



OFF-ICE CONDITIONING CLASS FOR SKATERS

WEDNESDAYS: 5:40-6:10 PM

SATURDAYS: 9:40-10:10 AM

**Winter 1: January 15th- March 4th
(7 weeks)**

FEE: \$70

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

