

SASC Winter 2023 Week Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
4:15-5:00pm Fitness Studio- (Gina) Resistance Training	1:00-1:15pm Troy Murray- (Kristy) Sport Specific Warm-up	4:15-5:00pm Fitness Studio- (Gina) Strength Training	1:00-1:15pm Troy Murray- (Kris) Sport Specific Warm-up	4:15-5:00pm Track Corner 4- (Gina) Conditioning/Core/Flexibility
5:15-5:30pm Troy Murray- (Madi) Off-Ice Warm Up/Jumps	4:30-5:00pm Go Auto- (Alisha) Sport Specific Warm-up	5:30-6:15pm Fitness Studio- (Elisa) Circuit Training/Conditioning	4:15-5:00pm Track 4- (Gina) Conditioning	5:30-6:00pm Troy Murray- (Alisha) Sport Specific Cool-Down
5:45-6:30pm Upstairs Board Room- (Alexa) Sport Specific	5:30-6:00pm Go Auto- (Alisha) Sport Specific Cool-Down		5:15-5:30pm Troy Murray- (Madi) Off-Ice Warm Up/Jumps	
			5:45-6:30pm Court 3- (Elisa) Conditioning	
			6:30-6:45pm Troy Murray- (Kristy) Sport Specific Warm-up	

Skater Session By Color:

Competitive
Intr/Sr
Junior
Star 1

Cancelled Classes:

Thursday- January 19 ONLY 4:15-5:30pm (John Reid Tournament)
Friday- January 20 (John Reid Tournament)
Monday- February 20 (Family Day)
March 27-31 week (Spring Break)
Friday- April 7 (Good Friday)
Monday- April 10 (Easter Monday)

Dryland start dates 2023:

Jan. 9- All Programs
Dryland End Date 2023:
Apr. 21- All Programs