

CLUB POLICIES - All Programs

- ❖ Application must be filled out completely and full payment must accompany form.
- ❖ Payment accepted in Canadian funds only.
- ❖ Payment by debit or credit card must be made in person only for security reasons.
- ❖ Registration forms may be mailed to club address, delivered to program registrar or submitted at Spring Registration Sign-Up.
- ❖ There is no pro-rating of costs for late registration in the spring.
- ❖ No refunds after April 10, 2009 without a medical certificate. A \$25 administration fee will be charged.
- ❖ All known cancelled days have been factored into session pricing.
- ❖ All programs are subject to change based on enrollment.
- ❖ Please see website for complete list of club policies, including Skater & Parent Codes of Conduct.

PAYMENT OPTIONS

Cash, Cheque, Debit, Visa, Mastercard
Full payment required; no post-dated cheques
for spring session

CLUB POLICIES -STARSkate Programs

- ❖ Skaters should book private or semi-private lessons with a professional coach before registering for freeskate, skills or dance sessions.
- ❖ Your second session choice must be a morning session (Dance and Accelerated excluded).
- ❖ To ensure maximum benefit and safety, registration is limited on some sessions and is offered on a first-come, first-served basis.
- ❖ Skaters may only purchase or buy-on to sessions for which they are qualified.
- ❖ Wednesday & Thursday AM Open freeskates are considered multi-purpose sessions, and private power skating lessons may be permitted.
- ❖ Any unscheduled cancellations may be reimbursed with buy-on coupons.

*All spring skating is at
South Surrey Arena*

IMPORTANT DATES

March 4	In-Person Registration for Spring Season, 4:00-6:00 pm at Centennial Arena
March 30	Spring Season begins at South Surrey Arena (no skating March 29)
March 31	No PM STARSkate sessions
April 2,3,5	No Skating – Easter weekend
April 9&10	No skating – Surrey Eagles Hockey Camp
April 13	BC Coast Region AGM, Burnaby
April 16-18	Vancouver Island Skate International Competition, Victoria
May 6-9	BC/YT Section AGM, Burnaby
May 17	WRSSSC AGM – 7:00 pm, Centennial Arena Lounge
May 21-23	Victoria Day Interclub Competition
May 24	No Skating – Victoria Day holiday
May 26-29	Skate Canada AGM, Toronto
Late May	Year End Party & Awards Night – TBA
June 3	Final Day for CanSkate & Accelerated STARSkate
June 8	In-Person Registration for Summer Season, 4:30-6:00 pm at South Surrey Arena
June 8	WRSSSC Low Test Day
June 10	Final Day of Spring Season (AM sessions only)

Due to factors beyond WRSSSC control, the spring schedule has a number of cancellations; please make careful note of these dates.

WHITE ROCK SOUTH SURREY SKATING CLUB



SPRING 2010 SEASON
March 30 – June 10, 2010
South Surrey Arena

SKATE CANADA PROFESSIONALS

Jennifer Dougan	778-294-1255
Linda Carroll	604-576-1069
Jitka MacLintock	604-241-8206
Sandra Pennington	604-312-7333

EXECUTIVE, DIRECTORS & KEY CONTACTS

President	Beth Nielsen	604-535-0561
Vice-President	Siobhan Philips	778-294-7334
Secretary	Debbie Endo	604-538-3181
Treasurer	Sandra Leahy	604-536-8180
Tests	Christa Makowsky	604-574-0400
Competitions	Linda Woods	604-541-7482
Music	Jackie Davidson	604-541-9517

Program Registrars:

Accelerated	Nancy Edwards	604-541-6233
CanSkate	Whitney Mitchell	604-542-0742
CanPowerSkate	Julie Harrison	604-531-1172
STARSkate	Siobhan Philips	778-294-7334

info@wrsssc.com
www.wrsssc.com
Info Line: 604-538-0109

*In-Person Registration
for Spring 2010 Programs*

Thursday March 4
4:00-6:00 pm
Centennial Arena



CLUB PROGRAMS

CanSkate is a learn-to-skate program for children age 3 to 12, which teaches the fundamentals of skating to help build a solid foundation for all kinds of skating. Skaters are grouped by age and skill with beginners in Stage 1, progressing through to Stage 7. *Helmets are mandatory until the skater has passed Stage 4.* Skaters must have turned 3 to begin the program.

