

Abbotsford Skating Club -Off Ice Schedule Fall-Winter 24/25

Sept 9, 2024-March 15, 2025 Please Refer to Important Date Calander for Location and Schedule Changes

Day	Time	Session
MONDAY	3:50-4:20	Jr / Inter 1 Freeskate - Multi Purpose Room
	4:40-5:10	Sr / Inter 2 Freeskate -Multi Purpose Room
TUESDAY	4:30-5:00	Jr / Inter 1 Multi Use - Aerobics Room
	5:15-5:45	Jr/ Inter 1&2 Multi Use - Aerobics Room
	6:00-6:30	Intermediate 1&2 Freeskate - Aerobics Room
WEDNESDAY	3:20-3:50	Jr/Inter 1 Freeskate - Multi Purpose Room
	4:10-4:40	Sr/ Inter 2 Freeskate - Aerobics Room
	4:45-5:15	Intermediate 1&2 Freeskate - Aerobics Room
		*Skaters skating skills session may take 4:10 Class
THURSDAY	4:30-5:00	Jr Multi Use - Aerobics room
	5:15-5:45	Sr Freeskate - Aerobics Room
FRIDAY	3:20-3:50	Sr/Inter 1&2 Freeskate -Aerobics Room
	4:10-4:40	Sr/Inter 2 Freeskate - Aerobics Room
	4:10-4:40	Jr/Inter 1 Freeskate - Aerobics Room
SATURDAY	9:05-9:35	Sr/Inter 2 Freeskate- Aerobics Room
	9:35-10:05	Jr/Inter 1&2 Freeskate - Aerobic Room
	10:20-10:50	Sr/Inter 1 & 2 Multi - Aerobics
	10:20-10:50	Jr/Inter 1 - Aerobics Room

Please Refer to Important Dates Calander for any Changes to Schedule or Cancellations

All Off Ice Sessions are included in all afternoon Freeskate Sessions. Off Ice is a mandatory part of training

Please have your Athlete ready for off-ice with appropriate footwear and gear and water bottle.