

# Abbotsford Skating Club - Off Ice Fall/Winter

Day	Time	Session
<b>Monday</b> *See important dates sheet for location changes	3:50-4:20	Junior / Intermediate 1- Multi purpose room 5
	4:40-5:10	Senior / Intermediate 2- Multi purpose room 5
<b>Tuesday</b>	4:30-5:00	Junior / Intermediate 1 Multi-Use- Aerobics Room
	5:15-5:45	Junior/ Intermediate 1 & 2 Multi- Use- Aerobics Room
	6:00-6:30	Intermediate 1 & 2 FreeSkate- Aerobics Room
<b>Wednesday</b> *See important dates sheet for location changes	3:20-3:50	Junior / Intermediate 1- Multi purpose room 5
	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>	4:30-5:00	Junior Multi-Use- Aerobics Room
	5:15-5:45	Senior FreeSkate- Aerobics Room
<b>Friday</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>	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 their 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. Some classes may have slight time changes at the beginning and ending of a season, please make sure you refer to the "Important Dates" sheet for these notices.

Please come prepared to class with the following:

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



@Abbotsfordskatingclub