

# Strength and Conditioning Classes

Instructor – Scott Mercer

April 29, 2019 to June 9, 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 \$75 (includes total of 6 classes)

Choose 2 sessions/week - COST \$130 (includes total of 12 classes)

| <b>Mondays<br/>(Glacier)</b> | <b>Thursdays<br/>(Paradise/CBS)</b> | <b>Saturdays<br/>(CBS and *Glacier)</b> | <b>Sundays<br/>(CBS and Glacier)</b> |
|------------------------------|-------------------------------------|---|--------------------------------------|
| 5:40-6:30pm INT/SR           | 5:20-6:10pm JR/INT                  | 10:20-11:10pm INT (CBS)                 | 9:30-10:20am SR (CBS)                |
| 6:50-7:40pm JR/INT           | *first 2 classes in Paradise        | 11:30-12:20pm SR (CBS)                  | 10:40-11:30am JR (CBS)               |
|                              |                                     | 12:20-1:00pm JR (CBS)                   | 12:10-1:00pm SR (Glacier)            |
|                              |                                     | 2:00-2:50pm INT (Glacier)               | 1:40-2:30pm JR (Glacier)             |
|                              |                                     |   | 3:00-3:50pm INT (Glacier)            |

## Registration Now:

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

Max: 15 skaters per class