



**Skate
NL**

Strength and Conditioning Classes

Instructor – Scott Mercer

April 21-June 15

****NO sessions May 12-19, June 7****

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

Saturday	Sunday	Monday	Thursday
4:00-4:50pm (Paradise Arena)	7:30-8:15pm (Paradise Arena)	7:00-7:50pm (ZOOM)	7:00-7:50pm (Paradise Arena)
	6:00-6:50pm (ZOOM)		

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

April -June Conditioning Times

April 24 – 7:00-7:50pm (Paradise Resource A)

April 26 – 4:00-4:50pm (Paradise Resource B)

April 27 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)

April 28 - 7:00pm-7:50pm (Zoom)

May 1 – 7:00-7:50pm (Paradise Resource A)

May 3 – 4:00-4:50pm (Paradise Resource B)

May 4 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)

May 5 - 7:00pm-7:50pm (Zoom)

May 8 – 7:00-7:50pm (Zoom)*

May 10 – 4:00-4:50pm (Paradise Resource B)

May 11 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)

May 12-19 – NO CLASSES

May 22 - 7:00-7:50pm (Paradise Resource A)

May 24 – 5:30-6:20pm (Paradise Resource B) *Time Change*

May 25 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)

May 26 – 7:00pm-7:50pm (Zoom)

May 29 - 7:00-7:50pm (Paradise Resource A)

May 31 – 4:00-4:50pm (Paradise Resource B)

June 1 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)

June 2 – 7:00pm-7:50pm (Zoom)

June 5 - 7:00-7:50pm (Paradise Resource A)

June 7 – NO CLASS

June 8 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)

June 9 - 7:00pm-7:50pm (Zoom)

June 12 - 7:00-7:50pm (Paradise Resource A)

June 14 – 4:30-5:20pm (Paradise Multi Purpose) *Time Change*

June 15 – 6:00-6:50pm (Zoom) 7:30-8:15pm (Paradise Resource B)