

## **Fall 2 2019 Specialty Class Schedule\***

### **Jump 2: 6/30-minute, off-ice classes** (Tuesdays, 5:35-6:05pm)

Class Dates: 11/5, 11/12, 11/19, (no 11/26), 12/3, 12/10, 12/17

6 Weeks: \$60 (by 11/4); \$70 (11/5 and after) or \$15 /Drop-In

Passed Freestyle 3 through Freestyle 6; but placement is ultimately at the discretion of the instructor.

### **Jump 3: 6/30-minute, off-ice classes** (Mondays, 5:35-6:05pm)

Class Dates: 11/4, 11/11, 11/18, (no 11/25), 12/2, 12/9, 12/16

6 Weeks: \$60 (by 11/3); \$70 (11/4 and after) or \$15 /Drop-In

Passed Freestyle 6 and up. Must have experience from Jump 2; but placement is ultimately at the discretion of the instructor.

### **Strength & Conditioning 2: 8/60-minute, off-ice classes** (Mondays, 5:35-6:35pm)

Class Dates: 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16

7 Weeks: \$105 (by 11/3); \$115(11/4 and after)

This class is generally for participants who have taken several years of training, but placement is ultimately at the discretion of the instructor.

### **Strength & Conditioning 3: 5/60-minute, off-ice classes** (Wednesdays, 5:05-6:05 pm)

Class Dates: 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18

7 Weeks: \$105 (by 11/5); \$115 (11/6 and after)

Some training experience, but placement is ultimately at the discretion of the instructor.

\*Schedule is subject to change.