

2023

2024



ICEPALACE

FIGURE SKATING CLUB

SKATING SCHOOL

SEPTEMBER 1, 2023 – JUNE 30, 2024



HOME OF NATIONAL AND INTERNATIONAL CHAMPIONS



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



EVENTS INCLUDE PIZZA PARTIES,
SEMINARS, SIMULATIONS,
COMPETITIONS, AND ICE SHOW



INTERNATIONAL LEVEL
COACHES HELP YOU REACH
YOUR FULL POTENTIAL

REGISTRATION DEADLINE: AUGUST 9

780-444-1943
info@icepalace.ca



ICEPALACE

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



Kaetlyn Osmond

NCCP Provincial Coach Trained
Olympic & World Champion
6 years coaching experience



Lynne Koper

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



Jessica Gosse

NCCP National Coach Certification
Coach of National Medalists
28 years coaching experience



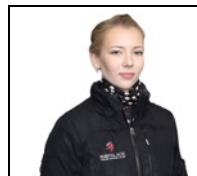
Shirley Solkowski, BEd

NCCP National Coach Certification
Competitive Dance & Edge Specialist
37 years coaching experience



Antoinette Hempel-Bakker

NCCP National Coach Certification
Section Level Technical Specialist
11 years coaching experience



Christina Penkov

NCCP Provincial Coach Trained
5-time National Ice Dance Competitor
10 years coaching experience



Ekaterina Gordeeva

NCCP National Coach Trained
2-time Olympic Champion
18 years coaching experience



Renata Wong

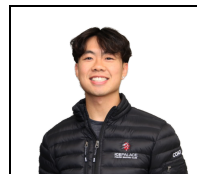
NCCP Regional Coach Certification
2-time National Pairs Competitor
7 years coaching experience

CONSULTING COACHES:



Lee Bakker

NCCP National Coach Certified
Harness & Dartfish specialist
20 years coaching experience



Mackenzie Mah

NCCP Regional Coach Trained
Harness, Dance, and Edge specialist
5 years coaching experience

September 1, 2023 – April 20, 2024

Monday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
12:30 – 1:30pm Freestyle - Sr A	6:15 – 7:00 CanSkate
Flood	
1:45 – 2:30 Freestyle - Sr A	
Flood	
2:45 – 3:45 Freestyle - Sr A	
3:45 – 4:00 Edge Class - Sr A/B	
Flood	
4:15 – 5:00 Freestyle - Int A, Sr A/B	
5:00 – 6:00 Freestyle - Int B	
Flood	
6:15 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A/B	
5:30 – 6:00 Jump Class - Int A	

Tuesday	
TRC-a	TRC-b
1:00 – 2:00pm Freestyle - Sr A	3:45 – 5:15pm Pair / Dance
Flood	Flood
2:15 – 3:15 Freestyle - Sr A	5:30 – 6:15 Freestyle - Int B
3:15 – 3:45 Edge Class - Sr A	6:15 – 6:45 Edges - Int B
Flood	Flood
4:00 – 5:00 Freestyle - Int A, Sr A/B	7:00 – 7:15 Spins - Int B
Flood	7:15 – 8:00 Freestyle - Int B
5:15 – 6:15 Freestyle - Jr	WEM 4:45 – 5:45pm JumpStart 5:45 – 6:30 CanSkate 6:30 – 7:15 CanSkate
6:15 – 6:45 Edge Class - Jr	
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 5:00pm Ballet - Sr A	4:45 – 5:15pm Jump Class - Int B
4:15 – 5:00 Fitness - Jr	5:30 – 6:00 Jump Class - Int B
5:10 – 6:00 Ballet - Int A, Sr A/B	5:50 – 6:20 Off-ice - JumpStart

