

SASC Dryland Schedule

Spring 2023

Day Ice (A/B)	
Monday 4:15-5:00pm	Track Corner 4- (Landon) <i>Conditioning</i>
Tuesday 1:00-1:15pm	Troy Murray- (Kristy) <i>Sport Specific Warm-up</i>
Wednesday 4:15-5:00pm	Track Corner 3- (Jay) <i>Strength Training</i>
Thursday 1:00-1:15pm	Troy Murry- (Kris) <i>Sport Specific Warm-up</i>
Friday 4:15-5:00pm	Mind Body Studio- (Trish) <i>Yoga/Mobility</i>

Junior	
Tuesday 4:15-4:45pm	Go Auto- (Alisha) <i>Sport Specific Warm-up</i>
Wednesday 6:00-6:30pm	Go Auto- (Kris OR Kristy) <i>Jump Technique</i>
Thursday 6:30-6:45pm	Troy Murray- (Alexa) <i>Sport Specific Warm-up</i>

Intermediate/Senior	
Monday 5:45-6:30pm	Upstairs Board Room- (Alexa) <i>Sport Specific</i>
Tuesday 5:15-5:45pm	Go Auto- (Alisha) <i>Sport Specific Cool-Down</i>
Thursday 5:45-6:30pm	Reliance Room- (Alexa) <i>Sport Specific</i>
Friday 5:30-6:15pm	Fitness Studio- (Trish) <i>Conditioning</i>

Star 1 Group	
Monday 5:15-5:30pm	Troy Murray- (Kiera) <i>Off-Ice Warm Up/Jumps</i>
Thursday 5:15-5:30pm	Troy Murray- (Alisha) <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 2023:	Dryland end dates 2023:
May 15	June 23

Cancelled Dryland Classes:	
Monday- May 22	Victoria Day
Thursday- May 25	New location TBD Intr/Sr