



2020-21 SKATING SCHOOL

SEPTEMBER 1, 2020 - JUNE 30, 2021

info@icepalace.ca
780.444.1943

DIRECTED BY RAVI WALIA
OLYMPIC & WORLD COACH
2018 SKATE CANADA COACH OF THE YEAR

- ♦ International-level coaches help you achieve your full potential
- ♦ The health and safety of our skaters is our top priority
- ♦ View our [Return to Play Safety Protocols](#)



ICEPALACE
FIGURE SKATING CLUB

HOME OF NATIONAL AND INTERNATIONAL CHAMPIONS INCLUDING
KAETLYN OSMOND
3-TIME OLYMPIC MEDALIST & 2018 WORLD CHAMPION



REGISTRATION DEADLINE - AUGUST 20



ICEPALACE

FIGURE SKATING CLUB

icepalace.ca

The Ice Palace Figure Skating Club has taken a thoughtful approach to a phased reopening that prioritizes the health and safety of our members. We are committed to ensuring that all of our activities adhere to all federal, provincial, and municipal regulations and will take every precaution to ensure the health and safety of our members.

All individuals must comply with the Ice Palace Figure Skating Club's [Return to Play Safety Protocols](#) and adhere to all federal, provincial, and municipal regulations. Non-compliance may result in removal from training sessions without a refund.

MEMBERSHIP

Home Club & Associate Membership
September 1, 2020 - August 31, 2021

\$ 85

OPTION 1: PACKAGES

Junior Package	\$ 240 / month
Intermediate Package	\$ 300 / month
Senior Package	\$ 350 / month
Pair / Dance Teams	\$ 350 / month

- Packages include your on-ice sessions plus edge/stroking classes, off-ice classes, camps, and seminars
- Associate Members add 25%
- Additional family members receive 25% discount

OPTION 2: HOURLY BOOKINGS

Regular sessions	\$12 / hour
Group classes – Edges, Stroking, etc. Includes ice and instruction fees	\$6 / 15 mins

- Must purchase the same slot for the entire season
- Associate Members add 25%
- Additional family members receive 25% discount

VOLUNTEER COMMITMENTS

Bingos	A \$75 charge will be applied to your account on Oct 1, Jan 1, and Apr 1. You will receive a credit to reflect your bingo volunteer time. See website for details.
Fundraiser	Each family must participate or a \$150 charge will be applied to their account. Details TBA.
Sunsational Competition	Each family must volunteer 8 hours at the event or a \$200 charge will be applied to their account.

- Volunteer commitments will be charged to your account and applied to your regular payment method
- Executive Members and Associate Members are exempt from volunteer commitments



COACHING TEAM



We have a highly qualified team of professional coaches who work together to ensure that each skater achieves personal excellence. Please visit our website for more information about our exceptional coaches.



Ravi Walia, ChPC, BAdmin
Olympic & World Coach
2-time Skate Canada Coach of the Year
ISU Level Technical Specialist



Lynne Koper
NCCP Level 5 Certification
Competitive Dance & Edge Specialist
Over 30 years coaching experience



Shirley Solkowski, BEd
NCCP National Coach Certification
Competitive Dance & Edge Specialist
34 years coaching experience



Jessica Gosse
NCCP National Coach Certification
Coach of National Medalists
25 years coaching experience



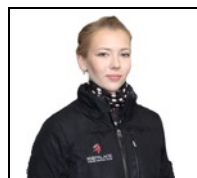
Antoinette Hempel-Bakker
NCCP National Coach Certification
Professional skater with Disney on Ice
7 years coaching experience



Sylvie Wandzura, BPhEd
NCCP Level 5 Certification
Coach of National Medalists
30 years coaching experience



Ben Ferreira
NCCP National Coach Certification
Specializes in harness & Dartfish video
17 years coaching experience



Christina Penkov
NCCP Provincial Coach Trained
5-time National Ice Dance Competitor
7 years coaching experience

