

CanSkate & CanPower Programs

Day	Time	Sessions	wks	Fee	
Tue	3:45- 4:30 pm	CanSkate-Tiny Tots Age 3-5/LowStage-Badge1&2	NDRC	21	189.00
	4:30- 5:15 pm	CanSkate High Stage-Badge 3-7	NDRC	21	189.00
	8:00- 9:00 pm	CanPowerSkate Session 1 (OCT - DEC)	NDRC	10	160.00
Sun	10:45-11:30 am	CanPowerSkate Session 2 (JAN - MAR) CanSkate-Tiny Tots Age 3-5/LowStage-Badge1&2	Sungod	19	171.00
	11:30-12:15 am	CanSkate High Stage-Badge 3-7	Sungod	19	171.00
	11:30-12:15 am	Pre CanPowerSkate	NDRC	19	171.00

Canskate package: 2 sessions (Sun & Tue): \$275

REGISTER ON OR BEFORE SEPTEMBER 14 and RECEIVE 10% DISCOUNT

New CanSkate Program

CanSkate is the best learn to skate program. If you want to learn to skate for fun, become a figure skater or improve your skating skills for hockey or ringette, try our new and improved CanSkate Program. Skate Canada professional Coaches teach this 45 min. Canskate Program. Instruction is provided in-group lessons. The CanSkate program teaches fundamental skating skills: forward and backward, stopping, turning, spinning and jumping. The program is broken into 7 stages/levels. Skaters will receive badges upon the completion of each level.

Pre CanPower and CanPowerSkate

Licensed, instructional power skating program geared towards hockey and ringette players. The focus is on improving balance, agility, endurance and speed on hockey skates. We now offer a Pre CanPower program available to badge 2 and up skaters. Contact our CanPower coach, for additional information. Full hockey gear is required for the program. Space is limited-please register early to avoid disappointment.



Excel Program - by invitation only

Day	Time	Sessions	wks	Fee	
Tue	5:15 -6:45 pm	Excel 5:15-6:00 on ice 6:15 - 6:45 dryland	NDRC	26	----
Fri	4:30 -6:00 pm	Excel 4:30-5:00 dryland 5:15 - 6:00 on-ice	Sungod	24	----
Sun	12:15-1:45 am	Excel 12:15-1:00 on ice 1:15 - 1:45 dryland	Sungod	22	----

Excel Packages: (2 sessions): \$900, (3 sessions): \$1100

REGISTER BY HOME CLUB&DISCOUNT DEADLINE (Aug. 24) and RECEIVE 10% DISCOUNT

The Excel program provides young skaters the opportunity to jumpstart their figure skating by teaching them skating skills in a figure skating environment. This program teaches children skating fundamentals including edges, turns, stops, spins, and jumps. The program is entirely instructed by our NCCP-certified professional coaches. Upon completion of the program, skaters will be able to spin in two different positions, perform at least two single rotation jumps, and be ready to enter the Skate Canada StarSkate Program. Entrance into the program is by coach invitation only. Skaters are required to wear proper figure skating skate boots and attire.

For further details please contact our director of programs.



Fall/Winter StarSkate / Competitive Sessions

OPTION 1 – Packages (sessions per week included in each package) :

Package A	Package B	Package C	Freeskate Package D
2 freeskates (45 m)* 1 enrichment session 1 dry land jump 1 flexibility	3 freeskates 2 enrichment sessions 1 dry land jump 1 flexibility 1 skills/dance (30 min.)	5 freeskates 1 enrichment session 1 dry land jump 1 flexibility 2 skills/dance or Open Dance (1.5 hour)	6 freeskates or open sessions 1 flexibility
\$850	\$1350	\$1700	\$1400

* Add \$50 for 60 min freeskate Oct. 7 simulation included in all packages

No substitution allowed

Add to your package :

60 min session : \$200
45 min session : \$150
30 min session : \$100
Enrichment class : \$250
Dryland : \$100

Add-ons must be done by Schedule Change Date. Buy-ons only will be allowed after that date.

