

SASC Dryland Schedule

Fall/Winter 2022-2023

Day Ice (A/B)	
Monday 4:15-5:00pm	Fitness Studio- (Gina) <i>Resistance Training</i>
Tuesday 1:00-1:15pm	Troy Murray- (Kristy) <i>Sport Specific Warm-up</i>
Wednesday 4:15-5:00pm	Fitness Studio- (Gina) <i>Strength Training</i>
Thursday 1:00-1:15pm	Troy Murry- (Kris) <i>Sport Specific Warm-up</i>
Thursday 4:15-5:00pm	Track 4- (Gina) <i>Conditioning</i>

Junior	
Tuesday 4:30-5:00pm	Go Auto- (Alisha) <i>Sport Specific Warm-up</i>
Wednesday 5:30-6:15pm	Fitness Studio- (Elisa) <i>Circuit Training/Conditioning</i>
Thursday 6:30-6:45pm	Troy Murray- (Kris) <i>Sport Specific Warm-up</i>
Friday 5:30-6:00pm	Troy Murray- (Alisha) <i>Sport Specific Cool-Down</i>

Intermediate/Senior	
Monday 5:45-6:30pm	Upstairs Board Room- (Alexa) <i>Sport Specific</i>
Tuesday 5:30-6:00pm	Go Auto- (Alisha) <i>Sport Specific Cool-Down</i>
Thursday 5:45-6:30pm	Court 3- (Elisa) <i>Conditioning</i>
Friday 4:15-5:00pm	Track Corner 4- (Gina) <i>Conditioning/Core/Flexibility</i>

Star 1 Group	
Monday 5:15-5:30pm	Troy Murray- (Kiera F) <i>Off-Ice Warm Up/Jumps</i>
Thursday 5:15-5:30pm	Troy Murray- (Madi) <i>Off-Ice Warm Up/Jumps</i>

All Levels

Mandatory 20min Warm-Up before On-Ice class
Skaters must arrive 5mins early to ALL classes

Dryland start dates 2022:

Dryland End Date 2022:

Sept. 6- Sport Specific starts		Dec. 20- All Programs	
Sept. 7- Comp. ONLY (4:15-5:30)			
Sept. 8- All Servus Programs			
Cancelled Classes:			
Friday- October 7		(Turkey Ring Tournament)	
Monday- October 10		(Easter Monday)	
Monday- October 31		(Hallween after 5:00pm)	
Friday- December 2		(Club Competition)	