March 30 – June 3 (10 wks)

Tuesday & / or Thursday

Session 1: 4:00-4:45 pm / Session 2: 4:45- 5:30 pm

Two days/week - \$160

One day/week - \$90

CanPowerSkate is Skate Canada's program geared to hockey & ringette players focusing on balance, power, agility, speed & endurance. Skaters must have basic forward, backward and stopping skills, and must be at least 6 years of age. *Note: class size is limited, and registration is accepted on a first-come, first-served basis.*

Tuesday 6:45-7:45 am (March 30 – June 8) - \$170

OR

Friday 5:30-6:15 pm (April 16 – June 4) - \$120

Accelerated STARSkate is for skaters age 5-10 who have passed CanSkate Stage 4, show enthusiasm and have a strong work ethic but may not be ready for the individual self motivated direction of the STARSkate program. This bridging program allows young skaters to continue progressing in a group environment before advancing to STARSkate. Participation is by coach invitation only.

March 30 – June 3 (10 wks)

Tuesday & Thursday

3:15-4:00 pm + Tuesday off-ice 4:10-4:50 pm

\$230

STARSkate/Competitive sessions offer opportunities for skaters of all ages to develop figure skating skills in the areas of freeskate, skating skills, ice dance and interpretive skating. Progression is promoted through a nationally standardized testing system and through participation in competitions. All participants must be currently registered members of Skate Canada, and the following session qualifications will apply:

Preliminary/Junior – skaters who have not passed a Skate Canada freeskate test (Preliminary), and those who have passed the Preliminary freeskate test (Junior)

Intermediate/Senior – skaters who have passed the SC Junior Bronze freeskate test (Intermediate), and above (Senior).

STARSkate Information

BUY ONS

- ♦ Cost is \$25, for 8 coupons worth 2 hours of skating time; skaters also currently receive one bonus coupon worth 15 minutes of skating.
- ♦ When buying on to a session, skaters must purchase the entire session.
- ♦ Skaters may only buy on to sessions for which they are qualified.
- ♦ Buy on books may be purchased at the rink from Coach Linda Carroll.

OFF-ICE CLASSES

TECHNIQUE

Focus on strength and flexibility exercises specific to skating, designed to improve skaters' jump and spin technique. Taught by WRSSSC Skate Canada coaches.



PERFORMANCE TRAINING

Training in musicality, movement, stretching and core strengthening. Taught by professional dance instructors.

POST SEASON SPRING BREAK TRAINING CAMP

Tuesday March 9 & Wednesday March 10

1:00-2:30 PM

Centennial Arena

\$30

Program includes 30 minute Group Seminar + 60 minute Freeskate each day. Open to all levels of STARSkate skaters.



Parents: Don't forget to check off your music playing shift on the STARSkate registration form – having music played on sessions improves skating skills, performance ability and ultimately success at tests and competitions.

Our skaters rely on you!

DAILY SCHEDULE

DAY	PROGRAM	DETAILS	\$ / #
MONDAY			
3:00-4:15pm	Pre/Jr Free	Group	\$110 / 8
4:00-6:00pm	Int/Sr Free	Group + Technique	\$155 / 8
TUESDAY			
6:45-7:45am	CanPower		\$170 / 11
9:15-10:15am	Adult Skate		\$100 / 11
3:15-4:00pm	Accelerated		\$230 / 10
4:10-4:50pm	Accelerated	Performance Training	Included
4:00-4:45pm	CanSkate	Session 1	\$160 / 10
4:45-5:30pm	CanSkate	Session 2	\$160 / 10
4:50-6:30pm	Open Free	Performance Training	\$160 / 11
6:30-7:00pm	Skills/Dance		\$65 / 11
7:15-8:15pm	Open Free		\$130 / 11
WEDNESDAY			
6:00-7:00am	Open Free	Stroking	\$105 / 11
7:00-7:30am	Skills/Dance		\$55 / 11
7:30-8:30am	Open Free	Stroking	\$110 / 11
3:15-4:15pm	Int/Sr Free	Group	\$110 / 10
4:00-6:00pm	Pre/Jr Free	Group + Technique	\$195 / 10
THURSDAY			
6:00-7:00am	Open Free	Stroking	\$105 / 11
7:00-7:30am	Skills/Dance		\$55 / 11
7:30-8:30am	Open Free	Stroking	\$110 / 11
3:15-4:00pm	Accelerated		Included
4:00-4:45pm	CanSkate	Session 1	Included
4:45-5:30pm	CanSkate	Session 2	Included
FRIDAY			
3:00-4:00pm	Open Free		\$95 / 8
4:00-4:30pm	Skills/Dance		\$50 / 8
4:45-5:30pm	Open Free		\$70 / 8
5:30-6:15pm	CanPower		\$120 / 8
SATURDAY			
7:30-8:15am	Open Free		\$70 / 8
8:15-8:45am	Skills/Dance	Jr Bronze & Under	\$50 / 8
9:00-9:45am	Open Free		\$70 / 8
9:45-10:30am	Dance	Sr Bronze & above	\$70 / 8

\$ = Cost of Session

= Number of Weeks in Session

CanSkate/Accel = Price includes 2 sessions per week