

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										
Week #			2	3	4	5	6	7	8	Cost per class	Multiply by # of Weeks	= Total Class Fees	
			July 5-9	July 12-16	July 19-23	July 26-30	Aug 2-6	Aug 9-13	Aug 16-20				
Junior													
Monday	Conditioning	4:30-5:30pm								\$11.00			
Wednesday	Flexibility	1:00-2:00pm								\$11.00			
Thursday	Conditioning	2:15-3:15pm								\$11.00			
Friday	Ballet	12:45-1:45pm								\$11.00			
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Intermedi-ate													
Monday	Conditioning	11:45am-12:45pm								\$11.00			
Tuesday	Pilates	11:15am-12:15pm								\$11.00			
Wednesday	Flexibility	12:00-1:00pm								\$11.00			
Thursday	Conditioning	11:15am-12:15pm								\$11.00			
Friday	Dance	11:15am-12:15pm								\$11.00			
												↓	
Senior													
Monday	Conditioning	1:30-2:30pm								\$11.00			
Tuesday	Pilates	12:45-1:45pm								\$11.00			
Wednesday	Flexibility	10:45-11:45am								\$11.00			
Thursday	Conditioning	12:45-1:45pm								\$11.00			
Friday	Dance	9:45-10:45am								\$11.00			
												↓	
Option 2	Choose weeks by highlighting or circling	Price for Intermediate or Senior classes	\$50.00	\$50.00	\$50.00	\$44.00	\$44.00	\$50.00	\$44.00	Total for Full Week Packages			
		Price for Junior classes	\$44.00	\$44.00	\$44.00	\$33.00	\$33.00	\$44.00	\$33.00				
										\$ _____			
											Total for Payment Option 1	\$ _____	

Coquitlam Skating Club

Off -Ice Training Programs

Summer 2010



July 5th - 24th
Planet Ice Coquitlam
2300 Rocket Way, Coquitlam

July 26th - August 20th
Coquitlam Sports Centre
633 Poirier Street, Coquitlam

For more information contact:
Sheri Delmaestro
Sheri.delmaestro@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.

Pilates

Lisa Porcellato will be joining us this summer in teaching Pilates. She is a Stott-trained Pilates instructor and BCRPA Supervisor of Pilates Instructors. Pilates is a physical fitness system developed in Germany in the early 20th Century by Joseph Pilates. It is a system of exercises that elongate and strengthen the muscles of the body, in particular the muscles of the torso through core stabilization exercises. This class will work towards building core strength through Pilates based exercises incorporating bands for resistance work.

Dance

Melanie Pudlas is our ballet teacher. 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."

Hailley Caulfield will be teaching some of our Intermediate and Senior dance classes. Hailley has been dancing since she could walk; not surprising since she is the youngest member of a multi-generation family of performers and dancers. In her career to date, Hailley has worked for Coriograph Theatre, MOVE: The Company, Carnival Cruise Lines, Lamon Dance and Ruckus Dance Company. She has danced in music videos for artists such as Michael Buble (in "Just Haven't Met You Yet), and in three feature films "The Cleaner" and "Sucker Punch" as well as "Totally Awesome." Hailley was also a hero tapper in the 2010 Olympic Opening Ceremony.

Class Information

Skaters should wear comfortable exercise clothing and proper running shoes for pilates, conditioning and flexibility classes (no skateboard shoes, basketball shoes, Heelys or slip-on runners). For dance classes, skaters may wear ballet or jazz shoes if they own them. Skaters can bring a water bottle, no soft drinks. Gum chewing is not permitted.

Important Dates

Please note: There are no classes on Thursday July 29th, Monday August 2nd and Friday August 20th.

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

- You may pay by cash or cheque. Cheques are to be dated **June 30, 2010**.
- Deadline for registration is July 2nd, 2010.
- **Please make cheques payable to Sheri Delmaestro.**
- Please note: No refunds will be given after the first class.
- Payment and completed registration forms may be given to Sheri Delmaestro in person or mailed to:

Sheri Delmaestro
8-2929 St. John's Street
P.O. Box 31152
Port Moody, BC
V3H 2C0