

Strength and Conditioning Classes

Instructor – Scott Mercer
October 2018 to March 2019

Senior (passed complete Sr Bronze test or 14+ years of age)

Intermediate (STAR 4 to Senior Bronze skaters)

Junior (Star 1-3 skaters)

***Skaters may choose any combination of classes that work with their schedule.

Please note that some classes are combined (Jr/Int or Int/Sr).

Cost:

Choose 1 session/week - COST \$200 (includes total of 20 classes, Oct to March)

Choose 2 sessions/week - COST \$320 (includes total of 40 classes, Oct to March)

*payment can be made in full or in 2 installments.

*scheduling will account for cancellations for competitions.

Registration:

Online Wednesday September 19th 9:00am

<https://skatenf.uplifterinc.com>

Max: 20 skaters per class

Mondays (Glacier)	Wednesdays (Glacier)	Thursdays (Jack Byrne)	Saturdays (Jack Byrne)
4:30-5:20pm JR/INT	5:30-6:30pm INT	4:45-5:45pm JR/INT	9:45-10:35am INT/SR
5:40-6:30pm INT/SR	6:40-7:30pm JR	6:00pm-7:00pm INT/SR	10:40-11:30am JR/INT
	8:00-9:00pm SR		12:00-12:50pm JR