

OFF-ICE PROGRAM WINTER 2010 /2011

WINTER PROGRAM OVERVIEW

THESE CLASSES WILL RUN BETWEEN:

September 20 – December 17, 2010, and January 3 – March 9, 2011,
except where listed below as excluded dates

Monday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:15 pm Pre-comp	4:00 – 4:45 pm Pre-comp Ariyanna Pascuzzi Mat Pilates	3:45 – 4:30 pm Comp A	6:00 – 7:00 pm Comp A Comp B	11:15 – 11:45 am Jumpstart
6:30 – 7:15 pm Comp B	5:00 – 6:00 pm Comp A Rexhep Zebi Core Condition	4:30 – 5:15 pm Pre-comp	THERE WILL BE AN ADDITIONAL COST, see separate form.	
	6:00 – 6:30 pm Jumpstart TBA	5:30 – 6:15 pm Comp B		
Marni Robson/Lily Dance	6:30 – 7:15 pm Comp B Ariyanna Pascuzzi Mat Pilates	Lori Fung Flexibility specific to skating moves	Lisa Northrop Spincycle	Marni Robson/Lily Dance
Seymour Room North Shore Ice Sports	Seymour Room North Shore Ice Sports	Agrodome – upper dressing room	TWIST Conditioning North Vancouver	KM Arena
Cancelled: Oct 11, Dec 13, Mar 7,		Cancelled: Nov 11,	Must register separately for this.	