



ICEPALACE

FIGURE SKATING CLUB

2026-27 SKATING SCHOOL

SEPTEMBER 1, 2026 – JUNE 25, 2027



A LEGACY OF NATIONAL & INTERNATIONAL CHAMPIONS



DIRECTED BY RAVI WALIA
OLYMPIC & WORLD COACH



EXCEPTIONAL COACHING TEAM
HELPING YOU REACH YOUR FULL POTENTIAL

SPECIAL EVENTS: COMPETITIONS, SEMINARS, ICE SHOW, PIZZA PARTY & MORE!



REGISTRATION DEADLINE: AUGUST 7TH



ICEPALACE

FIGURE SKATING CLUB

icepalace.ca



COACHING TEAM

The Ice Palace FSC has a highly qualified team of professional coaches who work together to help every skater reach their full potential. Visit our website to learn more about our exceptional coaching team.

**Ravi Walia, ChPC, BAdmin**

Olympic & World Coach
2-time Skate Canada Coach of the Year
ISU Level Technical Specialist

**Lynne Koper**

NCCP Level 5 Certified
Coach of National & Int'l Medalists
Competitive Dance & Edge Specialist

**Kaetlyn Osmond**

NCCP National Coach In Training
3-time Olympic Medalist
2018 World Champion

**Jessica Gosse**

NCCP National Coach Certified
Coach of National Medalists
2014 AB Coach Achievement Award

**Shirley Solkowski, BEd**

NCCP National Coach Certified
Coach of National Medalists
Competitive Dance & Edge Specialist

**Antoinette Hempel-Bakker**

NCCP National Coach Certified
Section Level Technical Specialist
6-time British National Competitor

**Ben Ferreira**

NCCP National Coach Certified
Harness & Dartfish video specialist
3-time World Team Member

**Kayla Halliday**

NCCP Regional Coach Certified
Skate Canada Challenge Champion
National Competitor

CONSULTING COACHES:

**Lee Bakker**

NCCP National Coach Certified
Harness & Dartfish video specialist
6-time National Competitor

**Sydney Biensch**

NCCP Regional Coach Certified
Senior-Level Competitor
Psychology Student

**Mikala Cutler**

NCCP Provincial Coach In Training
Ice Dance & Edge Specialist
3-time National Competitor

September 1, 2026 - April 17, 2027

Monday	
WEM	TRC-b
6:30 – 8:00am Open	4:30 – 5:30pm Junior Academy
	5:30 – 6:15 CanSkate
TRC-b/c	6:15 – 7:00 CanSkate
1:00 – 2:00pm Freeskate - Sr A	7:00 – 7:45 CanSkate / Teen & Adult
Flood	
2:15 – 3:15 Freeskate - Sr A	
3:15 – 3:30 Spins - Sr A/B	
3:30 – 3:45 Edge Class - Sr A/B	
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 6:30 Edge Class - Int A/B	
6:30 – 6:45 Spins - Int A/B, Sr A/B	
6:45 – 7:30 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Ballet - Int B	5:35 – 6:05pm Jump Class - Junior Academy
4:00 – 5:00 Fitness - Sr A	6:05 – 7:05 Off-ice - Jr
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 Freeskate - Sr A/B	2:45 – 3:45pm Open
Flood	3:45 – 4:45 Open
2:15 – 3:15 Freeskate - Sr A	Flood
3:15 – 3:45 Edge Class - Sr A	5:00 – 5:30 Int Dance
Flood	5:30 – 6:15 Freeskate - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	6:15 – 6:45 Edges - Int B
Flood	Flood
5:15 – 6:15 Freeskate - Jr	7:00 – 7:15 Spins - Int B
6:15 – 6:45 Edge Class - Jr	7:15 – 8:00 Freeskate - Int B
6:15 – 6:45 Edge Class - Int A, Sr A/B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:20pm Jump Class - Sr A	
4:15 – 5:00 Fitness - Jr	
4:20 – 5:10 Ballet - Sr A	
5:10 – 6:00 Ballet - Int A, Sr A/B	

Wednesday	
TRC-b	TRC-a
1:00 – 2:00pm Freeskate - Sr A/B	2:45 – 3:45pm Open
Flood	Flood
2:15 – 3:15 Freeskate - Sr A	4:00 – 4:15 Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
3:30 – 4:15 Freeskate - Sr A/B	5:15 – 5:30 Stroking - Int B
4:15 – 4:45 Jump Drills - Int A, Sr A/B	Flood
Flood	5:45 – 6:45 Pair / Dance
5:00 – 6:00 Freeskate - Int A, Sr A/B	6:45 – 7:30 CanSkate
6:00 – 6:30 Spins - Int A, Sr A/B	7:30 – 8:15 PowerSkate / Teen & Adult
6:00 – 6:30 Edge Class - Jr	
6:30 – 7:30 Freeskate - Jr	
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	5:45 – 6:25pm Jump Class - Int B
6:40 – 7:10 Jump Class - Int A, Sr A/B	

