

Abbotsford Skating Club - Off Ice Fall 2021

Day	Time	Session
Monday September 13- December 13 <i>*No Skating October 11</i>	3:50-4:20	Junior / Intermediate 1- Aerobics room, pool side
	4:40-5:10	Senior / Intermediate 2- Aerobics room, pool side
Tuesday September 14- December 14	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 September 8- December 15	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 September 9- December 16 * September 9 Senior - 3:45-4:15 *September 9 Senior / Elite - NO CLASS <i>*No skating November 11</i>	4:40-5:10	Junior Multi-Use- - Senior Centre, pool side
	5:35-6:05	Senior FreeSkate- - Senior Centre, pool side
	6:20-6:50	Senior / Elite - Senior centre, pool side
Friday September 10- December 17	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 September 11- December 11	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