

### **Early Figure Skating Academy:**

Entrance to the program is by invitation or audition. The Early Figure Skating Academy provides young skaters the opportunity to jumpstart their figure skating by teaching them skating skills in a figure skating environment. Divided into three levels, this program teaches children skating fundamentals including edges, turns, stops, spins and jumps. Instructed entirely by our NCCP certified professional coaches, skaters will receive both group lessons and individual attention during practice time. Upon completion of the third level 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 Star Skate Program on the Junior Sessions (if they haven't already started).

### **Off-Ice Conditioning Classes:**

Included in each week's Early Figure Skating session is a sport specific off-ice conditioning class held on Mondays from 5:30-6:00pm. In this class, skaters will work on their overall general conditioning, as well as learn techniques specific for figure skating. They will develop rotational ability, jump technique, take-offs and landings. They will also work on spirals and other field movement positions.

### **Junior:**

These sessions are for skaters in the Early Figure Skating Academy program and those working on their first free skate, skills, and dance tests (Preliminary level). Except where indicated (see registration form for details), the session cost is for ice only. Skaters must arrange lessons with the professional coach of their choice prior to booking ice with the club. For more details on how purchasing ice/ arranging lessons with a coach and other information, please see our website at [www.skatecoquitlam.com](http://www.skatecoquitlam.com) or the Club Handbook. Skaters at this level are eligible to register for Junior, Open and Junior Dance sessions.

### **Coquitlam Skating Club Coaches**

Heather Austman	(604) 942-7335	Kelly-Lynn Champagne	(604) 990-4006
Bruno Delmaestro	(604) 461-5171	Zdenek Pazdirek	(604) 945-0054
Sheri Delmaestro (Off-Ice)	(604) 461-5171		

### **Registration for the Early Figure Skating Academy:**

Please complete the registration form and submit to the Club Registrar:

Mrs. Sherri Ellsworth  
20787 River Road  
Maple Ridge, BC  
V2X 1Z8  
Email: [info@skatecoquitlam.com](mailto:info@skatecoquitlam.com)

For registration questions leave a message on our "MESSAGE PHONE LINE"  
604-936-0707 or email [Sherri00@telus.net](mailto:Sherri00@telus.net).

**Summer 2010**

# **Coquitlam Skating Club**

## **Early Figure Skating Academy**

**July 5-24 at Planet Ice Coquitlam  
2300 Rocket Way, Coquitlam**

**July 26 at Coquitlam Sports Centre  
Curling Arena, 633 Poirier St., Coquitlam**

**Registration Deadline June 15**

**Members register by June 15 and receive a  
3% discount on program fees**