Thursday	
WEM	TRC-b
6:30 – 8:00am Open	1:15 – 2:00pm CanSkate
12:30 – 1:30pm Open	2:45 – 3:30 CanSkate
Flood	3:30 – 4:15 CanSkate
1:45 – 2:30 Freeskate - Sr A	Flood
Flood	4:30 – 5:30 Junior Academy
2:45 – 3:45 Freeskate - Sr A	5:30 – 6:15 CanSkate
3:45 – 4:00 Edge Class - Sr A/B	6:15 – 7:00 CanSkate
Flood	7:00 – 7:45 JumpStart
4:15 – 5:15 Freeskate - Int A, Sr A/B	
5:15 – 6:15 Freeskate - Int B	
Flood	
6:30 – 6:45 Edge Class - Int A/B	
6:45 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 7:45 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:10 – 5:00pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:25 – 6:15 Fitness - Int A	
5:30 – 6:30 Yoga - Sr A/B	

Friday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A/B	3:30 – 4:45pm Pair / Dance
Flood	4:45 – 5:15 Int Dance
2:15 – 3:15 Freeskate - Sr A/B	Flood
3:15 – 3:45 Spins - Sr A/B	5:30 – 6:15 Freeskate - Int B
Flood	6:15 – 6:30 Stroking - Int B
4:00 – 5:00 Freeskate - Int A, Sr A/B	Flood
Flood	6:45 – 7:00 Spins - Int B
5:15 – 6:00 Freeskate - Int A, Sr A/B	7:00 – 7:45 Freeskate - Int B
6:00 – 6:15 Stroking - Jr, Int A	
6:15 – 7:15 Freeskate - 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	Sunday - TRC-c
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 / Teen & Adult	11:45 – 12:30 CanSkate
10:30 – 11:15 CanSkate	12:30 – 1:30 Junior Academy
11:15 – 12:00 CanSkate	
12:00 – 1:00 JumpStart	
OFF-ICE	
9:40 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 10:40 Jump Class - Int B	
10:20 – 11:05 Gymnastics - Jr	
11:30 – 12:10 Gymnastics - Int A	
1:00 – 1:20 Jump Class - Jr	
1:05 – 1:35 Off-ice - JumpStart	

MEMBERSHIP

Annual Membership September 1, 2026 - August 31, 2027	\$ 100
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- Includes Skate Canada Registrant fee

PACKAGES

Junior Package	\$ 240 / month
Intermediate Package	\$ 295 / month
Senior Package	\$ 350 / month

HOURLY BOOKINGS

Regular sessions	\$13 / hour
Edge / Stroking classes Includes ice and instruction fees	\$6 / 15 mins

- Packages include all on-ice sessions, off-ice classes, seminars, camps and classes such as Edge Class, Stroking, Jump Drills, etc. Int & Sr packages include 30 mins of Test Dance/Skills sessions per week.
- Hourly bookings – contact the office to book by the hour (must be the same slot for the entire season). Package skaters receive priority.
- Pair/Dance teams – contact the office to arrange a custom package.
- Additional family members receive 25% discount.

SESSION LEVELS

Senior A	Pre-Novice, Novice, Junior, Senior
Senior B	Pre-Novice
Intermediate A	Pre-Juvenile, Juvenile
Intermediate B	Star 5, Pre-Juvenile, Juvenile
Junior	Star 1-4
Pair / Dance	Teams, Solo Dance Test skaters & Adults with approval

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

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



ADDITIONAL INFORMATION

- The season includes scheduled breaks, including a two-week break in the spring, as well as an adjusted schedule in May/June. All breaks and schedule changes have been accounted for in the monthly fees.
- Our discounted Packages are for skaters who commit to our complete training program. Skaters who miss off-ice classes without approval are not eligible for the discounted rate.
- The Intermediate Package includes a maximum of seven freeskate sessions per week. Skaters may request additional sessions for an added fee. Each additional freeskate session per week is \$25 per month.
- No make-up sessions are offered for missed sessions. However, hourly skaters whose regular ice time is cancelled may request an alternate session within the same week.
- The Ice Palace FSC pays the coaches' competition expenses for Home Club Members at selected competitions. The list of competitions will be communicated via email.
- *Refund Policy: refunds will only be considered in cases of serious medical circumstances, supported by a medical certificate. A \$50 administration fee will be withheld. All other requests for refunds (e.g., retired skater, club transfer, etc.) are subject to a cancellation penalty of two months of ice fees. Requests must be submitted in writing. Bingo and fundraising commitments must still be fulfilled, and volunteer commitment charges will apply in cases of non-participation. There are no refunds for skating sessions cancelled due to mechanical failure or club activities.*



Questions about our Skating School?
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