



**Skate
NL**

Skate For Life - Adult Strength & Conditioning Classes

Instructor - Scott Mercer Cost - \$75 per participant (may attend any/all sessions)

Register Via <https://skatenf.uplifterinc.com>

Date	Time	Location
Monday, April 21	8:30 pm - 9:15 pm	Paradise, Resource Rm A
Thursday, April 24	8:00 pm - 8:45 pm	Paradise, Resource Rm A
Sunday, April 27	8:30 pm - 9:15 pm	Paradise, Resource Rm B
Monday, April 28	8:30 pm - 9:15 pm	Paradise, Resource Rm A
Thursday, May 1	8:00 pm - 8:45 pm	Paradise, Resource Rm A
Sunday, May 4	8:30 pm - 9:15 pm	Paradise, Resource Rm B
Monday, May 5	9:00 pm - 9:45 pm (NOTE TIME)	Paradise, Multi-Purpose Rm
Thursday, May 8	9:00 pm - 9:45 pm (NOTE TIME)	Paradise, Resource Rm B

Sunday, May 11	8:30 pm - 9:15 pm	Paradise, Resource Rm B
May 12-19	NO	CLASSES
Thursday, May 22	8:00 pm - 8:45 pm	Paradise, Resource Rm A
Sunday, May 25	8:30 pm - 9:15 pm	Paradise, Resource Rm B
Monday, May 26	8:30 pm - 9:15 pm	Paradise, Resource Rm A
Thursday, May 29	8:00 pm - 8:45 pm	Paradise, Resource Rm A
Sunday, June 1	8:30 pm - 9:15 pm	Paradise, Resource Rm B
Monday, June 2	8:30 pm - 9:15 pm	Paradise, Resource Rm A
Thursday, June 5	8:00 pm - 8:45 pm	Paradise, Resource Rm A
Sunday, June 8	8:30 pm - 9:15 pm	Paradise, Resource Rm B
Monday, June 9	8:30 pm - 9:15 pm	Paradise, Resource Rm A
Thursday, June 12	8:00 pm - 8:45 pm	Paradise, Resource Rm A
Sunday, June 15	8:30 pm - 9:15 pm	Paradise, Resource Rm B

Inspiring Quotes from Canadian Skaters

“Skating is an amazing form of self-expression. It’s like my soul at play.”

— Josee Chouinard

“I learned so much through skating: setting goals, taking failures, finding my power and using my voice.” – Tessa Virtue

“Sometimes my skating allows me to do things I never dreamed possible.”

– Kurt Browning

“There are no limits to what you can achieve. Dream big, aim high and never give up.” – Kaetlyn Osmond

“The biggest lesson has been that there are no shortcuts. It’s just a lot of hard work and a lot of sacrifice to get what you want.” – Tessa Virtue

“You always learn from your mistakes.” – Elvis Stojko

“It’s not who does the most tricks but the total package” – Brian Orser

“In order to be the top team in the world, we needed to keep reinventing ourselves, and reinventing our style. That’s something that I’ve learned from my Mom.” – Scott Moir

“I love figure skating and what I am able to express creatively. I want to leave a legacy in the sport.” – Patrick Chan

“The essence of skating is finding the balance between athleticism and creativity.”— Tessa Virtue