

PARIS FIGURE SKATING CLUB

Winter 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

January 7, 14, 28, Feb 4, 11, 18, 25

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

January

TUESDAY	FRIDAY
6 FITNESS WITH SANDY	9 YOGA WITH CASSIE
13 YOGA WITH CASSIE	16 DANCE WITH JENNIFER
20 FITNESS WITH SANDY	23 NO CLASS
27 DANCE WITH JENNIFER	30 DANCE WITH JENNIFER

February

TUESDAY	FRIDAY
3 DANCE WITH JENNIFER	6 YOGA WITH CASSIE
10 YOGA WITH CASSIE	13 NO CLASS
17 YOGA WITH CASSIE	20 DANCE WITH JENNIFER
24 FITNESS WITH SANDY	27 YOGA WITH CASSIE