OPTION 2 – à la carte

DAY	Time	Fall / Winter Sessions	wks	Fee	
Mon	3:30 -4:15 pm	Junior Freeskate	NDRC	25	187.50
	4:15 -4:45 pm	Skills/Dance	NDRC	24	120.00
	5:00 - 6:00 pm	Open Free/Dance/Skills	NDRC	24	240.00
	6:00 -6:45 pm	Group Enrichment **	NDRC	24	360.00
	7:00 -8:00 pm	Senior Freeskate	NDRC	25	250.00
Tue	8:00 -8:30 pm	Skills/Dance	NDRC	25	125.00
	5 :30 - 6 :00	Senior Dryland jumps **	NDRC	26	130.00
	6:15 -7:00 pm	Open Free/Dance/Skills	NDRC	26	195.00
Wed	7:00 - 7:45 pm	Open Freeskate	NDRC	26	195.00
	Oct 7 8:00 - 9:00 pm	Simulation	IDRC	1	6.00
Thu	3:45 -4:45 pm	Open Free/Dance/Skills	Sungod	26	260.00
	4:45 -5:30 pm	Group Enrichment **	Sungod	26	390.00
	5:45 -6:45 pm	Senior Freeskate	Sungod	26	260.00
	6:00-7:00pm	Stretch&Flexibility-JR start Sep10**	Sungod	24	240.00
	7:00-8:00pm	Stretch&Flexibility-SR start Sep10**	Sungod	24	240.00
Fri	6:30 -7:30 am	Open Free/Dance/Skills (1 hour)	Sungod	26	260.00
	7:00 -8:00 am	Open Free/Dance/Skills (1 hour)	Sungod	26	260.00
	6:30 - 8:00 am	Open Free/Dance/Skills (1.5 hour)	Sungod	26	360.00
	3:30 -4:30 pm	Open Freeskate	Sungod	26	260.00
	4:30 -5:15 pm	Open Free/Dance/Skills	Sungod	25	187.50
Sun	5:30 -6:00 pm	Junior Dryland Jumps **	Sungod	25	130.00
	6:15 -7:00 pm	Junior Freeskate	Sungod	25	187.50
	7:00 -7:30 pm	Primary Dance (30 min) start Sep 12	Sungod	25	125.00
	7:30 -8:30 pm	Open Dance (1 hour) start Sep 12	Sungod	25	250.00
	7:00 -8:30 pm	Open Dance (1.5 hour) start Sep 12	Sungod	25	345.00
Sep 21	8:30 -9:30 am	Open Free/Dance/Skills	Sungod	23	230.00
	9:30-10:30am	Open Freeskate	Sungod	23	230.00
10:45 - 11:30 J	Fundamentals and Beyond (45 min seminar)	Jngod	1	15.00	

** Marked sessions include coaching

Fall/winter sessions are restricted to Home Club Coaches, with the exception of Dance sessions and Senior level skaters. All coaches must be Skate Canada minimum NCCP level one certified and provide Club with current Skate Canada Coaching Registration number and valid First Aid certificate.



Fall/Winter 2008/2009



Sungod Arena
7815 - 112th Street, Delta, BC

North Delta Recreation Centre (NDRC)
11415 – 84th Avenue, Delta, BC



Session Start Dates:

StarSkate / Competitive	September 2
CanPowerSkate	October 14
Excel	September 2
CanSkate – Sunday	September 28
CanSkate – Tuesday	September 30

Dates to Remember:

Home Club & Discount Deadline....	August 24
Registration Late Fee Begins.....	September 22
Skate Sale, Open House &Registration	September 14
Schedule Change Date.....	October 10
Primary Test Day-Fall.....	Dec 12 - 4:30 - 7
No Skating Scheduled.....	Dec 7
Family Skate.....	December 14
Last day of Fall Skating	December 19
Return from Break.....	January 5
Primary Test Day-Winter.....	Mar 2 - 4:15-7
Last day of Winter skating.....	March 13

Statutory Holidays are regular skating days

Club Mail

Box 33014 RPO Nordel,
Delta, BC V4C 8E6

Sungod Skating Club

Voice Mail: 604-594-0354
Email: sungodskatingclub@sk8bc.com

More Information

Website: www.sungodskatingclub.com

Skating Fees: Cheques should be made payable to Sungod Skating Club. NSF cheques are subject to a \$30 charge.

Payment can be made in five equal installments if the ice fee is over \$600. First payment is due upon registration; a cheque for the additional payments should be dated October 1, November 1, December 1, and January 1. Posted cheques must be included with registration form, any registrations received without full payment will be returned.

Administration Fees

Skaters who declare the Sungod Skating Club to be their home club and wish to participate in competitions or tests, must purchase one session of ice in the Fall/Winter program valued at \$175 or higher; or pay an administration fee of \$100 payable at time of registration.

All club members are required to purchase Skate Canada/Sections/Skater Development/Insurance fee for \$30.65.

Registration Priorities

Where the number of registrations received for a session exceeds the space available, the following order of priority will apply:

1. Home club skaters that purchased a package
2. All other home club skaters
3. Out-of-club skaters with Sungod home club coach
4. Out-of-club skaters registered with Sungod Skating Club in the past year with out-of-club coach
5. All other registrants

Schedule Changes:

Schedule changes received after October 10th will be subjected to a \$10 administration fee. All requests must be in writing (no exceptions) using the schedule change option on the registration form.

Refunds: Sungod Skating Club does not offer refunds except for medical reasons. You must miss a minimum of five consecutive, registered skating days to qualify and your request must be accompanied by a doctor's certificate. Refunds are pro-rated.

Note: The club does not offer refunds, make-up sessions, or compensation for ice cancellations due to mechanical failures or other events beyond its control.



