

# Abbotsford Skating Club - Off Ice Winter 2023

Day	Time	Session
<b>Monday</b> January 9 - March 6 No skating February 20	3:50-4:20	Junior / Intermediate 1- Aerobics Room
	4:40-5:10	Senior / Intermediate 2- Aerobics Room
<b>Tuesday</b> January 3 - March 7	4:30-5:00	Junior / Intermediate 1 Multi-Use- Aerobics Room
	5:15-5:45	Junior/ Intermediate 1 & 2 Multi- Use- Arena Room
	6:00-6:30	Intermediate 1 & 2 FreeSkate- Arena Room
<b>Wednesday</b> January 4 - March 8	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> January 5 - March 9	4:30-5:00	Junior Multi-Use- Aerobics Room
	5:15-5:45	Senior FreeSkate- Arena Room
<b>Friday</b> January 6 - March 10 No Skating February 17 & 24 for afternoon sessions only	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> January 7 - March 4 No Skating March 11	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



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