



Fall/Winter 2009/10 Fitness Class Schedule

Skater: _____ Program: _____

**All fitness classes begin Tuesday, Sept 8th &
end Thursday, March 11 th.**

There are no fitness classes on Saturday, December 19 (Club Competition)

JUNIOR STAR

A 2ND class may be permitted providing space is available – **please contact the AC at ext 230
once you have received your confirmation for class availability.**

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	6:30 - 7:00 pm	Post Skate	Athletic Centre	X
Monday (Jr/Int)	5:30 – 6:00 pm	Pre Skate	Athletic Centre	X
Tuesday	5:45 - 6:15 pm	Pre Skate	Athletic Centre	X
Wednesday	6:15 – 6:45 pm	Post Skate	Athletic Centre	X
Friday (Jr/Int)	6:30 - 7:00 pm	Post skate	Athletic Centre	X
Saturday	A) 10:45 – 11:15 am B) 11:30 am - 12:00 pm	A) Post Skate B) Pre Skate	Athletic Centre	A or B

INTERMEDIATE STAR

SENIOR STAR (for skaters who paid the higher base fee)

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	5:30 – 6:00 pm	Pre Skate	Athletic Centre	X
Tuesday	6:45 – 7:30 pm	Pre Skate	Athletic Centre	X
Wednesday	6:45 – 7:15 pm	Pre Skate	Athletic Centre	X
Thursday	5:00 – 5:30 pm	Pre Skate	Athletic Centre	X
Friday (Jr/Int)	6:30 – 7:00 pm	Post Skate	Athletic Centre	X
Saturday	12:30-1:15 pm	Post Skate	Athletic Centre	X

JUNIOR COMPETITIVE DEVELOPMENT

Days Offered	Time	Pre/Post Skate	Location	Choice
Tuesday	4:30-4:50 pm 6:45-7:10 pm * time change	Warm -up Post Skate	Athletic Centre Studio	x
Wednesday	4:30 – 5:30 pm	Pre Skate	Studio	x
Saturday	2:45 – 3:15 pm	Pre Skate	Studio	x

JUNIOR COMPETITIVE

Days Offered	Time	Pre/Post Skate	Location	Choice
<u>Core Skaters</u> Saturday	3:45-4:30 pm	Pre Skate	Athletic Center	<u>MANDATORY</u>
Monday	5:30 – 6:30 pm	Post Skate	Studio	X
Wednesday	6:30-7:30 pm	Post Skate	Studio	X
Thursday	5:45 – 6:30 pm	Post Skate	Athletic Center	X

SENIOR COMPETITIVE, FS PAIRS & HIGH DANCE

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	A 3:30-4:30 pm B 4:30-5:30 pm	Post Skate	Studio	A or B
Wednesday	5:30-6:30 pm	Post Skate	Studio	X
Thursday	4:45 – 5:30 pm	Post Skate	Athletic Centre	X
Friday	4:40 – 5:25 pm	Post Skate	Athletic Centre	X

WEEKEND DANCE PAIRS

Days Offered	Time	Pre/Post Skate	Location	Choice
Friday	5:30-6:15 pm	Pre Skate	Athletic Centre	x
Saturday	9:15 – 10:00 am	Post Skate	Athletic Centre	x

REMINDER:

Skaters 12 yrs of age (as of Sept 1/09) and older can use the Athletic Centre outside of their fitness classes to workout.

The fitness class schedule is subject to change.