



SUMMER CAMP #3

AUGUST 4-14, 2020

SUMMER CAMP #4

AUGUST 17-26, 2020

**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





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.

Notes:

- 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.
- Skaters will be assigned to a group based on several factors. After registration is complete, it is possible that some skaters may need to move to different groups based on the number of skaters on the ice.
- As a precaution, we will be restricting the number of skaters on the ice below the maximum allowed by Skate Canada: Alberta-NWT/Nunavut and the Government of Alberta. We will evaluate the success of each phase as we gradually return to regular programming.
- 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.
- No make-up sessions are offered due to absences.
- There are no drop-in bookings at this time. After registration is complete, we will review whether we can allow drop-in bookings at \$20/hour.
- Wacky Wednesdays:
August 12 – Wacky Hair Day
August 26 – Olympic Games Day



Questions about our Summer Camp?
Amanda Pess, Office Manager
info@icepalace.ca

SCHEDULE

Summer Camp #3 - August 4-14 Summer Camp #4 - August 17-26 West Edmonton Mall

Mon / Wed / Fri	Tue / Thu
7:40 - 8:40am Group 4	7:40 - 8:40am Group 4
8:40 - 8:55 Group 4 - Stroking / Edge	8:40 - 9:10 Group 4 - Spins
8:55 - 9:55 Group 3 Flood	9:10 - 10:10 Group 3
10:15 - 11:00 Group 3	10:10 - 10:25 Group 3 - Spins
11:00 - 11:15 Group 3 - Spins	10:25 - 10:40 Group 3 - Stroking / Edge
11:15 - 12:15 Group 1 Flood	11:00 - 12:00 Group 1
12:35 - 1:35 Group 1	12:00 - 12:15 Group 1 - Stroking / Edge
1:35 - 2:05 Group 1 - Stroking / Edge	Flood
2:05 - 3:05 Group 2	12:35 - 1:20 Group 1
Flood	1:20 - 1:50 Group 1 - Spins
3:25 - 4:10 Group 2	1:50 - 2:50 Group 2
4:10 - 4:25 Group 2 - Spins	Flood
4:25 - 5:25 Group 5	3:10 - 4:10 Group 2
5:25 - 5:40 Group 5 - Stroking / Edge	4:10 - 4:25 Group 2 - Stroking / Edge
	4:25 - 5:25 Group 5
	5:25 - 5:40 Group 5 - Stroking / Edge

Summer Camp #3 Ice Fees	
Group 1	\$430
Group 2	\$350
Group 3	\$310
Group 4	\$265
Group 5	\$240

***Fees include all on-ice and off-ice sessions for your level
**Additional family members receive 25% discount
**Associate and Non-Members add 25%*

Summer Camp #4 Ice Fees	
Group 1	\$395
Group 2	\$320
Group 3	\$290
Group 4	\$245
Group 5	\$220

***Fees include all on-ice and off-ice sessions for your level
**Additional family members receive 25% discount
**Associate and Non-Members add 25%*

Off-ice Sessions				
Mon	Tue	Wed	Thu	Fri
11:00am - 12:00pm Grp 2&4 - Ballet (Zoom)	5:30 - 6:30pm Grp 1&2 - Fitness (Zoom)	2:00 - 3:00pm Grp 5 - Jump Class (Zoom)	11:30am - 12:30pm Grp 3&4 - Fitness (CLW Arena)	2:00 - 3:00pm Grp 5 - Dance Party (Zoom)
2:00 - 3:00 Grp 5 - Ballet (Zoom)	5:30 - 6:30 Grp 3&4 - Fitness (Zoom)	5:30 - 6:30 Grp 1&2 - Flexibility (Zoom)	11:30 - 12:30 Grp 2 - Fitness (CLW Arena)	
3:15 - 4:15 Grp 1&3 - Ballet (Zoom)		5:30 - 6:30 Grp 3&4 - Flexibility (Zoom)	2:45 - 3:45 Grp 1 - Fitness (CLW Arena)	



REGISTER HERE

Camp #3 Registration Deadline: July 29
Camp #4 Registration Deadline: August 12

COACHING TEAM



The Ice Palace FSC has 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
2018 Skate Canada Coach of the Year
ISU Level Technical Specialist



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



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



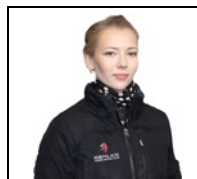
Antoinette Hempel-Bakker
NCCP National Coach Certification
Professional skater with Disney on Ice
7 years coaching experience



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

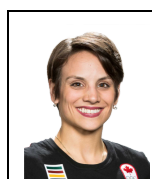


Ben Ferreira
NCCP National Coach Certification
Specializes in harness & Dartfish video
17 years coaching experience



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



Kirsten Moore-Towers
2014 Olympic Medalist
3-Time Canadian Champion



**MASKS ON AT ALL TIMES
UNTIL YOU ARE ON THE ICE
(OPTIONAL FOR SKATING)**



SANITIZE



HAND WASH



REGISTER WITH
SUPERVISOR

AT the *Rink*



REMEMBER YOUR
NUMBER



GUARDS AND
BOTTLES ONLY
ON ICE



NO SKATING BAGS

