

9:30am to 10:30am	Sr Conditioning	3	\$96	} \$137
<i>10:45am to 11:30am</i>	<i>CanSkate</i>			
<i>11:30pm to 11:45pm</i>	<i>Flood</i>			
11:45pm to 12:25pm	Sr Freeskate	3	\$48	} \$137
11:05am to 12:05pm	Int Conditioning	3	\$96	
12:25pm to 1:05pm	Int Freeskate	3	\$48	} \$228
12:05pm to 12:50pm	Jr Conditioning	3	\$72	
1:05pm to 1:45pm	Jr Star Program	4 3	\$168	

<sup>3</sup> No classes April 29 (Simulation) 11:45am to 1:45pm

Denotes Group Programs: Off Ice (Sunset Members Only)

SUNSET MEMBERS: Register online on the Sunset website:

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

NON-MEMBERS: Register in person starting April 1st at the club office.