## SASC Dryland Schedule

Winter 2023

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

Intermediate/Senior			
Upstairs Board Room- (Alexa)			
Sport Specific			
Go Auto- (Alisha)			
Sport Specific Cool-Down			
Court 3- (Elisa)			
Conditioning			
Track Corner 4- (Gina)			
Conditioning/Core/Flexibility			

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

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

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

All Levels

Dryland start dates 2023:	Dryland end dates 2023:	
Jan. 9- All Programs	Apr. 21- All Programs	

Cancelled Classes:					
Thursday- January 19 ONLY 4:15-5:30pm (John Reid Tournament)					
Frida	y- January 20	(John Reid Tournament)			
Mond	lay- February 20	(Family Day)			
Marc	h 27-31 week	(Spring Break)			
Frida	y- April 7	(Good Friday)			
Mone	day- April 10	(Easter Monday)			