



JANUARY 4-13, 2021

OFF ICE TRAINING

Monday, Jan 4 & 11

OFF ICE Senior & Intermediate A	OFF ICE Intermediate B & Junior
Zoom ID 921 392 251 Passcode 012322	Zoom ID 864 5460 1359 Passcode 4283929
4:00-5:00 Yoga for Figure Skaters with Angela	4:15-5:00 Jump Technique with Shauna

Tuesday, Jan 5 & 12

OFF ICE Senior & Intermediate A	OFF ICE Intermediate B & Junior
*Zoom ID 864 5460 1359 Passcode 4283929	Zoom ID 864 5460 1359 Passcode 4283929
5:15-6:00 Strength and Conditioning with JaeLyn	4:15-5:00 Strength & Fundamentals with JaeLyn

OFF ICE Junior Academy
Zoom ID 864 5460 1359 Passcode 4283929
4:15-5:00 With Amanda

Wednesday, Jan 6 & 13

OFF ICE Senior & Intermediate A	OFF ICE Intermediate B & Junior
Zoom ID 881 4573 3713 Passcode 996657	Zoom ID 864 5460 1359 Passcode 4283929
5:00-5:45 Performance Flow with Jadene	4:15-4:45 Spins & Flexibility

Thursday, Jan 7

OFF ICE Senior & Intermediate A	OFF ICE Intermediate B & Junior
Zoom ID 864 5460 1359 Passcode 4283929	NO GROUP CLASSES TODAY
5:00-5:45 Jump Technique with Shauna	

Friday, Jan 8

OFF ICE Senior & Intermediate A	OFF ICE Intermediate B & Junior & Jr Acad Plus
NO GROUP CLASSES TODAY	Zoom ID 864 5460 1359 Passcode 4283929
	4:15-5:00 Dance with Tegan

Saturday, Jan 9

OFF ICE Senior & Intermediate A	OFF ICE Intermediate B & Junior
Zoom ID 864 5460 1359 Passcode 4283929	Zoom ID 864 5460 1359 Passcode 4283929
4:15-5:15 GATEWAY GAME CHALLENGE	4:15-5:15 GATEWAY GAME CHALLENGE

Sunday, Jan 10

OFF ICE Junior Academy
Zoom ID 864 5460 1359 Passcode 4283929
3:00-3:45 With Nathan

Skaters are expected to attend all training sessions for their level. If you must miss a class, please discuss with your coach before the class.

Private lessons - please arrange through your base coach.

* Updated Zoom Codes Jan 3.

Schedule is subject to change.