

2011 VSC SUMMER SKATING OFF-ICE CLASSES

A few points to remember for the off-ice classes running between July 3 – August 12, 2011:

- All CLASSES at SEYMOUR DANCE STUDIO*
- For the Mon/Wed Classes with Regis – skaters will be using the upstairs studio, to accommodate their outdoor footwear. The classes are fitness oriented, and all skaters should have appropriate running shoes, shorts/t-shirts, and water with them.
*Occasionally Regis will have the Comp A skaters work at Ice sports in the gym. Regis will leave a sign at his gym as to the location for them each day.
- For the Thurs classes with Lori Fung – skaters will be using the main studio. Appropriate stretching clothing should be worn, and as well skaters can bring their own mats, and will be allowed to leave them at the studio if they wish. If they choose to leave their mat, please make sure that your name is on the mat.
- Attendance will be taken at all classes.
- **GETTING TO AND FROM: A skaters** are to walk to the Seymour Dance Studio, and are recommended to travel in pairs either to or from. **B skaters** are to meet in the lobby of Ice sports, gather for attendance with one of the older skaters designated by a senior coach, and then walk as a group to the Seymour Dance Studio. They will also walk back together as the same group. **PRE-COMP skaters** are to meet in the lobby of Ice sports, gather for attendance with the SENIOR COACH, (leaving their skates/bags with their parents) and then walk as a group to the Seymour Dance Studio. Parents may pick up the pre-comp skaters from the Dance Studio **promptly** at 5:45 pm, checking them out with the coach, or they can walk back to ice sports with the SR COACH to be picked up **promptly** at 5:50 pm.
- Skaters need to inform their own coach if/when they are not able to participate in any off-ice classes.