

# Abbotsford Skating Club - Off Ice Spring 2023

Day	Time	Session
<b>Monday</b> March 27 - June 19 No skating May 22	3:50-4:20	Junior / Intermediate 1- Aerobics Room
	4:40-5:10	Senior / Intermediate 2- Aerobics Room
<b>Tuesday</b> March 28- June 20	4:15-4:45	Junior / Intermediate 1 Multi-Use- Aerobics Room
	5:00-5:30	Junior / Intermediate 1 & 2 Multi-Use- Aerobics Room
<b>Wednesday</b> March 29- June 21 <i>*As of May 10th the room will change to arena meeting room</i>	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
<b>Thursday</b> March 30- June 22..	4:15-4:45	Junior Multi-Use- Aerobics Room
	5:00-5:30	Senior/Elite FreeSkate- Aerobics Room
<b>Friday</b> March 31 - June 23 <b>No Skating April 7</b>	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
<b>Saturday</b> April 1 - June 24	9:05-9:35	Senior / Intermediate 2- Aerobics Room
	9:35-10:05	Junior / Intermediate 1 & 2- Aerobics Room
	10:20-10:50	Senior / Intermediate 1 & 2 Multi- Aerobics Room
	10:20-10:50	Junior / Intermediate 1- Aerobics 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