SPECIAL GUESTS



Meagan Duhamel
3-time Olympic Medalist
2-time World Champion



Kaetlyn Osmond
3-time Olympic Medalist
2018 World Champion



SCHEDULE



September 1 – October 31, 2020

Monday		Tuesday		Wednesday	
WEM	TRC-b	TRC-a	TRC-b	TRC-a	TRC-b
1:00 – 2:00pm Freestyle - Sr A	4:30 – 5:30pm Junior Academy	1:00 – 2:00pm Freestyle - Sr A	4:30 – 5:30pm Freestyle - Jr + new Int B**	1:00 – 2:00pm Freestyle - Sr A	4:00 – 4:15pm Spins - Int B
Flood	5:30 – 6:15 CanSkate	Flood	5:30 – 6:00 Edges - Jr + new Int B**	Flood	4:15 – 5:15 Freestyle - Int B
2:15 – 3:15 Freestyle - Sr A	6:15 – 7:00 CanSkate	2:15 – 3:15 Freestyle - Sr A	Flood	2:15 – 3:15 Freestyle - Sr A	5:15 – 5:30 Stroking - Int B
3:15 – 3:30 Edge Class - Sr A		3:15 – 3:45 Edge Class - Sr A	6:15 – 6:45 Edge Class - Int A/B	Flood	Flood
Flood		Flood	6:45 – 7:45 Freestyle - Int A/B	3:30 – 4:15 Freestyle - Sr A/B	5:45 – 7:15 Comp / AdultSkate
3:45 – 4:30 Freestyle - Sr A/B		4:00 – 4:45 Freestyle - Sr A/B	7:45 – 8:15 Spins - Int A/B	4:15 – 4:45 Stroking - Sr A/B	
Flood		Flood		Flood	
4:45 – 5:45 Freestyle - Int A, Sr A/B		5:00 – 6:00 Freestyle - Sr A/B		5:00 – 6:00 Freestyle - Int A, Sr A/B	
5:45 – 6:00 Edge Class - Int A/B, Sr B				6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:15 Spins - Int A/B, Sr B				6:00 – 6:30 Edge Class - Jr	
6:15 – 7:15 Freestyle - Int B				6:30 – 7:30 Freestyle - Jr	
OFF-ICE - ZOOM		OFF-ICE - ZOOM		OFF-ICE - ZOOM	
7:15 – 8:00pm Fitness - Int A, Sr A/B	6:30 – 7:00pm Off-ice - Junior Academy	4:00 – 5:00pm Flexibility & Core - Int A/B	6:10 – 6:40pm Jump - new Int B (at Arena)**	4:00 – 4:45pm Ballet - Jr	
		7:00 – 8:00 Flexibility & Core - Sr A/B	6:45 – 7:15pm Off-ice - JumpStart	6:30 – 7:30 Ballet - Int B	

Thursday		Friday		Saturday	
WEM	TRC-b	TRC-a	TRC-b	CLW	KMN
12:30 – 1:30pm Freestyle - Sr A	3:45 – 4:30pm CanSkate	12:30 – 1:30pm Freestyle - Sr A	5:00 – 6:00pm Freestyle - Int B	9:00 – 10:00am Freestyle - Int A/B, Sr A/B	9:45 – 10:45am Comp / AdultSkate
Flood	4:30 – 5:30 Junior Academy	Flood	6:00 – 6:15 Spins - Int B	Flood	Flood
1:45 – 2:30 Freestyle - Sr A	5:30 – 6:15 CanSkate	1:45 – 2:45 Freestyle - Sr A	6:15 – 6:30 Stroking - Int B	10:15 – 11:15 Freestyle - Int A/B, Sr A/B	11:00 – 12:00 Comp / AdultSkate
Flood		Flood		11:15 – 11:45 Spins - Int A/B, Sr A/B	12:00 – 12:45 Comp
2:45 – 3:45 Freestyle - Sr A	6:15 – 7:00 CanSkate	3:00 – 3:45 Freestyle - Sr A		11:15 – 11:45 Edge Class - Jr + new Int	
3:45 – 4:00 Edge Class - Sr A		Flood		11:45 – 12:45 Freestyle - Jr + new Int B**	
Flood		4:00 – 5:00 Freestyle - Int A, Sr A/B			
4:15 – 5:00 Freestyle - Sr A/B		Flood			
5:00 – 5:30 Edge Class - Int A, Sr B		5:15 – 6:00 Freestyle - Int A, Sr A/B			
5:30 – 5:45 Spins - Int A		6:00 – 6:15 Stroking - Jr, Int A, Sr B			
5:45 – 6:45 Freestyle - Int A, Sr B		6:15 – 7:15 Freestyle - Jr			
		7:15 – 7:30 Artistic Development - Jr			
OFF-ICE - ZOOM		OFF-ICE - ZOOM		OFF-ICE - ZOOM	
4:00 – 5:00pm Dance Party - Jr, Int B	6:30 – 7:00pm Off-ice - Junior Academy	4:00 – 4:45pm Jump Class - Jr			
6:00 – 7:00 Off-ice - Sr A		7:15 – 8:00 Off-ice - Int A, Sr B			

