

Strength and Conditioning Intersession

Instructor – Scott Mercer

April 1, 2019 to April 28, 2019

Senior/Intermediate Junior/Intermediate

Senior/Intermediate Times

Monday April 1 – 5:40-6:30pm MacDonald Drive Jr High
Saturday April 6 – 9:30-10:30am MacDonald Drive Jr High
Sunday April 7 – 10:10-11:10am Macdonald Drive Jr High
Monday April 8 - 5:40-6:30pm MacDonald Drive Jr High
Saturday April 13 - 9:30-10:30am MacDonald Drive Jr High
Sunday April 14 - 10:10-11:10am Macdonald Drive Jr High
Monday April 15 - 5:40-6:30pm *Glacier*
Monday April 22 - 5:40-6:30pm MacDonald Drive Jr High
Saturday April 27 - 9:30-10:30am MacDonald Drive Jr High

Intermediate/Junior Times

Monday April 1 – 4:30-5:20pm MacDonald Drive Jr High
Saturday April 6 – 10:40-11:40am MacDonald Drive Jr High
Monday April 8 - 4:30-5:20pm MacDonald Drive Jr High
Saturday April 13 - 10:40-11:40am MacDonald Drive Jr High
Monday April 15 - 4:30-5:20pm *Glacier*
Monday April 22 - 4:30-5:20pm MacDonald Drive Jr High
Saturday April 27 - 10:40-11:40am MacDonald Drive Jr High

Cost:

Choose up to 4 sessions - COST \$60

Choose up to 9 sessions - COST \$90

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

Registration Now:

<https://skatenf.uplifterinc.com/registration>