

Abbotsford Skating Club - Off Ice Winter 2022

Day	Time	Session
Monday January 10 - March 7 <i>*No Skating February 21</i>	3:50-4:20	Junior / Intermediate 1- Aerobics room, pool side
	4:40-5:10	Senior / Intermediate 2- Aerobics room, pool side
Tuesday January 4 - March 8	4:40-5:10	Junior Multi-Use- Aerobics room, pool side
	5:35-6:05	Junior / Intermediate 1 & 2 Multi-Use- Multicultural room, upstairs rink side
	6:20-6:50	Intermediate 1 & 2 FreeSkate-Multicultural room, upstairs rink side
Wednesday January 5 - March 9	3:20-3:50	Junior / Intermediate 1- Senior Centre, pool side
	4:10-4:40	Senior / Elite - Senior centre, pool side
	4:50-5:20	Intermediate 1 & 2- Senior centre, pool side
	Inter 1 & 2	Skaters skating the skills session may take the 4:10-4:40 class
Thursday January 6 - March 10 * March 3 Senior - 3:45-4:15	4:40-5:10	Junior Multi-Use- - Senior Centre, pool side
	5:35-6:05	Senior FreeSkate- - Senior Centre, pool side
Friday January 7- March 11	3:20-3:50	Senior / Intermediate 1 & 2- Aerobics room, pool side
	4:10-4:40	Senior / Intermediate 2 -Aerobics room, pool side
	4:10-4:40	Junior / Intermediate 1-Aerobics room, pool side
Saturday January 8- March 12	9:05-9:35	Senior / Intermediate 2- Aerobics room, pool side
	9:35-10:05	Junior / Intermediate 1 & 2- Aerobics room, pool side
	10:20-10:50	Senior / Intermediate 1 & 2 Multi- Aerobics room, pool side
	10:20-10:50	Junior / Intermediate 1- Aerobics room, pool side

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



@Abbotsfordskatingclub