



Fall/Winter 2010/2011 Fitness Class Schedule

Skater: _____	Phone Number: _____
Program: _____	Age: _____ as of the Registration deadline

JUNIOR STAR

PLEASE CHOOSE **ONE** CLASS. A 2ND class may be permitted providing space is available – **please contact the AC at ext 230 after 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) 8:30 - 9:00 am B) 1:50 - 2:20 pm	A) Pre Skate B) Post Skate	Athletic Centre	A or B

INTERMEDIATE STAR

PLEASE CHOOSE **TWO** CLASSES

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday (Jr/Int)	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	Studio	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

SENIOR STAR

On the registration form you must select your base fee. One base fee includes two (2) fitness classes & your gym membership. The other base fee includes your gym membership only – no fitness classes. If you chose the base fee that includes fitness classes, please select your classes from the Intermediate STAR chart above.

JUNIOR COMPETITIVE DEVELOPMENT

Days Offered	Time	Pre/Post Skate	Location	Choice
Tuesday	4:30-4:50 pm 6:45-7:10 pm	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><i>Core Skaters</i></u> Saturday	3:45-4:30 pm	Pre Skate	Athletic Center	<u>MANDATORY</u>
Monday	5:30 – 6:30 pm	Post Skate	Athletic Center	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 * Sr Comp	4:30-5:30 pm	Post Skate	Athletic Centre	X
Monday * Dance/Pairs	3:30-4:30 pm <i>time may be changed to 4:30 – 5:30</i>	Post Skate	Studio	X
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

Skaters 12 yrs of age (as of Sept 1/10) and older are encouraged to use the Athletic Centre outside of their fitness classes to supplement their training.

The fitness class schedule is subject to change.