

2021

2022



# ICEPALACE

FIGURE SKATING CLUB

## SKATING SCHOOL

SEPTEMBER 1, 2021 – JUNE 30, 2022



HOME OF NATIONAL AND INTERNATIONAL CHAMPIONS



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



**INTERNATIONAL LEVEL**  
COACHES HELP YOU REACH  
YOUR FULL POTENTIAL

**REGISTRATION DEADLINE: AUGUST 19**

780-444-1943  
[info@icepalace.ca](mailto:info@icepalace.ca)



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FIGURE SKATING CLUB

icepalace.ca



## 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  
35 years coaching experience



**Jessica Gosse**  
NCCP National Coach Certification  
Coach of National Medalists  
26 years coaching experience



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



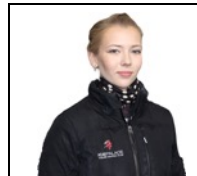
**Antoinette Hempel-Bakker**  
NCCP National Coach Certification  
Professional skater with Disney on Ice  
9 years coaching experience



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



**Ekaterina Gordeeva**  
NCCP Provincial Coach Trained  
2-time Olympic Champion  
16 years coaching experience



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



Questions about our Skating School?  
**Amanda Pess, Office Manager**  
**info@icepalace.ca**  
**780.444.1943**



Bright Dental





MEMBERSHIP	
Annual Membership September 1, 2021 - August 31, 2022	\$ 85

OPTION 1: PACKAGES	
Junior Package	\$ 230 / month
Intermediate Package	\$ 290 / month
Senior Package	\$ 340 / month

- Packages include your on-ice sessions, off-ice classes, Edge/Stroking classes, camps, and seminars. Int & Sr Packages also include 30 mins of Test Dance/Skills per week.
- Pair/Dance teams – contact the office to arrange a customized package
- Additional family members receive 25% discount

OPTION 2: HOURLY BOOKINGS	
Regular sessions	\$12 / hour
Edge / Stroking classes Includes ice and instruction fees	\$6 / 15 mins

- Contact the office to book by the hour (must be the same slot for the entire season). Note that priority is given to package bookings.
- Additional family members receive 25% discount



VOLUNTEER COMMITMENTS	
Bingos	A \$125 charge will be applied to your account on Oct 1, Jan 1, and Apr 1. Each deposit will be returned to you when you work each of your three bingos. 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.

- Executive Members are exempt from volunteer commitments
- Hourly Booking skaters are exempt from Bingos but must complete all other volunteer commitments

SESSION LEVELS	
Senior A	Novice / Junior / Senior / Pre-Novice competitors displaying exceptional skill level
Senior B	Pre-Novice & Novice competitors with strong execution of required elements
Intermediate A	Juvenile with a minimum score and/or strong execution of required elements
Intermediate B	Pre-Juvenile / Juvenile / Star 5 competitors with strong execution of required elements
Junior	STAR 1-4
Pair / Dance / Adult	Dance Teams / Pair Teams / Test dance, Skills, and Adults with approval of 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.
- The Intermediate Package includes a maximum of 5 days / week.
- Seniors will be placed on 2 freeskate sessions / day. Priority for additional sessions will go to Elite skaters landing multiple triple jumps.
- Elite sessions are for skaters landing multiple triple jumps and who have been invited by the Skating Director.

## ADDITIONAL INFORMATION

- Our Skating School runs from September 1 until June 30 and includes a different schedule for May/June. Note that we have breaks throughout the year (including a 3-week break in the spring) and that all breaks and schedule changes have been considered when calculating monthly fees.
- Visit our website regularly for newsletters, Calendar of Events, schedule changes, and other important information.
- In order to receive our discounted package rate, skaters must attend all off-ice sessions each day they skate. 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. If on-ice training is not permitted, we will continue to run an off-ice program and will adjust your monthly fees accordingly.
- 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.
- 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.
- In order to ensure a positive and successful skating experience, please adhere to our Club Guidelines, the Parent Code of Conduct, and the most recent version of our Safety Protocols posted on our website.
- The Ice Palace FSC pays for coaches' expenses (transportation, accommodation, etc) for Home Club Members for selected competitions. Competitions will be listed in our Newsletter.
- Registration deadline is August 19<sup>th</sup>. 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. 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.*



