

OFF-ICE PROGRAM VSC FALL/WINTER 2011-12

LEVEL OF CLASS	Monday	Wednesday	Thursday	Saturday
Comp B	6:15 – 7:00 PM Dance Marni Robson Seymour Room	6:30 – 7:15 PM Suzy Conditioning Seymour Room	5:30 – 6:15 PM Lori Fung Agrodome Dressing Room	
Comp A		6:05 – 7:05 PM Regis Conditioning Seymour Youth Centre	3:45 – 4:30 PM Lori Fung Agrodome Dressing Room	
Pre-Comp + Jumpstart	5:30 – 6:15 PM Dance Marni Robson Seymour Room			
Pre-Comp only		5:45 – 6:30 PM Suzy Conditioning Seymour Room	4:30 – 5:15 PM Lori Fung Agrodome Dressing Room	
Jumpstart only		4:30 – 5:00 PM Technical Jumps Lee Boyd Seymour Room		11:15 – 11:45 AM Technical Jumps SR COACH Grouse Room

1. The off-ice program is designed to allow skaters to improve their skill progression on-ice. Skaters are expected to attend all off-ice classes, unless otherwise given permission by their contact coach.
2. Skaters need to arrive on-time for classes.
3. Skaters need to wear appropriate clothing. Skating gear is appropriate for the dance classes, the dryland jump as well as the flexibility classes. Appropriate FOOTWEAR – ie proper running shoes, should be worn to all classes. The FITNESS class – skaters should dress lightly as they may overheat in leotards and skating dresses. Skaters may occasionally be taken outside for the FITNESS class. Skaters should bring water bottles to all classes.
4. Skaters need to be attentive, respectful and cooperative to all teachers/coaches. Any skaters not behaving appropriately will be asked to leave the class, and may only return when they are ready to behave properly. Skaters are always expected to put their best effort into classes.
5. Skaters are not allowed to eat during classes. Please snack before and after classes.