

PARIS FIGURE SKATING CLUB

FALL 2025 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

Sept 24, Oct 1, Oct 8, Oct 15, Oct 22, Oct 29, Nov 5, Nov 12, Nov 19, Nov 26, Dec 3 and Dec 10

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)

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

OCTOBER

TUESDAY	FRIDAY
	3 DANCE WITH JENNIFER
7 FITNESS WITH SANDY	10 YOGA WITH CASSIE
14 YOGA WITH CASSIE	17 DANCE WITH JENNIFER
21 FITNESS WITH SANDY	24 YOGA WITH CASSIE
28 DANCE WITH JENNIFER	31 No Class – Skating Cancelled - Halloween

NOVEMBER

TUESDAY	FRIDAY
4 DANCE WITH JENNIFER	7 YOGA WITH CASSIE
11 FITNESS WITH SANDY	14 DANCE WITH JENNIFER
18 No Class – Test Day	21 YOGA WITH CASSIE
25 YOGA WITH CASSIE	28 DANCE WITH JENNIFER

DECEMBER

TUESDAY	FRIDAY
2 FITNESS WITH SANDY	5 YOGA WITH CASSIE
9 YOGA WITH CASSIE	12 DANCE WITH JENNIFER
16 DANCE WITH JENNIFER	19 No Class – Skating Cancelled

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