

Saturday Off-ice Schedule (Matthew)

This is the schedule for before Christmas once we have his dates for after Christmas confirmed we will pass it on to you.

October 8, 15, 22, 29; Nov 5, 19; Dec 10, 17 (8 sessions total)

8:30 - 9:05 - Pre-Preliminary 1

9:10 - 9:45 - Pre-Preliminary 2

9:45 - 10:25 - Intermediate

10:50 - 11:30 - Senior

1:35 - 1:50 - Canskate 3-6 warm-up

**** All off-ice sessions take place in the Bay Room at the Bay Arena**

**** If you are a star skater and you have not already signed up for off-ice and you wish to do so stop by the office. The cost is \$30.00**

**** The canskate warm-up is being offered at no extra cost. We encourage all of our stage 3-6 skaters to attend the warm-up in the Bay Room before your session.**