



Yoga and Off-Ice Notes and Schedule for 2017-2018 Season

Yoga

Star 4 - Senior - Sunday 12:00-12:45pm

Star 1-3 - Sunday 12:50-1:35pm

* Skaters attending yoga should wear shorts, capris or leggings and a shirt(avoid loose fitting clothing) and hair should be tied back. They will need to bring a yoga mat and a water bottle (no glass bottles please). Sneakers are not needed as they go bare foot for yoga.

Off-ice with Daniel

Monday and Thursday Star 3/4/5 - 3:45-4:30pm

Monday and Thursday Star 1/2/3/4/5 - 4:35-5:20pm

Monday and Thursday Senior - 5:25-6:10pm

* Skaters attending off-ice with Daniel will need to wear comfortable work out clothes, sneakers, and have hair tied back. They will need to bring an exercise mat, ball, skipping rope and water bottle (no glass bottles please). Please ensure you have everything for each class! Not having the right equipment means Daniel has to change what he had planned for the session.

* Please follow the schedule closely as the dates for yoga and off-ice have been coordinated as best as possible around the skating and competition schedule!

* Please try to be on time for programming to ensure sessions are not disrupted.



Yoga and Off-Ice Notes and Schedule for 2017-2018 Season

Off-Ice Fitness Dates Fall 2017

	Sunday Yoga with Kastine Coleman at the Old City Hall Building	Monday Sessions with Daniel Degrace at the Civic Centre	Location	Thursday Sessions with Daniel Degrace at the Civic Centre	Location
Session #1	September 10th	September 11th	Studio Court #1	September 14th	Studio Lobby
Session #2	September 17th	September 18th	Studio Lobby	September 21st	Studio Court #1
Session #3	September 24th	September 25th	Studio Court #1	September 28th	Studio Court #1
Session #4	October 8th	October 2nd	Studio Court #1	October 5th	Studio Lobby
Session #5	October 15th	October 16th	Studio Court #1	October 19th	Studio Court #1
Session #6	October 29th	October 23rd	Studio Court #1	October 26th	Studio Court #1
Session #7	November 5th	November 6th	Studio Court #1	November 9th	Studio Court #1
Session #8	November 19th	November 13th	TBD	November 16th	TBD
Session #9	December 3rd	November 20th	Studio Court #1	November 23rd	Studio Court #1
Session #10	December 10th	December 4th	Studio Court #1	December 7th	Studio Court #1



Yoga and Off-Ice Notes and Schedule for 2017-2018 Season

Off-Ice Fitness Dates Winter 2017-2018

	Sunday Yoga with Kastine Coleman at the Old City Hall Building	Monday Sessions with Daniel Degrace at the Civic Centre	Location	Thursday Sessions with Daniel Degrace at the Civic Centre	Location
Session #1	January 7th	December 11th	Studio Court #1	December 14th	Studio Court #1
Session #2	January 28th	January 8th	Studio Court #1	January 11th	Studio Court #1
Session #3	February 4th	January 22nd	Studio Court #1	January 25th	Studio Court #1
Session #4	February 25th	January 29th	Studio Court #1	February 1st	Studio Court #1
Session #5	March 11th	February 5th	Studio Court #1	February 8th	Studio Court #1
Session #6	March 18th	February 12th	TBD	February 15th	TBD
Session #7	March 25th	February 26th	TBD	March 1st	TBD
Session #8	April 8th	March 12th	Studio Court #1	March 15th	Studio Court #1
Session #9	April 15th	March 19th	Studio Court #1	March 22nd	TBD
Session #10	April 22nd	April 9th	Studio Court #1	April 12th	Studio Court #1
Session #11	May 13th	April 16th	Studio Court #1	April 19th	Studio Court #1
Session #12	May 20th	April 23rd	Studio Court #1	April 26th	Studio Court #1



Yoga and Off-Ice Notes and Schedule for 2017-2018 Season

Off-Ice Fitness Dates Spring 2018

	Monday Sessions with Daniel Degrace at the Civic Centre	Location	Thursday Sessions with Daniel Degrace at the Civic Centre	Location
Session #1	May 14th	Studio Court #1	May 17th	Studio Court #1
Session #2	May 28th	Studio Court #1	May 31st	Studio Court #1
Session #3	June 4th	Studio Court #1	June 7th	Studio Court #1