

# 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)



## Winter 2021

January 4 – March 31, 2021

Register online on the Sunset website:

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

### 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 skating director, 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 Skate Canada member fee of \$43.65 is payable once per year for the period September 1, 2020 to August 31, 2021 and 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 online or by cheque, 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.



**Winter 2021 StarSkate / Competitive Program Schedule: January 4 to March 31, 2021**

**MONDAY**

January 4 to March 29  
13 weeks

4:00pm to 5:00pm	StarSkate Program	\$260
<b>5:15pm to 6:00pm</b>	<b>Int / Sr Flexibility Online</b>	<b>\$98</b>
<i>5:00pm to 6:00pm</i>	<i>JD / CanSkate</i>	
6:00pm to 7:00pm	JDT	\$260
<b>6:15pm to 7:00pm</b>	<b>StarSkate Dryland Online</b>	<b>\$59</b>
<i>7:00pm to 7:15pm</i>	<i>Flood</i>	
7:15pm to 8:00pm	Int A / B Freeskate	\$68
8:00pm to 8:45pm	Int A Freeskate	\$68
8:45pm to 9:45pm	Sr Freeskate	\$91

**TUESDAY**

January 5 to March 30  
13 weeks

<b>5:00pm to 5:45pm</b>	<b>Int A / B Conditioning Online</b>	<b>\$59</b>
<b>5:00pm to 5:45pm</b>	<b>JDT Conditioning Online</b>	<b>\$59</b>
<b>5:45pm to 6:15pm</b>	<b>Sr Conditioning Online</b>	<b>\$39</b>
7:00pm to 7:45pm	JDT	\$195
7:45pm to 8:45pm	Int A Freeskate	\$91
8:45pm to 9:45pm	Sr Freeskate	\$91

**WEDNESDAY**

January 6 to March 31  
13 weeks

4:00pm to 5:00pm	StarSkate Program	\$260
<i>5:00pm to 6:00pm</i>	<i>CanSkate</i>	
6:00pm to 7:00pm	JDT	\$260
<b>6:15pm to 7:00pm</b>	<b>StarSkate Conditioning Online</b>	<b>\$59</b>
<i>7:00pm to 7:15pm</i>	<i>Flood</i>	
7:15pm to 8:00pm	Int A / B Freeskate	\$68
8:00pm to 8:45pm	Int A Freeskate	\$68
8:45pm to 9:45pm	Sr Freeskate	\$91

**THURSDAY**

January 7 to March 25  
12 weeks

<b>5:00pm to 5:45pm</b>	<b>Sr Dryland &amp; Conditioning Online</b>	<b>\$54</b>
<b>5:00pm to 5:45pm</b>	<b>JDT Dryland &amp; Conditioning Online</b>	<b>\$54</b>
<b>5:45pm to 6:15pm</b>	<b>Int Dryland &amp; Conditioning Online</b>	<b>\$36</b>
<b>6:15pm to 7:00pm</b>	<b>StarSkate Flexibility &amp; Conditioning Online</b>	<b>\$54</b>

**FRIDAY**

January 8 to March 26  
12 weeks

4:00pm to 5:00pm	StarSkate Program	\$240
<i>5:00pm to 6:00pm</i>	<i>CanSkate</i>	
6:00pm to 7:00pm	JDT	\$240
<i>7:00pm to 7:15pm</i>	<i>Flood</i>	
7:15pm to 8:00pm	Int A / B Freeskate *	\$58
8:00pm to 8:45pm	Int A Freeskate *	\$58
8:45pm to 9:45pm	Sr Freeskate	\$84

**SATURDAY**

January 9 to March 27  
12 weeks

8:00am to 8:45am	StarSkate Program	\$180
8:45am to 9:45am	JDT	\$240
<i>9:45am to 10:00am</i>	<i>Flood</i>	
<i>10:00am to 11:00am</i>	<i>JD / CanSkate</i>	
<b>11:00am to 11:45am</b>	<b>Sr Freeskate</b>	<b>\$63</b>
<b>7:00pm to 7:45pm</b>	<b>JDT Ballet Online</b>	<b>\$60</b>

**SUNDAY**

**Hillcrest**

**4575 Clancy Loranger Way, Vancouver, BC**

January 10 to March 28  
12 weeks

8:00am to 8:45am	Int A / B / Sr Freeskate	\$63
8:45am to 9:45am	Int A / Sr Freeskate	\$84
<b>11:00am to 11:45am</b>	<b>Sr Dryland &amp; Conditioning Online</b>	<b>\$54</b>
<b>2:00pm to 2:45pm</b>	<b>Int A / B / Sr Conditioning Online</b>	<b>\$54</b>
<b>2:45pm to 3:45pm</b>	<b>StarSkate Contemporary Dance Online</b>	<b>\$72</b>
<b>3:45pm to 4:45pm</b>	<b>JDT Ballet Online</b>	<b>\$72</b>
<b>4:45pm to 6:45pm</b>	<b>Int A / B Contemporary / HipHop Online</b>	<b>\$144</b>
<b>4:45pm to 6:45pm</b>	<b>Sr HipHop / Contemporary Online</b>	<b>\$144</b>

**NO BUY ONs or DROP INs**

**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.

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

**Int A** - Star 6 and up with two or more doubles

**Int B** - Star 3 to Star 5 with at least an axel/double

**Sr** – Passed Jr Silver or competing at Juvenile & higher & **must cleanly land 5 doubles** (see \*note2\* below)

\*note1\* -- **Int A** are allowed to do double sessions on Int B sessions.

\*note2\* - **Sr skaters** are allowed to do double sessions on Int A sessions.

\*note3\* - **Int B** requesting more ice time need the approval of the Skating Director to skate StarSkate sessions.

**Denotes off ice classes, members only.**

\* No classes January 22, 7:15pm to 8:45pm due to simulation

- It is **mandatory** to sign the Skate Canada BC/YK Section Return to Skate Waiver available on the Sunset Skating Club website [http://www.sunsetskatingclub.com/document/covid\\_19/bcykatecanadaassumptionofriskandwaiver-Sunset\\_Skating\\_Club.pdf](http://www.sunsetskatingclub.com/document/covid_19/bcykatecanadaassumptionofriskandwaiver-Sunset_Skating_Club.pdf). It must be returned on the first day of skating to a coach or email a scanned copy to this email address [contact.sunsetskatingclub@gmail.com](mailto:contact.sunsetskatingclub@gmail.com).
- Please familiarize yourself and your child with the return to skate policies and procedures of Skate Canada BC/YK and the facility. Sunset safety guidelines are available at [http://www.sunsetskatingclub.com/document/covid\\_19/Sunset%20Skating%20Club%20Covid%2019%20Safety%20Guidelines.pdf](http://www.sunsetskatingclub.com/document/covid_19/Sunset%20Skating%20Club%20Covid%2019%20Safety%20Guidelines.pdf).
- Only online registration at <https://sunsetsc.uplifterinc.com>. In person registration will not be available. Limited space is available due to Covid 19 restrictions.
- Parents, guardians and spectators will not be allowed in the rink.
- Skaters will be allowed into Sunset arena at designated entrances 10 minutes prior to the session start time.
- Skaters **must complete** a pre-screening Covid-19 questionnaire for each session. Skaters may be refused entry if they have not completed the questionnaire. It is available online at [Online Health Questionnaire](#). It is recommended you do so before arriving at the rink. If you respond "Yes" to any of the questions, please remain home.
- At the end of the skating session skaters will have 5 minutes to exit the arena through the same entrance as they entered.