



# ICEPALACE

FIGURE SKATING CLUB

## SUMMER CAMP

JULY 2 – AUGUST 9, 2024



### HOME OF NATIONAL AND INTERNATIONAL CHAMPIONS



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



**EVENTS** INCLUDE THEME DAYS,  
PIZZA PARTY, SIMULATIONS, AND  
CLUB COMPETITION



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

**MEMBER DEADLINE: APRIL 17**

780-444-1943  
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



**Kaetlyn Osmond**  
NCCP National Coach In Training  
Olympic & World Champion  
6 years coaching experience



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



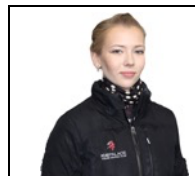
**Jessica Gosse**  
NCCP National Coach Certification  
Coach of National Medalists  
28 years coaching experience



**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

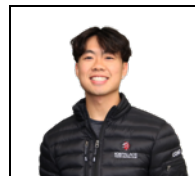


**Renata Wong**  
NCCP Regional Coach Certification  
2-time National Pairs Competitor  
7 years coaching experience

## CONSULTING COACHES:



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



**Mackenzie Mah**  
NCCP Regional Coach Certified  
Harness, Dance, and Edge specialist  
5 years coaching experience

**July 2 - August 9**  
**Terwillegar Recreation Centre**

<b>Mon / Wed / Fri</b>		<b>Tue / Thu</b>	
<b>Rink 1</b>	<b>Rink 2</b>	<b>Rink 1</b>	<b>Rink 2</b>
8:45 - 9:15am Int/Sr B Edge (M/W), Theatre (F)	7:45 - 8:30am Int Freeskate	8:45 - 9:15am Int / Sr B Stroking	7:45 - 8:45am Int Freeskate
9:15 - 10:15 Sr B Freeskate	8:30 - 8:45 Int Spins	9:15 - 10:15 Sr B Freeskate	
10:15 - 10:30 Flood	8:45 - 9:00 Flood	10:15 - 10:30 Flood	10:15 - 11:15 Pair / Dance
10:30 - 11:30 Sr A Freeskate	9:00 - 10:00 Pair / Dance	10:30 - 11:30 Sr A Freeskate	11:15 - 12:15 Int Freeskate
11:30 - 11:45 Flood	10:00 - 11:00 Int Freeskate	11:30 - 11:45 Sr A Int'l Judging System	
11:45 - 12:45 Sr A Freeskate	11:00 - 11:15 Int Int'l Judging System	11:45 - 12:00 Flood	1:45 - 2:45 Pair / Dance
12:45 - 1:00 Flood	11:15 - 11:30 Flood	12:00 - 1:00 Sr B Freeskate	
1:00 - 1:45 Sr B Freeskate	11:30 - 12:15 Pair / Dance	1:00 - 1:15 Flood	
1:45 - 2:00 Sr B Spins		1:15 - 2:15 Sr A Freeskate	
2:00 - 2:15 Sr B Int'l Judging System	1:45 - 2:45 Pair / Dance (Mon / Fri)	2:15 - 2:45 Sr A Edges	
2:15 - 2:30 Flood		2:45 - 3:15 Jr Edges	
2:30 - 3:15 Sr A Freeskate		3:15 - 4:15 Jr Freeskate	
3:15 - 3:45 Sr A Stroking (M/W), Theatre (F)		4:15 - 4:30 Jr Stroking	
3:45 - 4:00 Flood			
4:00 - 4:30 Jr Edges (M/W), Theatre (F)			
4:30 - 5:15 Jr Freeskate			
5:15 - 5:30 Jr Stroking			

<b>Mon / Wed / Fri</b>		<b>Tue / Thu</b>	
<b>Off-ice Classes</b>			
10:30 - 11:30am Sr B Ballet / Yoga / Zumba	9:25 - 9:45am Int Jump Class	10:30 - 11:25am Sr B Fitness	9:30 - 10:30am Int Fitness
12:20 - 12:40 Sr B Jump Class	12:00 - 1:00 Int Ballet / Yoga / Zumba	12:40 - 1:00 Sr A Jump Class	12:30 - 12:50 Int Jump Class
1:25 - 2:15 Sr A Ballet / Yoga / Zumba		1:15 - 1:35 Sr B Jump Class	
2:45 - 3:45 Jr Ballet / Gymnastics / Dance		3:00 - 4:00 Sr A Fitness	
		4:45 - 5:30 Jr Jump Class	

PACKAGES						
	Week 1 Jul 2-5	Week 2 Jul 8-12	Week 3 Jul 15-19	Week 4 Jul 22-26	Week 5 Jul 29-Aug 2	Week 6 Aug 6-9
Junior	\$ 115	\$ 145	\$ 145	\$ 145	\$ 115	\$ 115
Intermediate	\$ 170	\$ 190	\$ 200	\$ 200	\$ 170	\$ 160
Senior B	\$ 170	\$ 200	\$ 200	\$ 200	\$ 170	\$ 160
Senior A	\$ 180	\$ 215	\$ 215	\$ 215	\$ 180	\$ 170

- Packages include all on-ice and off-ice sessions for your level, including Stroking and Edge Classes. Int & Sr packages include two Test Dance/Skills sessions per week.
- Pair/Dance teams – contact the office to arrange a customized package
- Non-Members add 25%
- Additional family members receive 25% discount

HOURLY BOOKINGS	
Members	\$15 / hour
Non-Members	\$20 / hour
Stroking / Edge Class (includes ice & instruction fee)	\$6 / 15 mins

- Contact the office to book by the hour
- Additional family members receive 25% discount

### ADDITIONAL INFORMATION

- Payment is made in two equal installments: 1<sup>st</sup> installment at time of registration, 2<sup>nd</sup> installment on July 1<sup>st</sup>.
- 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.
- 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.
- 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.

SESSION LEVELS	
<b>Senior A</b>	➤ Pre-Novice, Novice, Junior, Senior
<b>Senior B</b>	➤ Juvenile, Pre-Novice, Novice
<b>Intermediate</b>	➤ STAR 5, Juvenile
<b>Junior</b>	➤ STAR 1-4
<b>Pair / Dance</b>	➤ Dance Teams, Pair Teams (plus Test Dance, Skills, and Adults with approval)

**\*\*The above requirements are general 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.**



## CALENDAR OF EVENTS

Jul 3	Pyjama Day
Jul 10	Hero Day
Jul 11	Revised schedule TBA; limited skating for Int and Pair/Dance
Jul 12	AGM & Pizza Party
Jul 17	Twin Day
Jul 24	Competition Simulations – Int, Sr, Pair/Dance
Jul 26	Disco Day
Jul 29	Artistic Showcase
Jul 31	Olympic Games Day
Aug 1	Ice Palace Club Competition – Jr
Aug 2	Revised schedule TBA; no skating for Juniors
Aug 2-5	Wild Rose Competition
Aug 5	Regular schedule cancelled; Pick-up Ice available
Aug 8	Test Day
Aug 9	Beach Day
Aug 12-14	Pick-up Ice available
Aug 15-18	BC Summer Skate Competition



*\*\*Visit the Calendar of Events on our website for more details*



Questions about our Summer Camp?  
**Amanda Pess, Office Manager**  
[info@icepalace.ca](mailto:info@icepalace.ca)  
 780.444.1943



Harpe Insurance & Financial Services Inc.  
 780-618-3911

