



# OFF-ICE CONDITIONING CLASS FOR SKATERS

WEDNESDAYS: 5:40-6:10 PM **\*New Time\***

SATURDAYS: 9:40-10:10 AM **\*New Time\***

Fall 2: November 6th– January 14th

No Class Nov. 20th-26th & Dec. 18th-24th

(8 weeks)

FEE: \$80

Pre-requisite: Basic 3 & up

Supplement your skating with these valuable off-ice classes! Build endurance and improve flexibility with the Off-Ice Conditioning class designed specifically for skaters. This 30-minute class focuses on the needs of a skater to enhance their athletic ability.

Register online at [www.leafsicecentre.com](http://www.leafsicecentre.com)

