



**Skate
NL**

Strength and Conditioning Classes

Instructor – Scott Mercer
January 17 - March 26, 2026

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

Tuesday	Thursday	Saturday	Sunday
6:00-6:50pm (Paradise Arena)	7:40-8:30pm (ZOOM)	6:30-7:20pm (Paradise Arena)	5:30--6:20pm (Paradise Arena)
7:40-8:30pm (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.

January - March Conditioning Times

Saturday January 17 – 6:30-7:20pm (Paradise Resource A)
Sunday January 18 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday January 20 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday January 22 – 7:40-8:30pm (ZOOM)
Saturday January 24 – 6:30-7:20pm (Paradise Multi Purpose)
Sunday January 25 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday January 27 – 6:00-6:50pm (Paradise Multi Purpose) and 7:40-8:30pm (ZOOM)
Thursday January 29 – 7:40-8:30pm (ZOOM)
Saturday January 31 – 6:30-7:20pm (Paradise Resource A)
Sunday February 1 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday February 3 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday February 5 to Sunday February 8 – **All Sessions Cancelled**
Tuesday February 10 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday February 12 – 7:40-8:30pm (ZOOM)
Saturday February 14 – 6:30-7:20pm (Paradise Resource A)
Sunday February 15 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday February 17 – 6:00-6:50pm (Paradise Multi Purpose) and 7:40-8:30pm (ZOOM)
Thursday February 19 – 7:40-8:30pm (ZOOM)
Saturday February 21 and Sunday February 22 - **All Sessions Cancelled**
Tuesday February 24 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday February 26 – 7:40-8:30pm (ZOOM)
Saturday February 28 – 6:30-7:20pm (Paradise Resource A)
Sunday March 1 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday March 3 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday March 5 – 7:40-8:30pm (ZOOM)
Saturday March 7 – 6:50-7:40pm (Paradise Resource A) *Time Change*
Sunday March 8 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday March 10 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday March 12 – 7:40-8:30pm (ZOOM)
Saturday March 14 – **All Sessions Cancelled**
Sunday March 15 – 5:30-6:20pm (Paradise Multi Purpose) and 7:30-8:20pm (ZOOM)
Tuesday March 17 – 6:00-6:50pm (Paradise Resource A) and 7:40-8:30pm (ZOOM)
Thursday March 19 – 7:40-8:30pm (ZOOM)
Saturday March 21 – 6:50-7:40pm (Paradise Resource B) *Time Change*
Sunday March 22 – 6:00-6:50pm (Paradise Resource B) *Time Change* and 7:30-8:20pm (ZOOM)
Tuesday March 24 – 6:00-6:50pm (Paradise Multi Purpose) and 7:40-8:30pm (ZOOM)
Thursday March 26 – 7:40-8:30pm (ZOOM)