PARIS FIGURE SKATING CLUB
FALL 2026 OFF-ICE CLASSES

Off Ice classes will take place on Tuesday, Wednesday and Friday evenings and are open to all skaters in the STAR 1 program and above. Tuesdays and Fridays will be focusing on fitness, dance and yoga. Special off ice coach-led jump classes will be offered on Wednesdays.

Skaters are welcome to attend any and all of the available classes, regardless of which night of the week they skate. These classes are provided at no extra charge. Below is the schedule for the fall season. Classes are held in the Dumfries Meeting Room or Lafarge Hall at the Brant Sports Complex. Please check the change room TV to confirm which room.

Coach-led Jump Classes

Wednesdays – 6:00-6:30 pm
Oct 7, 14, 21, 28
Nov 4, 11, 18, 25
Dec 2,9

Classes include:
-a warmup routine that skaters can use daily prior to their on-ice practice and at competitions/test days
-off-ice jumping (posture/strength/coordination/technique/rotation)
-cool down (balance/stretch)

Times:

Tuesdays
STAR 1/2/3: 5:25-5:55 pm
Open & STAR 2/3/4/4+ : 6:15-6:55 pm

Fridays:
STAR 1/2/3/4: 4:55-5:25 pm
STAR 3+ : 5:35 – 6:15 pm

OCTOBER

TUESDAY		FRIDAY	
6	FITNESS WITH SANDY	9	YOGA WITH CASSIE
13	YOGA WITH CASSIE	16	DANCE WITH JENNIFER
20	FITNESS WITH SANDY	23	YOGA WITH CASSIE
27	DANCE WITH JENNIFER	30	DANCE WITH JENNIFER

NOVEMBER

TUESDAY		FRIDAY	
3	DANCE WITH JENNIFER	6	YOGA WITH CASSIE
10	FITNESS WITH SANDY	13	DANCE WITH JENNIFER
17	YOGA WITH CASSIE	20	YOGA WITH CASSIE
24	FITNESS WITH SANDY	27	DANCE WITH JENNIFER

DECEMBER

TUESDAY		FRIDAY	
1	FITNESS WITH SANDY	4	YOGA WITH CASSIE
8	YOGA WITH CASSIE	11	DANCE WITH JENNIFER

Class Schedule can be found at www.parisfigureskating.org/joinus and download the season schedule

** PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGES AND/OR CANCELLATIONS **