

SKATE CANADA RINK

7:00am-8:15am	Open	M-F
8:15am-8:30am	Flood	M-F
8:30am-9:00am	Sr.A Enrichment	M-F
9:00am-9:30am	Sr.A/Sr.B Spin Patch	M-F
9:30am-10:00am	Sr.B Group Enrichment	M-F
10:00am-10:15am	Flood	M-F
10:15am-11:00am	Sr.A Free	M-F
11:00am-11:15am	Flood	M-F
11:15am-12:15pm	Elite Free	M-F
12:15pm-12:30pm	Flood	M-F
12:30pm-1:30pm	Sr.A Free	M-F
1:30pm-1:45pm	Flood	M-F
1:45pm-2:30pm	Elite Free	M-F
2:30pm-2:45pm	Elite Enrichment / Spins	M-F
2:45pm-3:00pm	Flood	M-F
3:00pm-3:45pm	Sr. B Free	M-F
3:45pm-4:30pm	Elite Extra (M-Th) / Jr Special (F)	M-Th/F
4:30pm-4:45pm	Flood	M-F
4:45pm-5:45pm	Open	M-F
5:45pm-6:45pm	Open	M-F
6:45pm-7:00pm	Flood	M-F
7:00pm-8:30pm	Open Dance	M-Th



*World class
figure skating*

OFF-ICE TRAINING

10:00am-11:00am	Elite	Multipurpose	M-F
10:15am-11:15am	Intermediate	Banquet	M-F
11:30am-12:30pm	Dance	Multipurpose	M-F
12:30pm-1:30pm	Sr. B	Multipurpose	M-F
1:45pm-2:45pm	Sr. A	Banquet	M-F
3:00pm-3:30pm	Elite	Cardio Run	T/Th
3:30pm-4:30pm	Dev. Dance	Multipurpose	M-F
5:25pm-5:55pm	Jr. Academy	Multipurpose	T/Th

TRAINING PACKAGES

Elite Program

10:00am-11:00am	Off-Ice	M-F
11:15am-12:15pm	Free Skate	M-F
1:45pm-2:30pm	Free Skate	M-F
2:30pm-2:45pm	Enrichment & Spin Patch	M-F
3:00pm-3:30am	Cardio Run	T/Th
3:45pm-4:30pm	Extra Session	M-F
Cost: \$1372 + TAX / Full Summer or \$ 38 + TAX / day		

Senior A Program

8:30am-9:00am	Group Enrichment	M-F
9:00am-9:30am	Spin Patch	M-F
10:15am-11:00am	Free Skate	M-F
12:30pm-1:30pm	Free Skate	M-F
1:45pm-2:45pm	Off-Ice	M-F
Cost: \$1335 + TAX/ Full Summer or \$ 37 + TAX / day		

Senior B Program

9:00am-9:30am	Spin Patch	M-F
9:30am-10:00am	Group Enrichment	M-F
10:30am-11:30pm	Free Skate (Gold B)	M-F
12:30pm-1:30pm	Off-Ice	M-F
3:00pm-3:45pm	Free Skate	M-F
Cost: \$1298 + TAX / Full Summer or \$ 36 + TAX / day		

Intermediate Academy

8:30am-9:00am	Group Enrichment (Gold B)	M-F
9:00am-9:15am	Spin Patch (Gold B)	M-F
9:15am-10:15am	Free Skate (Gold B)	M-F
10:15am-11:15am	Off-Ice	M-F
Cost: \$1176 + TAX / Full Summer or \$ 33 + TAX / day Full Time Summer have Registration Priority		

Important Dates

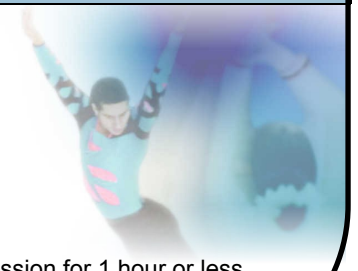
Wildrose Competition	Edmonton	Aug. 6-8
Lake Placid Dance	Lake Placid, NY	Aug. 4-7
BC Summer Skate	Burnaby	Aug. 19-22
BCCOE Aug Extra Ice	Burnaby 8 Rinks	Aug. 23-30
Golden West Comp.	Culver City, CA	Sept. 2-6

Dance

7:00am-8:45am & 9:00am-10:45am	Advanced Competitive Dance Teams (Canuck)	M-F
11:30am-12:30pm	Comp. Dance Off-Ice	M-F
Advanced Competitive Dance Team Cost: \$ 160 + TAX / Week		
12:45pm-2:00pm & 2:15pm-3:15pm	Developmental Dance Teams (Gold B)	M-F
3:30pm-4:30pm	Dev. Dance Off-Ice	M-F
Developmental Dance Teams Cost: \$ 125 + TAX / Week		
BC COE Administration will determine a minimum of 50% discount on 2 full different discipline memberships.		
7:00pm-8:30pm	Open Dance / Adult Dance	Mon-Thu
Open Dance / Evening / Adult Dance Cost: \$ 320 + TAX / Full Summer \$ 185 + TAX / 2 nights per week Single Sessions are \$15 / session		
Junior Academy		
4:30pm-5:15pm	On-Ice (Gold B)	T/Th
5:25pm-5:55pm	Off-Ice	T/Th
Cost: \$ 420 + TAX for 8 weeks or \$ 289 + TAX for 4 weeks		
Open Sessions		
7:00am-8:15am	Skate Canada	M-F
11:30am-12:30pm	Gold B	M-F
3:30am-4:15am	Gold B	M-F
4:45pm-5:45pm	Skate Canada	M-F
5:45pm-6:45pm	Skate Canada	M-F
Cost: \$ 650 + TAX for Unlimited Non COE Member \$ 175 + TAX for Unlimited BCCOE Year Round Member		

