



## **SPRING 2016 ON-ICE AND OFF-ICE ENRICHMENT SCHEDULE**

***Note: These are closed sessions and for RPFSC Skaters only***

### **ON ICE ENRICHMENT**

Here is the schedule for the biweekly on-ice sessions for skater groups:

*All On-ice sessions are on Fridays – 6:00 am to 7:00 am*

#### **Starskate 1, 2, and Junior Skaters**

April 15 and 29, May 13 and 27, June 10 and 24

#### **Intermediate and Senior Skaters**

April 8 and 22, May 6 and 20, June 3 and 17

### **OFF ICE STRENGTH AND CONDITIONING**

**(FOR INTERMEDIATES AND SENIORS ONLY)**

Here is the schedule for the bi-weekly Off –Ice Strength and Conditioning

*All Off-Ice sessions are on Fridays, 6:15 am to 7:15 am.*

April 15 and 29, May 13 and 27, June 10 and 24

If you have any questions about these biweekly sessions, please email Marnie Walthers at [coach@rpfsc.ca](mailto:coach@rpfsc.ca)