

Abbotsford Skating Club - Off Ice Spring 2022

Day	Time	Session
Monday March 28 - June 20 No skating May 23	3:50-4:20	Junior / Intermediate 1- Aerobics Room
	4:40-5:10	Senior / Intermediate 2- Aerobics Room
Tuesday March 29- June 21	4:15-4:45	Junior / Intermediate 1 Multi-Use- Senior Centre
	5:00-5:30	Junior / Intermediate 1 & 2 Multi-Use- Senior Centre
Wednesday March 30- June 22	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 March 31- June 23.	4:15-4:45	Junior Multi-Use- Senior Centre
	5:00-5:30	Senior FreeSkate- Senior Centre
Friday April 1 - June 24 No Skating April 15	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 April 2 - June 25	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



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