BUY-ON RATE

All Sessions: \$ 10/Session for 1 hour or less
\$ 15/Session for anything over 1 hr
Opens may also be bought as a full package



GOLD B

8:30am - 9:00am	Int. Group Enrichment	M-F
9:00am - 9:15am	Int. Spin Patch	M-F
9:15am - 10:15am	Int. Free	M-F
10:15am - 10:30am	Flood	M-F
10:30am - 11:30am	Sr. B	M-F
11:30am-12:30am	Open	M-F
12:30am - 12:45pm	Flood	M-F
12:45pm - 2:00pm	Developmental Dance	M-F
2:00pm - 2:15pm	Flood	M-F
2:15pm - 3:15pm	Developmental Dance	M-F
3:15pm - 3:30pm	Flood	M-F
3:30pm - 4:15pm	Open	M-F
4: 15pm - 4:30pm	Flood	M-F
4:30pm - 5:15pm	Junior Academy	T/Th
5:15pm - 6:00pm	Learn to Skate #1	T/Th
4:30pm - 5:15pm	Learn to Skate #2	M/W
5:15pm - 6:00pm	Learn to Skate #3	M/W

CANUCK RINK

7:00am-8:45am	Competitive Dance Teams	M-F
8:45am-9:00am	Flood	M-F
9:00am-10:45am	Competitive Dance Teams	M-F

BILLETING REQUEST FORM

The Centre of Excellence offers billeting for skaters who need accommodation.

The cost includes food and lodging and is set by billeting family. Transportation arrangements to and from the rink should be discussed with individual host families. Good public transit is readily available.

Weeks required:

Week 1 _____ Week 2 _____
 Week 3 _____ Week 4 _____
 Week 5 _____ Week 6 _____
 Week 7 _____ Week 8 _____

Program:

Dance Sr.B Sr. A Elite

Cost: \$38 / per day or \$225.00 / Week
 (Minimum only, pending family situation)

ACCREDITED SESSIONS

Elite – Triple jump skater, permission from the Centre of Excellence Skating Director

Senior A – Must land clean double axel/National Competitor, permission from the Centre of Excellence Skating Director.

Senior B – Lands 3-5 different double jumps. Full Time coach approval

Intermediate – Loop jump to 3 different double jumps. Full Time coach approval (Jr. Academy Certificate)

Jr. Academy – Audition required.

Competitive Dance – Novice Dance Teams and above

Developmental Dance – Pre-Novice Dance Teams and below

Open – Any level. Must follow Open Session Policy - Procedures.

CLASSES & SERVICES

Group Enrichment Classes

Classes such as: Theatre on Ice, Artistic Figures, Adagio Figures, Power Stroking, Russian Edge Turn Classes, ISU Tech Specialists.

Off-Ice Programs

Complete classes offered in: Pilates, Hip Hop, Dryland Jumping, Ballroom, Plyometrics, Strength and Conditioning, Ballet, Modern Dance, Drama, Yoga and Cardio Run.

Performance Institute

Year round personal training for physiology and nutrition. Former clients: NBA, CFL, World Track, National Gymnastics, Speed Skating and Soccer. Please call 604-291-9941 (Must seek base coach approval).

www.performanceforsport.com

Physiotherapy Clinic

> 604-294-3376

School Team Suits

> **Thu Le** 604-566-0019

Sports Psychologist

> **Anne Mascat**

Performance Analysis

> **Kevin Burse**

Sports Nutrition

> **Sport Med BC**

Centre Of Excellence Administration Office

Program Registration & Information
 Hrs—8:00am to 6:30pm 604-291-0626 ext. 258



BC Centre of Excellence

Carlan Ice Sports—Burnaby 8 Rinks

6501 Sprott Street
 Burnaby, BC, V5B 3B8

T: 604-291-0626 ext. 258 / F: 604-291-2213

E: centreofexcellence@icesports.com / www.icesports.com
 Skating Director— draxel@shaw.ca / jmcleod@icesports.com

World Class Figure Skating



Tarah Harvey & Keith Gagnon
 2009 Jr. National Silver Medalists
 2009 Jr. World Team
 2010 Sr. National 6th Place

Kevin Reynolds
 2010 Sr. National Bronze Medalist
 2010 Sr. World Team
 2010 Four Continents Bronze Medalist

Jeremy Ten
 2007 Jr. National Champion
 2009 Sr. National Bronze Medalist
 2009 Sr. World Team

BC Centre of Excellence

Summer Schedule
June 28—August 18
2010