



Fall/Winter 2011/12 Fitness Class Schedule

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

COMPETITIVE DEVELOPMENT

Days Offered	Time	Pre/Post Skate	Location	Choice
Tuesday	4:30 – 4:45 pm Warm Up 5:45 – 6:05 pm Technical Jump	Pre Skate Mid Skate	Athletic Center	MANDATORY
Wednesday	3:45 – 4:00 pm Warm Up 5:15 – 6:00 pm Ballet	Pre Skate Post Skate	Studio	MANDATORY
Saturday	4:15 – 4:45 pm Flexibility 5:45 – 6:15 pm Ballet	Mid Skate Post Skate	Studio	MANDATORY

JUNIOR COMPETITIVE

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	5:15 – 6:00 pm FIT	Post Skate	Athletic Centre	X
Tuesday	3:45 – 4:00 pm Warm Up 5:10 – 5:35 pm Technical Jump	Pre Skate Mid Skate	Athletic Centre Athletic Centre	X
Wednesday	6:15 – 6:45 pm Pilates	Pre Skate	Studio	X
Thursday	5:45 – 6:15 pm PLY	Post Skate	Athletic Center	X
<u>Core Skaters</u> Saturday	3:05 – 3:50 pm Ballet 5:10 – 5:35 pm Flexibility	Pre Skate Mid Skate	Studio Studio	MANDATORY

SENIOR COMPETITIVE, FS PAIRS

Days Offered	Time	Pre/Post Skate	Location	Choice
Monday	FS Pairs 2:30-3:30 pm Ballet Sr Comp 3:30 - 4:30 pm Ballet	Post Skate Post Skate	Studio Studio	FS Pairs Sr Comp
Tuesday	FS Pairs 3:15 – 4:15 pm Pilates Sr Comp 4:15 – 5:15 pm Pilates	Post Skate Post Skate	Studio Studio	FS Pairs Sr Comp
Wednesday	FS Pairs 2:30-3:30 pm Ballet Sr Comp 4:15- 5:15 pm Ballet	Post Skate Post Skate	Studio Studio	FS Pairs Sr Comp
Thursday	FS Pairs 2:15 – 3:00 pm FIT Sr Comp 4:45 – 5:30 pm FIT	Post Skate Post Skate	Athletic Centre Athletic Centre	FS Pairs Sr Comp
Friday	FS Pairs 2:45-3:30 pm PLY Sr Comp 4:45- 5:30 pm PLY	Post Skate Post Skate	Athletic Centre Athletic Centre	FS Pairs Sr Comp

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!