

Abbotsford Skating Club - Off Ice Fall 2022

Day	Time	Session
Monday September 12 - December 12 No skating October 10	3:50-4:20	Junior / Intermediate 1- Aerobics Room
	4:40-5:10	Senior / Intermediate 2- Aerobics Room
Tuesday September 13 - December 13	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
Wednesday September 7 - December 14	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 September 8 - December 15	4:30-5:00	Junior Multi-Use- Aerobics Room
	5:15-5:45	Senior / Elite FreeSkate- Arena Room
	6:15-6:45	Senior FreeSkate- Arena Room
Friday September 9 - December 16 No Skating November 11	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 September 10 - December 10 No Skating November 12 & 26 No Skating December 3	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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