

# 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 4 equal installments.

\*scheduling will account for cancellations for competitions.

## Registration:

Online Wednesday September 19<sup>th</sup> 9:00am

<https://skatenf.uplifterinc.com>

Max: 20 skaters per class

<b>Mondays (Glacier)</b>	<b>Wednesdays (Glacier)</b>	<b>Thursdays (Jack Byrne)</b>	<b>Saturdays (MacDonald Dr Jr High)</b>
4:30-5:20pm JR/INT	5:30-6:30pm INT	4:45pm-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		