

# Ice Palace

Figure Skating Club

## April 2015



www.icepalace.ca

- > The **Spring Skating Schedule** is posted on our website. Please note that this schedule will be in effect from April 6-24.
- > Reminder that **raffle books** are now due back in the office.
- > **Summer Camp** info will be posted soon. Registration deadline is April 20<sup>th</sup>; register early as space is limited. Any outstanding fees owed to the club and coaches must be paid before registration will be accepted. Coaches will not reserve lessons until after registration and payment have been received.



### Casino

The Ice Palace FSC Casino will be held on August 13 & 14 at Palace Casino in West Edmonton Mall. Volunteers must be competent in English and will receive a \$100.00 ice credit for their shift. If you would like more information or would like to volunteer, please contact Donna Kormos at donna.kormos@hotmail.com or 780-487-7428.

### Off-Season Conditioning

May 11, 13 & 15 (CLW)

4:30-6:00pm Off-ice Fitness – Star 5-Sr

May 18, 20 & 22 (TRC)

3:00-3:45pm Nov-Sr

4:00-4:45 Nov-Sr

4:45-5:30 Star 5-Sr Stroking

5:45-6:45 Juv-PreNov

5:45-6:45 Star 5-PreJuv Off-ice

May 19 (TRC) & 21 (WEM)

3:00-3:45pm Nov-Sr

4:00-4:45 Nov-Sr

4:45-5:15 Juv-Sr Edges

5:30-6:30 Nov-Sr Off-ice

5:30-6:45 Juv-PreNov

6:55-7:55 Juv-PreNov Off-ice

*\*\* In order to ensure that skaters arrive for Summer Camp in excellent physical condition, skaters are expected to attend all of the above fitness classes*

*\*\*Free to skaters enrolled in summer school; non-summer skaters pay \$10/hour*

### Annual General Meeting

Wednesday, June 24

5:45-6:45pm

Terwillegar Arena

**\*\*All members are encouraged to attend!!!**