Junior	Intermediate A / Intermediate B	Senior A / Senior B	Comp Dance	CanSkate / Jr Academy
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SESSION LEVELS

Senior A	<ul style="list-style-type: none"> ➤ Novice, Junior, Senior ➤ Pre-Novice competitors displaying exceptional skill level
Senior B	<ul style="list-style-type: none"> ➤ Pre-Novice competitors with strong scores / good execution of Pre-Novice elements
Intermediate A	<ul style="list-style-type: none"> ➤ Pre-Novice ➤ Juvenile competitors who have achieved 23+ points
Intermediate B	<ul style="list-style-type: none"> ➤ Pre-Juvenile, Juvenile ➤ Star 5 competitors with good execution of STAR 5 elements
Junior	<ul style="list-style-type: none"> ➤ STAR 1-4
Comp	<ul style="list-style-type: none"> ➤ Competitive dance & pair teams ➤ Test dance and skills with approval of the Dance Coordinator

****The above requirements are guidelines only. All session assignments will be made by the Skating Director and are based on skill level, competition scores, and membership situation.**

****Skaters may skate a maximum of 5 days per week. Due to restrictions for number of skaters on the ice, it is possible that skaters will be assigned less sessions than what they requested. Priority for session assignments is based on competition scores and skill level. There will be no reduction in monthly fees in the event that skaters are assigned to less sessions than what they requested.**

****Packages do not include sessions for test dance and skills. Skaters who wish to practice these disciplines may register hourly; contact the office to check availability.**

****New Intermediate B skaters will skate on the "new Int B" sessions on Tuesdays and Saturdays.**

****Seniors will be placed on 2 freeskate sessions / day. Priority for additional sessions will go to Elite skaters landing multiple triple jumps.**

****The Comp Dance/Pair Package will include 2 sessions per day plus edge/stroking and off-ice classes. Contact the office to arrange your training schedule.**



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ADDITIONAL INFORMATION

- The Skating School runs from September until June. There will be a new schedule posted for November-April and for May-June ("Bootbreakers"). All schedules will be similar but will include some changes. There will be breaks throughout the year, including a 3 week break in May.
- Visit our website regularly for newsletters, Calendar of Events, schedule changes, and other important information.
- Off-ice classes will take place on Zoom. In order to receive our discounted package rate, skaters must attend all off-ice sessions. Skaters missing off-ice classes without permission will not be permitted to skate.
- At any time during the season, changes in health and safety guidelines may lead to a decrease in the number of skaters allowed on a session, resulting in a reduction of ice time for each skater. In these circumstances, there will be no adjustment to your monthly fees as the decreased number of skaters on the ice results in fewer skaters sharing the ice cost.
- No make-up sessions are offered due to absences. Hourly skaters whose regular ice time has been cancelled may make up for their cancelled session by requesting a different session in the same week.
- The Ice Palace FSC pays for coaches' expenses (transportation, accommodation, etc) for selected competitions. Competitions are listed in our Newsletter.
- Registration deadline is August 20th. Package skaters who do not submit their registration prior to the deadline will have a \$75 late fee applied to their account.
- *Refund Policy: refunds will be considered for serious medical circumstances substantiated by a medical certificate, including circumstances where a skater develops COVID-19 symptoms and is required to quarantine. A \$50.00 administration fee will be withheld. All other requests for refunds (ie – retired skater, club transfer, etc) will be subject to a cancellation penalty of two months' ice fees. Requests must be received in writing. Bingo and fundraising commitments must still be honored, and volunteer commitment charges will be applied in the case of non-participation. There shall be no refunds in the event that skating sessions are cancelled due to mechanical failure or club activities.*



ASK
AMANDA

Questions about our Skating School?
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780.444.1943