



**Skate  
NL**

## **Strength and Conditioning Classes**

Instructor – Scott Mercer

October 16 - December 16, 2025

**Cost:** \$125 per skater (skaters may attend any/all sessions)

\*Installment payment option available at check out\*

**Registration:** <https://skatenf.uplifterinc.com/registration/>

### **SCHEDULE**

**\*Detailed Schedule on Page 2\***

<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00-6:50pm (Paradise Arena)	7:30-8:20pm (ZOOM)	5:30-6:20pm (Paradise Arena)	5:30-6:20pm (Paradise Arena)
7:30-8:20pm (ZOOM)			7:30-8:20pm (ZOOM)

\*\*\*NOTE – Class taken via ZOOM are **NOT** covered under the Skate Canada insurance program. Skaters are participating at own risk.

# October - December Conditioning Times

Thursday October 16 – 7:30-8:20pm (ZOOM)

Saturday October 18 – 5:15-6:05pm (Paradise Multi Purpose) \*Time Change

Sunday October 19 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday October 21 – 6:00-6:50pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Thursday October 23 – 7:30-8:20pm (ZOOM)

Saturday October 25 – 5:30-6:20pm (Paradise Resource B)

Sunday October 26 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday October 28 – 6:00-6:50pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Thursday October 30 – 7:30-8:20pm (ZOOM)

Saturday November 1 – 5:30-6:20pm (Paradise Resource A)

Sunday November 2 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday November 4 – 6:00-6:50pm (Paradise Resource A) and 7:30-8:20pm (ZOOM)

Thursday November 6 – 7:30-8:20pm (ZOOM)

Saturday November 8 – 5:15-6:05pm (Paradise Multi Purpose) \*Time Change

Sunday November 9 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday November 11 – **All Sessions Cancelled**

Thursday November 13 – 7:30-8:20pm (ZOOM)

Saturday November 15 – 5:15-6:05pm (Paradise Multi Purpose) \*Time Change

Sunday November 16 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday November 18 – 6:00-6:50pm (Paradise Resource A) and 7:30-8:20pm (ZOOM)

Thursday November 20 – 7:30-8:20pm (ZOOM)

Saturday November 22 – 5:30-6:20pm (Paradise Resource B)

Sunday November 23 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday November 25 – 6:00-6:50pm (Paradise Resource A) and 7:30-8:20pm (ZOOM)

Thursday November 27 – 7:30-8:20pm (ZOOM)

Saturday November 29 – 5:15-6:05pm (Paradise Multi Purpose) \*Time Change

Sunday November 30 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday December 2 – 6:00-6:50pm (Paradise Resource A) and 7:30-8:20pm (ZOOM)

Thursday December 4 – 7:30-8:20pm (ZOOM)

Saturday December 6 – **Cancelled**

Sunday December 7 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday December 9 – 6:00-6:50pm (Paradise Resource A) and 7:30-8:20pm (ZOOM)

Thursday December 11 – 7:30-8:20pm (ZOOM)

Saturday December 13 – 5:30-6:20pm (Paradise Resource A)

Sunday December 14 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)

Tuesday December 16 – 6:00-6:50pm (Paradise Resource A) and 7:30-8:20pm (ZOOM)