



## SUMMER CAMP 2021

JUNE 28 - AUGUST 6

[icepalace.ca](http://icepalace.ca)  
[info@icepalace.ca](mailto:info@icepalace.ca)

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

- ♦ International-level coaches help you achieve your full potential
- ♦ Strict safety protocols in accordance with Alberta Health Services
- ♦ Events include Theme Days, Simulations, Club Competition, and Test Day



**ICEPALACE**  
FIGURE SKATING CLUB

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



**MEMBER DEADLINE: JUNE 21**

## 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  
2-time 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



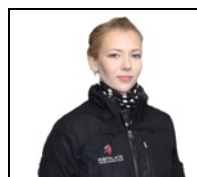
**Antoinette Hempel-Bakker**  
NCCP National Coach Certification  
Professional skater with Disney on Ice  
7 years coaching experience



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



**Ekaterina Gordeeva**  
NCCP Provincial Coach Trained  
2-time Olympic Champion  
15 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



Questions about our Summer Camp?  
**Amanda Pess, Office Manager**  
[info@icepalace.ca](mailto:info@icepalace.ca)

# SCHEDULE

## June 28 - August 6 Terwillegar Rec Centre

| Mon / Wed / Fri                            |  | Tue / Thu                                  |                                  |
|--|--|--|----------------------------------|
| Arena 1                                    | Arena 2                                    | Arena 1                                    | Arena 2                          |
| 8:45 - 9:45am<br>Group 3                   | 9:30 - 10:30am<br>Group 2                  | 8:45 - 9:30am<br>Group 3                   | 9:30 - 10:30am<br>Group 2        |
| Flood                                      | Flood                                      | 9:30 - 9:45<br>Group 3 - Spins             | Flood                            |
| 10:00 - 10:15<br>Group 3 - Stroking / Edge | 10:45 - 11:15<br>Group 2 - Stroking / Edge | Flood                                      | 10:45 - 11:45<br>Group 2         |
| 10:15 - 11:00<br>Group 3                   | 11:15 - 12:15<br>Group 2                   | 10:00 - 10:45<br>Group 3                   | 11:45 - 12:15<br>Group 2 - Spins |
| Flood                                      |  | 10:45 - 11:00<br>Group 3 - Stroking / Edge | Flood                            |
| 11:15 - 11:30<br>Group 1 - Skating Skills  |  | Flood                                      | 12:30 - 1:30<br>Open             |
| 11:30 - 12:30<br>Group 1                   |  | 11:15 - 12:15<br>Group 1                   |                                  |
| Flood                                      |  | Flood                                      |                                  |
| 12:45 - 1:45<br>Group 1                    |  | 12:30 - 1:15<br>Group 1                    |                                  |
| 1:45 - 2:15<br>Group 1 - Stroking / Edge   |  | 1:15 - 1:30<br>Group 1 - Spins             |                                  |
| 2:15 - 3:15<br>Group 4                     |  | Flood                                      |                                  |
| Flood                                      |  | 1:45 - 2:30<br>Group 1                     |                                  |
| 3:30 - 4:15<br>Group 4                     |  | 2:30 - 3:30<br>Group 4                     |                                  |
| 4:15 - 4:30<br>Group 4 - Stroking / Edge   |  | 3:30 - 3:45<br>Group 4 - Spins             |                                  |
| 4:15 - 4:30<br>Group 5 - Stroking / Edge   |  | 3:45 - 4:00<br>Group 4 - Stroking / Edge   |                                  |
| 4:30 - 5:30<br>Group 5                     |  | 3:45 - 4:15<br>Group 5 - Stroking / Edge   |                                  |
|  |  | 4:15 - 5:15<br>Group 5                     |                                  |

| Off-ice Sessions                   |   |   |   |                                      |
|------------------------------------|---|---|---|--------------------------------------|
| Mon                                | Tue                                     | Wed                                     | Thu                                       | Fri                                  |
| 11:30am - 12:30pm<br>Grp 3 - Zumba | 2:30 - 3:20pm<br>Grp 5 - Fitness        | 11:30am - 12:00pm<br>Grp 3 - Jump Class | 2:30 - 3:20pm<br>Grp 5 - Jump Class       | 11:30am - 12:30pm<br>Grp 3 - Fitness |
| 12:50 - 1:50<br>Grp 2&4 - Zumba    | 6:00 - 7:00<br>Grp 3&4 - Fitness (Zoom) | 1:20 - 1:50<br>Grp 4 - Jump Class       | 6:00 - 7:00<br>Grp 3&4 - Flex/Core (Zoom) | 12:50 - 1:50<br>Grp 2&4 - Fitness    |
| 2:50 - 3:50<br>Grp 1 - Zumba       | 6:00 - 7:00<br>Grp 1&2 - Fitness (Zoom) | 3:00 - 3:50<br>Grp 5 - Dance Party      | 6:00 - 7:00<br>Grp 1&2 - Flex/Core (Zoom) | 2:50 - 3:50<br>Grp 1 - Fitness       |
| 3:00 - 3:50<br>Grp 5 - Jump Class  |   |   |   |                                      |