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:15 Int Dance
4:15 – 4:45 Stroking - Int A, Sr A/B	6:45 – 7:15 Pair / Dance
Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	WEM
6:00 – 6:30 Edge Class - Jr	5:45 – 6:30pm CanSkate / PowerSkate
6:30 – 7:30 Freeskate - Jr	6:30 – 7:15 CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	TRC-b
6:30 – 8:00am Pair / Dance / Int / Sr	1:15 – 2:00pm CanSkate
	3:00 – 3:45 CanSkate
12:30 – 1:30pm Freestyle - Sr A	3:45 – 4:30 CanSkate
Flood	4:30 – 5:30 Junior Academy
1:45 – 2:30 Freestyle - Sr A	5:30 – 6:15 CanSkate
Flood	6:15 – 7:00 CanSkate
2:45 – 3:45 Freestyle - Sr A	
3:45 – 4:00 Jump Drills - Sr A/B	
Flood	
4:15 – 5:00 Freestyle - Int A, Sr A/B	
5:00 – 6:00 Freestyle - Int B	
Flood	
6:15 – 6:30 Jump Drills - Int A/B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freestyle - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Off-ice - Sr A	
5:10 – 6:00 Fitness - Int A	
5:15 – 6:15 Off-ice - Sr A/B	

Friday	
TRC-a	TRC-b
12:30 – 1:30pm	3:30 – 4:30pm
Freestyle - Sr A	Pair / Dance
Flood	Flood
1:45 – 2:45	4:45 – 5:15
Freestyle - Sr A	Int Dance
Flood	5:15 – 6:00
3:00 – 3:45	Freestyle - Int B
Freestyle - Sr A/B	6:00 – 6:15
Flood	Stroking - Int B
4:00 – 5:00	Flood
Freestyle - Int A, Sr A/B	6:30 – 7:00
Flood	Spins - Int B
5:15 – 6:00	7:00 – 7:45
Freestyle - Int A, Sr A/B	Freestyle - Int B
6:00 – 6:15	
Stroking - Jr, Int A	
6:15 – 7:15	
Freestyle - Jr	
7:15 – 7:30	
Creative Movement - Jr	
OFF-ICE	
4:45 – 5:45pm	
Ballet - Jr	

Saturday	
CLW	KMN
8:00 – 9:00am Freeskate - Int B	10:30 – 11:30am Pair / Dance
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:45 – 12:45 Pair / Dance
Flood	
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 12:15 Freeskate - Jr	
12:15 – 12:45 Edges - Jr	
	9:30 – 10:15am CanSkate
	10:15 – 11:00 CanSkate
TRC-b	11:00 – 11:45 CanSkate
9:45 – 10:30am CanSkate	11:45 – 12:30 CanSkate
10:30 – 11:15 CanSkate	12:30 – 1:30 Junior Academy
11:15 – 12:15 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	
11:20 – 12:00 Gymnastics - Int A	
12:20 – 12:50pm Off-ice - JumpStart	

Junior	Intermediate A / Intermediate B	Senior A / Senior B	Pair / Dance / Adult	CanSkate / Jr Academy
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MEMBERSHIP	
Annual Membership September 1, 2023 - August 31, 2024	\$ 85

➤ Includes Skate Canada Membership fee

OPTION 1: PACKAGES	
Junior Package	\$ 220 / month
Intermediate Package	\$ 280 / month
Senior Package	\$ 335 / month
OPTION 2: HOURLY BOOKINGS	
Regular sessions	\$12 / hour
Edge / Stroking classes Includes ice and instruction fees	\$6 / 15 mins

- Packages include all on-ice sessions, off-ice classes, camps, seminars, and group classes (Edge Class, Stroking, Jump Drills, etc.). Int & Sr packages also include 30 mins of Test Dance/Skills per week.
- Hourly bookings – contact the office to book your sessions (must be the same slot for the entire season). Priority is given to package skaters.
- Pair/Dance teams – contact the office to arrange a customized package
- 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 \$250 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	Pre-Novice, Novice, Junior, Senior
Senior B	Pre-Novice, Novice
Intermediate A	Juvenile
Intermediate B	STAR 5, Pre-Juvenile, Juvenile
Junior	STAR 1-4
Pair / Dance	Dance Teams, Pair Teams (plus Test Dance, Skills, and Adults with approval)

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

	<div data-bbox="495 1785 690 1963">  </div> <div data-bbox="722 1795 1258 1963"> <p>Questions about our Skating School? Amanda Pess, Office Manager info@icepalace.ca 780.444.1943</p> </div>
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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 training break in the spring) and that all breaks and schedule changes have been considered when calculating monthly fees.
- 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.
- Please note that there may be limits to your number of sessions per week. We will contact you if any adjustments to your schedule are needed.
- 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 (travel, accommodation, etc.) for Home Club Members for select competitions, including all qualifying events. The list of competitions will be communicated via email.
- Registration deadline is August 9th. 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.*



Bright Dental



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