

**Strength and Conditioning Classes**

Instructor – Scott Mercer

January 11 – March 30

\*\*NO sessions on February 1-10

**Cost: $175 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 3\***

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| --- | --- | --- | --- |
| **Saturday** | **Sunday** | **Tuesday** | **Thursday** |
| 2:45-3:30pm (Paradise Arena) | 10:00-10:50am (Paradise Arena) | 6:00-6:50pm  (Paradise Arena) | 7:00-7:50pm  (ZOOM) |
|  | 7:00-7:50pm  (ZOOM) | 7:50pm-8:40pm  (ZOOM) |  |

\*\*\*NOTE – Class taken via ZOOM are **NOT** covered under the Skate Canada insurance program. If you wish to participate, you must also complete the waiver below and return to: [skating@sportnl.ca](mailto:skating@sportnl.ca)



*\*This form* ***ONLY*** *needs to be completed if you plan to take part in ZOOM classes.*

*Send to* [*skating@sportnl.ca*](mailto:skating@sportnl.ca) *prior to first class.*

**January-March Conditioning Times**

**Jan 11** – 2:40pm-3:30pm (Paradise Multi Purpose)

**Jan 12** – 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Jan 14** - 6:00pm-6:50pm (Paradise Multi Purpose) and 7:50pm-8:40pm (Zoom)

**Jan 16** - 7:00pm-7:50pm (Zoom)

**Jan 18** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Jan 19** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Jan 21** - 6:00pm-6:50pm (Paradise Resource B) and 7:50pm-8:40pm (Zoom)

**Jan 23** – 7:00pm-7:50pm (Zoom)

**Jan 25** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Jan 26** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Jan 28** - 6:00pm-6:50pm (Paradise Multi Purpose) and 7:50pm-8:40pm (Zoom)

**Jan 30** - 7:00pm-7:50pm (Zoom)

**Feb 1-10** – CANCELLED

**Feb 11** - 6:00pm-6:50pm (Paradise Multi Purpose) and 7:50pm-8:40pm (Zoom)

**Feb 13** – 7:00pm-7:50pm (Zoom)

**Feb 15-16** – CANCELLED (Provincials 1)

**Feb 18** - 5:30pm-6:20pm (Zoom) and 7:50pm-8:40pm (Zoom)

**Feb 20** – 7:00pm-7:50pm (Zoom)

**Feb 22** - 2:00pm-2:45pm (Zoom)

**Feb 23** - 10:00am-10:50am (Zoom) and 7:00pm-7:50pm (Zoom)

**Feb 25** - 6:00pm-6:50pm (Paradise Multi Purpose) and 7:50pm-8:40pm (Zoom)

**Feb 27** - 7:00pm-7:50pm (Zoom)

**Mar 1** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Mar 2** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Mar 4** - 6:00pm-6:50pm (Paradise Resource B) and 7:50pm-8:40pm (Zoom)

**Mar 6** - 7:00pm-7:50pm (Zoom)

**Mar 8** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Mar 9** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Mar 11** - 6:00pm-6:50pm (Paradise Multi Purpose) and 7:50pm-8:40pm (Zoom)

**Mar 13** - 7:00pm-7:50pm (Zoom)

**Mar 15** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Mar 16** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Mar 18** - 6:00pm-6:50pm (Paradise Resource B) and 7:50pm-8:40pm (Zoom)

**Mar 20** - 7:00pm-7:50pm (Zoom)

**Mar 22** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Mar 23** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)

**Mar 25** - 6:00pm-6:50pm (Paradise Multi Purpose) and 7:50pm-8:40pm (Zoom)

**Mar 27** - 7:00pm-7:50pm (Zoom)

**Mar 29** - 2:40pm-3:30pm (Paradise Multi Purpose)

**Mar 30** - 10:00am-10:50am (Paradise Multi Purpose) and 7:00pm-7:50pm (Zoom)