*\*\*Tue/Thu Group 1-4 classes will take place on Zoom. All other off-ice classes will take place outdoors at the Arena. If there is poor weather, the outdoor class will be rescheduled on Zoom.*



Bright Dental





## PACKAGE FEES

|         | Week 1<br>Jun 28-Jul 2 | Week 2<br>July 5-9 | Week 3<br>July 12-16 | Week 4<br>July 20-23 | Week 5<br>Jul 26-29 | Week 6<br>August 3-6 |
|---------|------------------------|--------------------|----------------------|----------------------|---------------------|----------------------|
| Group 1 | \$ 230 / week          |                    |                      | \$ 180 / week        |                     |                      |
| Group 2 | \$ 215 / week          |                    |                      | \$ 165 / week        |                     |                      |
| Group 3 | \$ 185 / week          |                    |                      | \$ 145 / week        |                     |                      |
| Group 4 | \$ 175 / week          |                    |                      | \$ 135 / week        |                     |                      |
| Group 5 | \$ 140 / week          |                    |                      | \$ 110 / week        |                     |                      |

## HOURLY FEES

|   |                |
|---|----------------|
| Members   | \$15 / hour    |
| Associate & Non-Members   | \$20 / hour    |
| Package skater rate for Open Sessions                           | \$12.50 / hour |
| Stroking/Edge Class <i>(includes ice &amp; instruction fee)</i> | \$6 / 15 mins  |

*\*\*Please contact the office to book sessions by the hour*

## ADDITIONAL INFORMATION

- Packages include all on-ice and off-ice sessions for your level, including Stroking and Edge Classes.
- Skaters will be assigned to a training group based on several factors. After registration is complete, it is possible that skaters may be moved to different groups based on the number of skaters on the ice.
- Payment is made in two equal installments: 1<sup>st</sup> installment at time of registration, 2<sup>nd</sup> installment on July 9<sup>th</sup>.
- Associate and Non-Members add 25% (packages only). Additional family members receive 25% discount.
- 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.
- The Ice Palace Figure Skating Club is committed to ensuring the health and safety of our members. All individuals must comply with our safety protocols; non-compliance may result in removal from training sessions without a refund.
- Fundraising Commitment: each registrant in our Summer Camp must participate in a fundraiser to help lower ice fees for our skaters. Each family is required to sell \$150 of tickets for our Online 50/50 Summer Raffle. If this commitment is not reached, a \$150 charge will be applied to your account. Details TBA.
- Refund Policy: refunds will be considered for serious medical circumstances substantiated by a medical certificate. A \$50.00 administration fee will be withheld. Requests must be received in writing. There shall be no refunds in the event that skating sessions are cancelled due to mechanical failure or club activities. No make-up sessions are offered due to absences.



## CALENDAR OF EVENTS

|           |   |
|-----------|---|
| Jul 1     | Canada Day – wear red & white!                            |
| Jul 7     | Hero Day  |
| Jul 14    | Twin Day  |
| Jul 15    | Competition Simulations – Groups 1-3                      |
| Jul 16    | Group 2 ice will start and end 15 mins later (9:45-12:30) |
| Jul 19    | Regular schedule cancelled (Pick-up Ice may be available) |
| Jul 21    | Wacky Hair Day  |
| Jul 22    | Club Competition – Groups 4-5                             |
| Jul 23-25 | Wild Rose Performance – Edmonton hub                      |
| Jul 28    | Olympic Games Day   |
| Jul 30    | Regular schedule cancelled (Pick-up Ice may be available) |
| Aug 2     | Regular schedule cancelled (Pick-up Ice may be available) |
| Aug 5     | Test Day  |
| Aug 6     | Beach Day   |
| Aug 9-31  | Ice will be available; details TBA                        |