## SCHEDULE



**September 1, 2021 – April 23, 2022**

Monday		Tuesday		Wednesday	
WEM	TRC-b	TRC-a	TRC-b	TRC-a	TRC-b
12:45 – 1:45pm Freeskate - Sr A	4:30 – 5:30pm Junior Academy	1:00 – 2:00pm Freeskate - Sr A	5:15 – 6:15pm Freeskate - Jr	1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	5:30 – 6:15	Flood	6:15 – 6:45	Flood	4:15 – 5:15
2:00 – 3:00 Freeskate - Sr A	CanSkate	2:15 – 3:15 Freeskate - Sr A	Edges - Jr, Int B	2:15 – 3:15 Freeskate - Sr A	Freeskate - Int B
3:00 – 3:15 Edge Class - Sr A	6:15 – 7:00 CanSkate	3:15 – 3:45 Edge Class - Sr A	6:45 – 7:45	Flood	5:15 – 5:30
Flood		Flood	Freeskate - Int B	Stroking - Int B	
3:30 – 4:15 Freeskate - Sr A/B		7:45 – 8:15	Spins - Int A/B	Flood	
Flood				Freeskate - Sr A/B	5:45 – 6:15
4:30 – 5:30 Freeskate - Int A, Sr A/B		4:00 – 4:45 Freeskate - Sr A/B		4:15 – 4:45	Dance / Skills - Int (Optional)
5:30 – 5:45 Edge Class - Int A/B, Sr A/B		Flood		Stroking - Int A, Sr A/B	5:45 – 7:15
5:45 – 6:15 Spins - Int A/B, Sr A/B		5:00 – 6:15 Pair / Dance / Adult		Flood	Pair / Dance / Adult
Flood		6:15 – 6:45		5:00 – 6:00	
6:30 – 7:30 Freeskate - Int B		6:45 – 7:45 Freeskate - Int A, Sr A/B	Freeskate - Int A, Sr A/B	Freeskate - Int A, Sr A/B	
			Junior Academy	6:00 – 6:30	
			5:45 – 6:30 CanSkate	Spins - Int A, Sr A/B	
		6:30 – 7:15 CanSkate	6:00 – 6:30		
			Edge Class - Jr		
			6:30 – 7:30		
			Freeskate - Jr		
OFF-ICE		OFF-ICE		OFF-ICE	
4:50 – 5:20pm Jump Class - Int B	5:35 – 6:05pm Off-ice - Junior Academy	4:00 – 5:00pm Ballet - Sr A	4:15 – 5:00pm Gymnastics - Jr	5:00 – 5:45pm Jump Class - Jr	
7:15 – 8:00 (Zoom)		5:00 – 6:00 Ballet - Int A, Sr A/B	5:00 – 6:00 Gymnastics - Int B		
Fitness - Int A, Sr A/B			5:50 – 6:20 Off-ice - Junior Academy		

Thursday		Friday		Saturday	
<b>WEM</b>	<b>TRC-b</b>	<b>TRC-a</b>	<b>TRC-b</b>	<b>CRESTWOOD ARENA</b>	<b>KINSMEN ARENA</b>
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate	12:30 – 1:30pm Freeskate - Elite	4:15 – 4:45pm Dance / Skills - Int <i>(Optional)</i>	9:00 – 10:00am Freeskate - Int B	9:45 – 10:45am Pair / Dance / Adult
Flood	4:30 – 5:30	Flood	4:45 – 5:45	10:00 – 10:30	Flood
1:45 – 2:30	Junior Academy	1:45 – 2:45	Freeskate - Int B	Spins - Int A/B, Sr A/B	11:00 – 12:00
Freeskate - Sr A	5:30 – 6:15	Freeskate - Sr A	5:45 – 6:00	10:30 – 11:30	Pair / Dance / Adult
Flood	CanSkate	Flood	Spins - Int B	Freeskate - Int A, Sr A/B	12:00 – 12:45
2:45 – 3:45	6:15 – 7:00	3:00 – 3:45	6:00 – 6:15	Flood	Pair / Dance / Adult
Freeskate - Sr A	PowerSkate	Freeskate - Sr A	Stroking - Int B	11:45 – 12:15	
3:45 – 4:00		Flood		Edge Class - Jr	
Edge Class - Sr A/B		4:00 – 5:00		12:15 – 1:15	
Flood		Freeskate - Int A, Sr A/B		Freeskate - Jr	
4:15 – 5:00		Flood			<b>Sunday - TRC-c</b>
Freeskate - Sr A/B		5:15 – 6:00			10:00 – 10:45am
Flood		Freeskate - Int A, Sr A/B			CanSkate
5:15 – 6:00		6:00 – 6:15			10:45 – 11:30
Freeskate - Int B		Stroking - Jr, Int A			CanSkate
6:00 – 6:30		6:15 – 7:15			11:30 – 12:15
Edge Class - Int A/B		Freeskate - Jr			CanSkate
6:30 – 6:45		7:15 – 7:30			Flood
Spins - Int A/B, Sr A/B		Artistic Development - Jr			12:30 – 1:30
6:45 – 7:45					Junior Academy
Freeskate - Int A, Sr A/B					
<b>OFF-ICE</b>		<b>OFF-ICE</b>		<b>OFF-ICE</b>	
4:15 – 5:00pm	5:35 – 6:05pm	4:50 – 5:50pm	6:20 – 7:20pm		11:45am-12:15pm
Fitness - Int B	Off-ice - Junior Academy	Ballet - Jr	Ballet - Int B		Off-ice - Junior Academy
4:15 – 5:15					
Yoga - Sr A					
5:15 – 5:45					
Jump Class - Int A					
5:15 – 6:15					
Yoga - Sr A/B					

Junior	Intermediate A / Intermediate B	Senior A / Senior B	Pair / Dance / Adult	CanSkate / Jr Academy
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