

Registration Form

There are two ways to pay. You may choose **Option 1** -pay by the class and by the week. Place an X in the box. Or **Option 2** - Pay for the full week of classes.

								Payment Option 1			
Weeks			2	3	4	5	6	7	Cost per class	Multiply by # of Weeks	= Total Class Fees
Junior											
Monday	Dance	12:00-1:00pm							\$9.00		
Tuesday	Conditioning	11:45-12:45pm							\$9.00		
Wednesday	Flexibility	1:15-2:15pm							\$10.00		
Thursday	Conditioning	11:45-12:45pm							\$9.00		
											↓
Intermediate											
Monday	Dance	12:00-1:00pm							\$9.00		
Tuesday	Conditioning	9:00-10:00am							\$9.00		
Wednesday	Flexibility	12:00-1:00pm							\$10.00		
Thursday	Conditioning	9:00-10:00am							\$9.00		
Friday	Yoga	11:45-12:45pm							\$9.00		
											↓
Senior											
Monday	Dance	10:45-11:45am							\$9.00		
Tuesday	Conditioning	1:15-2:15pm							\$9.00		
Wednesday	Flexibility	10:45-11:45am							\$10.00		
Thursday	Conditioning	1:15-2:15pm							\$9.00		
Friday	Yoga	10:30-11:30am							\$9.00		
											↓
Option 2	Choose weeks by highlighting or circling	Price for Intermediate or Senior classes	\$45.00	\$45.00	\$45.00	\$45.00	\$37.00	\$28.00	Total for Full Week Packages		Total for Payment Option 1 \$ _____
Pay for Full Week Packages		Price for Junior classes	\$37.00	\$37.00	\$37.00	\$37.00	\$28.00	\$28.00	\$ _____		

Off -Ice Training Programs

Summer 2009



Coquitlam Skating Club
Annex Arena
633 Poirier Street
Coquitlam, BC

July 6-August 12, 2009

For more information contact:
Sheri Delmaestro
shergirl66@hotmail.com

Program and Class Descriptions

Off-Ice Conditioning

This is the most important class for off-ice development of the figure skater. The off-ice training program has been developed by **Sheri Delmaestro, B.P.E., B.Ed.**, to improve performance on the ice and therefore, achieve greater results in each athlete's skating, in a shorter period of time, as well as reduce the incidence of skating related injury. Figure skating is a sport that requires the ultimate in aerobic endurance, anaerobic capacity, power, muscular strength, muscular endurance, core strength, agility and flexibility. As well, skaters need to utilize all these elements of fitness while on an unstable surface and while not always balanced. We must create an environment of instability (off balance) in order to train strength in balance. It is for these reasons that we must develop the figure skater in a variety of ways and environments. We use the most up to date equipment to facilitate this.

Flexibility

Lori Fung teaches the flexibility classes. Lori comes highly regarded as the 1984 Olympic Rhythmic Gymnastics Champion. She is currently a rhythmic gymnastics judge and has been a coach on the Canadian, US and Mexican Rhythmic Gymnastics Teams. She is a member of the Order of Canada and is in the BC Sports Hall of Fame. Lori was also an aerialist in the film Catwoman. Most recently Lori worked for CBC at the Summer Olympics in Beijing as a commentator.

Yoga

Our yoga classes will be taught by **Jacci Collins**. Jacci has her Bachelor of Fine Arts Degree in Dance from Simon Fraser University as well as her Yoga Teacher Certification. She has also done professional development in Johannesburg, South Africa (Moving into Dance Mophatong). Jacci has taught dance since 2002 and yoga since 2005. She has also danced professionally since 2002 with many performances to her credit.

Dance

Melanie Pudlas is our dance teacher this summer. She has been involved in dance in British Columbia for the past 45 years. She is trained in the Russian Vaganova style as well as The Royal Academy of Dance in which she was awarded her Advanced Certificate with Honours at the age of 16. She has trained at the National Ballet School as well as The Banff School of Fine Arts on a full scholarship. At age 17 Melanie was awarded a Canada Council B Grant to study dance in Germany and England. She has danced professional with the Anna Wyman Dancers touring Canada, United States and Germany. As a teacher, she has taught throughout British Columbia and since 1985 has taught the dance program at the Richmond Arts Centre. In 1998 and 2007, she was nominated for Richmond "Women of the Year in Arts."

Class Information

Skaters should wear comfortable exercise clothing and proper running shoes (no skateboard shoes, basketball shoes, Heelys or slip-on runners). Skaters can bring a water bottle, no soft drinks. Gum chewing is not allowed due to safety concerns.

Session Information

Junior Classes: These classes for skaters on the Junior on ice sessions.
Intermediate Class: This class is for skaters on the Intermediate ice sessions.



Skater Information

Name of Skater _____

Address _____

Age: _____ Birth Date: _____

Phone : _____ Cell: _____

Email: _____

Please note any allergies or medical concerns:

Waiver: I will not hold Sheri Delmaestro, Lori Fung or any other instructors liable or responsible for any damage, injury or lost articles as a result of my child taking part in this program.

Parent Signature: _____

Date: _____

Payment Information

- **Registration is due on or before June 19, 2009.** Please no late registrations. Classes are based on number of registrants and may be cancelled if there are not enough participants.
- You may pay by cash or cheque.
- **Please make cheques payable to Sheri Delmaestro.**
- Please note: No refunds will be given after July 6, 2009.
- Payment and completed registration forms may be given to Sheri Delmaestro in person or mailed to:

Sheri Delmaestro
8-2929 St. John's Street
Port Moody, BC
V3H 2C0