



Fall/Winter 2011/12 Fitness Class Schedule

Skater: _____	Coach Name: _____
Program: _____	Age: _____ as of the Registration deadline

Junior Star

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	4:45 – 5:00 pm Warm Up 6:40 – 7:10 pm Technical Jump	Pre Skate Post Skate	Athletic Center	
Wednesday	6:20 – 6:50 pm Ballet	Post Skate	Studio	
Friday	4:10 – 4:25 pm Warm Up 6:00 – 6:30 pm FIT	Pre Skate Post Skate	Athletic Centre Athletic Centre	
Saturday	A 8:45 – 9:00 am Warm Up A 10:50 – 11:20 am Flexibility B 11:45 – 12:00 pm Warm Up B 1:55 – 2:25 pm Flexibility	Pre Skate Post Skate Pre Skate Post Skate	Athletic Centre Athletic Centre Athletic Centre Athletic Centre	A or B

Intermediate/Senior Star

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	5:30 – 6:15 pm FIT	Pre Skate	Athletic Centre	
Tuesday	7:10 – 7:40 pm PLY	Pre Skate	Athletic Centre	
Wednesday	7:05 – 7:50 pm Ballet	Pre Skate	Studio	
Thursday	5:15 – 5:30 pm Warm Up 7:45 – 8:15 pm FIT	Pre Skate Post Skate	Athletic Center	
Friday	5:00 – 5:30 pm Warm Up/FIT	Pre Skate	Athletic Centre	
Saturday	12:25 – 1:05 pm Flexibility	Post Skate	Athletic Centre	

NOTE: Skaters 12 yrs of age+ (as of April 1/11) can use the Athletic Centre outside of their fitness classes to workout.

SPECIAL “FAMILY OF KWSC SKATER” ATHLETIC CENTRE MEMBERSHIP

GET FIT FOR SUMMER! Utilize our 5000 sq. foot fitness club which includes circuit training, free weights, treadmills, elliptical trainers, bikes, and functional equipment. **Special Membership deal for skater family members for a 3 month membership \$90.00 + HST per person.** Additional family members \$80.00 + HST. Registration forms at the Athletic Centre Office.

Training the athlete in everyone!