

PROGRAM DETAILS

July 11 – August 12

Summer skating programs offered are: FutureSTAR, STARSkate 1 & 2 Group Program, STARSkate 3 & 4, and SeniorSkate. Programs can be purchased for any of the weeks individually. A Full Package, all 5 weeks, offers a discount for any of the 4 programs.

SeniorSkate

For Skaters STAR 5 & up and Skaters consistently landing an axel. Fees include 2 free-skate sessions per day, 1 On Ice Group Enrichment class per day, Designated Stroking and Spin ice time, Off-Ice classes Daily as well as Simulation Opportunities.

STARSkate 3 & 4

For skaters working on STAR 3 & 4. Fees include 1 free-skate session per day, 1 On Ice Group Enrichment class per day, Designated Stroking & Spin Ice time, Off-Ice Classes Daily & Simulation Opportunities.

NEW STARSkate 1 & 2 Group Program

For skaters moving from Future Stars into STARSkate or Skaters working on STAR 1 or 2. This program is ALL INCLUSIVE – NO ADDITIONAL FEES! Price includes all lesson fees, ice fees & Off-Ice Classes. Skaters will learn solo's and work with our coaching team in small semi private lessons and group lessons.

FutureSTAR Group Program

For learn-to-skate skaters or CanSkaters who wish to learn to figure skate. If your skater is proficient in forward and backward skating, and stopping and has a desire to be a figure skater, you are encouraged to register them in FutureSTAR. If your skater is landing a waltz jump, salchow & toe loop, please register them in the STARSkate 1 & 2 Group Program.

CanSkate, AdultSkate, PowerSkate

Skaters wishing to arrange skating lessons, please contact our skating director at shelleys@heradvice.ca

Off-Ice Specialized Program

Girlvana is joining our team this summer. They have taken the essential teachings of yoga and made them relatable to a younger generation, assisting teens and preteens in self-discovery, balanced moods, physical fitness and better body image. Our Dance Specialist, **Seina Singleton** will once again be working with our skaters to improve flexibility, line and carriage as well as discipline and focus. Off Ice Jump Class, Endurance, Strength Conditioning, Relaxation and Goal Setting.



Burnaby Skating Club

skateburnaby.ca



SKATE CANADA
BRITISH COLUMBIA/YUKON

REGISTRATION & CALENDAR

Register on-line at skateburnaby.ca

Contact us if you have any questions:

Shelley Hewins, Skating Director:

shelley@skateburnaby.ca or 604 985 5214

Eduard Lyutin, Asst. Skating Dir. & Registrar

edikfs@hotmail.com or 778-886-1503

FutureSTAR

Weeks 1-3 TU / TH Group A	
12:30 – 2:00	On ice Group Program
2:15 – 2:45	Supervised Snack & Activity
2:45 – 3:45	Off ice Group Program
Weeks 1-3 TU / TH Group B	
12:30 – 12:45	Off Ice Group Warm Up
1:00 – 2:30	On ice Group Program
2:45 – 3:45	Off ice Group Program
Weeks 4-5 TU / TH*	
2:30 – 3:30	Off ice Group Program
3:45 – 4:45	On ice Group Program
5:00 – 5:15	Off ice Group Cool Down

STARSkate 1 & 2

Weeks 1-3 MO / WE / FR	
2:30 – 3:30	Off ice Group Program
3:45 – 4:45	On ice Group Program
5:00 – 5:15	Off ice Group Cool Down
Weeks 1-3 TU / TH	
1:15 – 2:30	On ice Group Program
2:45 – 3:45	Off ice Group Program
Weeks 4-5 MO – FR*	
2:30 – 3:30	Off ice Group Program
3:45 – 4:45	On ice Group Program
5:00 – 5:15	Off ice Group Cool Down

Simulation Days**

5:00 – 6:30 August 14
5:00 – 6:30 August 21

** Simulation ice cost is included for all Summer Camp skaters.

CALENDAR cont.

