



OFF-ICE CONDITIONING CLASS FOR SKATERS

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

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

Fall 1: August 28th– October 29th

No Class Sept. 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

