



## **Spring Fit Camp (Part 2) – June 2-9 (upgraded to in person!!)**

Classes include figure skating specific technique, fitness, flexibility, mobility and we are thrilled to offer performance classes with **Special Guest, World Champion and Olympic Medallist Kaetlyn Osmond!**

Wednesday, June 2

Thursday, June 3

Friday, June 4

Monday, June 7

Tuesday, June 8

Wednesday, June 9

4:30-5:30 pm OUTDOORS at the Meadows (meet on the West Side)

Wear fitness clothes suitable for the outdoors. Bring a mask, water, running shoes, yoga mat, hat, sunscreen, and insect repellent.

All AHS restrictions will be followed (masks and social distancing will be required).

Skaters must complete the Health Check before arriving in the class.

[https://docs.google.com/forms/d/e/1FAIpQLSddMJyinRW2ZtsYAS\\_84ewoXhsCZQpFzkezL5qlWCY-QBQKOA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSddMJyinRW2ZtsYAS_84ewoXhsCZQpFzkezL5qlWCY-QBQKOA/viewform?usp=sf_link)

### **RAIN DAYS**

On rain-out or inclement weather days, classes will be moved to Zoom on the same day, 5:00-6:00 pm. Meeting ID: 864 5460 1359 Passcode: 4283929

Check calendar events and socials by 2 pm each day for classes moved to Zoom.

Register by May 31 on Uplifter.



**Gateway FSC is proud to welcome Kaetlyn Osmond as our special guest coach!**

In 2018, Kaetlyn Osmond became Canada's first women's singles world figure skating champion in 45 years. That was just a month after she won two medals at PyeongChang 2018, capturing bronze in women's singles and helping Canada win gold in the team event.

Osmond helped make Canadian history at the 2017 World Championships, where she won the silver medal to share the podium with bronze medallist teammate Gabrielle Daleman. It was the first time two Canadian women had stood together on the world championship podium.

Let's make Kaetlyn feel welcome at Gateway!!

