

# 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](http://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