

OFF-ICE PROGRAM SUMMER 2011

SUMMER PROGRAM OVERVIEW

Week 1: June 20 - 23 (No off-ice)

Week 2: June 27 – June 30 (No off-ice)

Week 3 - 8: July 4 – August 12: Off-ice as below with the exception of AUGUST 1, BC DAY – skating and off-ice cancelled.

Week 9: August 15 - 17: No off-ice, taper for summer competition

WEEKS 3 – 8 SCHEDULE:

LEVEL OF CLASS	Monday	Tuesday	Wednesday	Thursday	Saturday
Comp B	3:00 – 4:00 pm Fitness Rexhep Zebi	12:15 – 1:00 pm Pilates/Dance Ariyanna Pascuzzi + guests	3:00 – 4:00 pm Fitness Rexhep Zebi	12:15 – 1:00 pm Flexibility Lori Fung	Grouse Grind*
Comp A	4:15 – 5:15 pm Fitness Rexhep Zebi	10:45 – 11:30 am Pilates/Dance Ariyanna Pascuzzi +guests	4:15 – 5:15 pm Fitness Rexhep Zebi	10:45 – 11:30 am Flexibility Lori Fung	Grouse Grind*
Pre-Comp + Jumpstart	5:15 – 5:45 pm Dryland Jumping Sr Coach		5:15 – 5:45 pm Flexibility/balance Sr Coach		
CA/CB			9:15 – 10:00 am Dryland Jumps Sr Coach		

ALL CLASSES WILL TAKE PLACE AT SEYMOUR DANCE ACADEMY, which is located at the end of the cul-de-sac on Lytton Rd. Skaters will be walking to and from the classes from Ice sports. Please see the handout regarding off-ice notes for skaters for details on how skaters will get to and from the facility.

*Sign in for this with Lorna Bauer – email her at lornabauer@shaw.ca to get dates and to participate with the VSC GROUSE GRIND GROUP, IF THE SNOW EVER MELTS THIS YEAR!!!!

SKATER EXPECTATIONS FOR OFF-ICE TRAINING CLASSES:

1. Attendance. 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, particularly in the summer. As well, 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.
5. Skaters are not allowed to eat during classes. Please snack before and after classes.
6. Skaters are always expected to put their best effort into classes.