Skate Sale and Open House & Registration:

To be held on September 14th from 10 am to noon at Sungod Arena. This is a great time to purchase used skates and apparel.

Drop off sale items at Sungod Skate Arena on Sept 14th from 8-9:30am. Items may consist of used skates or skating items such as clothing. They must be clean, priced (SSC retains 10% of the sale price), in good condition, and blades must be covered with masking tape.

Bring your skates or rent them for an assessment session with our coaches.

Please pick up unsold items and/or money at Noon on Sept. 14th. All unclaimed items/money become the property of Sungod Skating Club.

How To Register & Club Deadlines

Deadline for home club skaters and discount rates is August 24, 2008. Late registration fee of \$75.00 will be charged to Fall registrations received after September 22 (excluding Canskate & Canpower). Schedule changes must be submitted by October 10th.

Full sessions will be posted on the Sungod Skating Club Notice board and buy-ons will not be accepted for those sessions. Register early to avoid disappointment.

Registration boxes are located in both clubrooms, which coaches and executives can access. Be sure to include your completed registration form and payment. Registrations cannot be processed until payment is received.

Registration forms can be mailed to:

**Sungod Skating Club
Box 33014 RPO Nordel,
Delta, BC V4C 8E6**



Buy-ons

Skaters can buy-on sessions they are not registered for providing they have a current Skate Canada membership and BC/YT insurance. Skaters must submit payment in full (no exceptions) to the music player before stepping on the ice. Buy-on rates are:

- Buy-on books \$48
- 1 hour session \$12
- Enrichment session (45 min.) \$18
- Dry-land \$6
- Flexibility \$12

Space permitted only, full sessions to be posted on the SSC Notice Board.

Safety

From time to time, coaches will not be able to attend sessions due to tests and or competitions. **No skater is allowed on club ice unless there is a responsible adult in attendance at all times.** This policy is set for the safety of the skaters and in accordance with our insurance coverage.

CanSkate Duty Parents are required to help hand out club newsletters and registration forms. If you are able to assist, please indicate your name on the fall registration form. Thank-you.

CanSkate Equipment: Helmets are mandatory for all skaters in Tiny Tot sessions and are recommended for beginner skaters in CanSkate. Skaters must provide their own skates, skating helmets and gloves. Rentals are not available.

Enrichment Classes

Enrichment sessions are taught on the ice by our home club coaches in a group format providing enhanced coaching time in a highly motivational environment. Groups will be split according to level once registration has been completed.

The enrichment classes will incorporate all areas of on-ice skater development. Coaches will work on developing a variety of abilities including: Basic Skating Stroking, Edges & Turns , Creative Expression, Jump & Spin Enhancement and Performance Skills.

Monday from 5:00 - 5:45 pm and Wednesday from 4:45 – 5:30.

Dry Land Programs

Jumps

This session is for working jump technique, balance and control. Skaters will work on single, double and triple rotations on the floor as well as working on landing positions and spin positions. Running shoes are required.

Seniors on Tuesday: 5:30 to 6:00 pm

Juniors on Friday: 5:30 to 6:00 pm

Strength & Flexibility with Lori Fung-Methorst.

Instructor will take skaters through a varied warm up, and focus on flexibility of back, arm, legs, trunk, shoulders etc. Instructors will also note specific needs and will identify them, and work to improve those specific individual needs within the class setting.

From Sep. 10 to Dec. 10 and from Jan. 7 until Mar. 11.

Fundamentals and Beyond Seminar

with Lolita&Josh

September 21 at Sungod

Get the season started with a fun-filled and hard work seminar focused on fundamental skating skills development: edges, turns, footwork and stroking. In an energetic atmosphere skaters will learn how to hold positions, maintain posture, and develop speed and power. We believe that strong fundamental skills are extremely important for developing a well-balanced and advanced skater.

To keep up-to-date on the latest Club information, please check the Club notice board and our website

Fall / Winter Qualifications	
Open Freeski /Skills /Dance	Working on Elementary Freeski and up
Junior Freeski	Passed CanSkate Stage 5; and no higher than Junior Bronze Freeski test
Senior Freeski	Passed Junior Bronze Freeski test or higher
Primary Dance	Working on Preliminary dance to Junior Silver (not incl.)
Open Dance	All dance levels
Excel	By invitation only, discuss with director of programs

Sungod Skating Club Home Club Coaches and Coordinator					
Norma Grant Director of programs 604-522-8994 norma@ppl.ca	Jim Reid 604-598-0288 dreid11@hotmail.com	Joshua McRae 604-584-2593 mcrae.joshua@gmail.com	Lolita Hinton 604-805-4131 filushkin1@hotmail.com	Cherie Mallette Pre CanPower&CanPower Coach kcmall@telus.net	Danielle Williams CanSkate Coordinator danielledwilliams@hotmail.com