

Abbotsford Skating Club - Off Ice Spring 2024

April 8, 2024 - June 22, 2024 MRC Arena. All sessions move to MSA Arena June 1 2024

Day	Time	Session
Monday No skating May 20	5:00-5:30	Junior / Intermediate 1- Aerobics Room
	4:15-4:45	Senior / Intermediate 2- Aerobics Room
	5:00-5:30	Intermediat 1 & 2-
Tuesday	4:15-4:45	Junior / Intermediate 1 Multi-Use- Aerobics Room
Wednesday	3:20-3:50	Junior / Intermediate 1- Aerobics Room
	4:10-4:40	Senior / Elite- Aerobics Room
	4:45-5:15	Intermediate 1 & 2- Aerobics Room
		Skaters skating the skills session may take the 4:10-4:40 class
Thursday	4:15-4:45	Junior Multi-Use- Aerobics Room
	5:00-5:30	Senior/Elite FreeSkate- Aerobics Room
Friday	3:20-3:50	Senior / Intermediate 1 & 2- Aerobics Room
	4:10-4:40	Senior / Intermediate 2- Aerobics Room
	4:10-4:40	Junior / Intermediate 1- Aerobics Room
Saturday	9:05-9:35	Senior / Intermediate 2- Arena Room
	9:35-10:05	Junior / Intermediate 1 & 2- Arena Room
	10:20-10:50	Senior / Intermediate 1 & 2 Arena Room
	10:20-10:50	Junior / Intermediate 1- Arena Room

Off Ice Classes are Included in all FreeSkate Sessions. Off Ice is a very crucial part of training. It is expected that all skaters attend these classes. Parents please ensure your participant is wearing deodorant.

If you are experiencing any flu like symptoms please DO NOT attend classes. Participants who demonstrate symptoms will be asked to leave class.

Please come prepared to class with the following:

- Proper foot wear
- Skate spinner
- A positive attitude
- Skipping rope
- Water
- Yoga mat



@Abbotsfordskatingclub