

Strength and Conditioning Classes

Instructor – Scott Mercer
October 2019 to March 2020

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.

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)

Choose 3 sessions/week – COST \$400 (includes total of 60 classes, Oct-March)

*payment can be made in full or in 4 equal installments.

Registration Online

<https://skatenf.uplifterinc.com>

Max: 20 skaters per class

Mondays (Glacier)	Wednesdays (Glacier)	Thursdays (Jack Byrne)	Saturdays (MDJH)	Sundays (MDJH and Paradise)
4:30-5:20pm JR/INT	5:30-6:20pm SR/INT	6:00-6:50pm INT/SR	9:45-10:35am INT/SR	10:50-11:40am – INT/SR *MDJH
5:40-6:30pm INT/SR	6:40-7:30pm JR		10:40-11:30am JR/INT	1:00-1:50pm – INT/SR *Paradise

MDJH – Macdonald Drive Junior High

*Monthly calendars will be sent out to participants and sessions will be cancelled on competition weekends, special events etc...