STARSkate 3 & 4

Weeks 1-3 MO / WE / FR	
2:00 – 2:30	Off Ice Warm Up/Goal Setting
2:45 – 3:45	On Ice
3:45 – 4:00	On Ice Group Enrichment
4:15 – 5:15	Off Ice
Weeks 1-3 TU / TH	
12:30 – 1:15	On Ice
1:30 – 2:30	Off Ice
2:45 – 3:45	On Ice
3:45 – 4:00	On Ice Group Enrichment
Weeks 4-5 MO – FR*	
2:00 – 2:30	Off Ice Warm Up/Goal Setting
2:45 – 3:45	On Ice
3:45 – 4:00	On Ice Group Enrichment
4:15 – 5:15	Off Ice

SeniorSkate

Weeks 1-3 MO / WE / FR	
1:15 – 2:15	Off Ice
2:15 – 2:30	Off ice - Goal Setting
2:45 – 3:45	On Ice
3:45 – 4:00	On Ice Group Enrichment
4:00 – 4:45	On Ice
5:00 – 5:15	Off ice - Group Cool Down
Weeks 1-3 TU / TH	
1:15 – 1:30	Off ice - Goal Setting
1:30 – 2:30	Off Ice
2:45 – 3:45	On Ice
3:45 – 4:00	On Ice Group Enrichment
4:00 – 4:45	On Ice
5:00 – 5:15	Off ice - Group Cool Down
Weeks 4-5 MO – FR*	
1:15 – 2:15	Off Ice
2:15 – 2:30	Off Ice - Goal Setting
2:45 – 3:45	On Ice
3:45 – 4:00	On Ice - Group Enrichment
4:00 – 4:45	On Ice
5:00 – 5:15	Off ice - Group Cool Down

* August 1 – BC Day – No Skating

COACHING TEAM

We believe in a team coaching approach!

The lessons are coordinated to match your budget and to meet the needs of your skater.

Shelley Hewins – Director

NCCP Level 4 Music & Choreography - NCCP Level 3
National & International coaching experience
25+ years Coaching Experience

Eduard Lyutin – Assistant Director

Primary STARSkate Coach
Russian National Competitor
6 year Professional Skating Experience

Alyx Hewins - Primary STARSkate Coach

Primary STARSkate Coach
Canadian National Competitor
4 years Professional Skating Experience

Shannon Balabardin

Certified ISPC Provincial & level 3-trained coach
6 years Professional Skating Experience
11 years Coaching Experience

Lynne Stairs

NCCP Level 3 Certified
Competitive Singles & Dance
25+ years Coaching Experience

Christopher Craigmyle

NCCP Level 2 Certified, Partial Level 3
Canadian National Competitor
13 years coaching experience

Erin Pelletreau

NCCP Level 1 Certified

Guest Coach Policy

Coaches who hold current certification with Skate Canada are welcome to attend with their students. Guest coaches will adhere to Guest Coach Policy. To apply for guest coach privileges please contact us at: contact@skateburnaby.ca.

HIGHLIGHTS

On Ice Training

A team coaching approach is utilized at all levels.

Emphasis on Strong Fundamentals

Jump & Spin Technique • Group Enrichment

Choreography • Simulations

Private, Semi Private & Group Instruction

Jump harness training

Off Ice Training

Girivana Yoga Training

Off Ice Jump Technique

Dance / Core Strength & Balance

Strength & Endurance Training

Stretching • Relaxation • Mental Preparedness

Nutrition • Injury Prevention

Parent Information Sessions

Simulation Days

Skate Canada judge feedback will be provided

Weekly Goal Planning & Incentive Prizes

Fun BBQ Evening

July 19, '16 - 5:30-9:00pm - \$5/person
Queen's Park, New Westminster

Burnaby Skating Club
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PO Box 44061
Burnaby, BC V5B 4Y2
604-985-5214
contact@skateburnaby.ca



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2016

SUMMER

CAMP

5 weeks July 11 – August 12

Moody Park Arena

701 8th Avenue
New Westminster, BC V3M 2R2