



### **Fall 2017 Figure Skating Training**

The Alberta Sport Development Centre is providing an elite level of strength & conditioning to the figure skating athletes of Fort McMurray. Athletes looking to pursue a high level of sport including Provincial, National and Post-Secondary will benefit from the increased intensity, sport specific and rounded approach that our qualified coaches deliver. Sessions provide developmentally appropriate performance training based on sport science. Training develops the right physical attributes with focus on technical proficiency and movement mechanics to take you to the next level of sport.

#### **Senior – Ages 15+**

**Date:** September 26, 2017 – December 16, 2017 (19 classes)

**Where:** Syncrude Sport & Wellness Centre

**When:** Tuesday's @ 4:30PM-5:30PM & Saturday's @ 1:00-2:00PM

**Cost:** **\$174.56** paid to Noralta Skating Club

#### **Intermediate – Ages 10+**

**Date:** September 25, 2017 – December 13, 2017 (23 classes)

**Where:** Syncrude Sport & Wellness Centre

**When:** Monday's @ 5:00PM-6:00PM & Wednesday's @ 5:00-6:00PM

**Cost:** **\$211.31** paid to Noralta Skating Club

\*All new participants must purchase an ASDC Membership at \$50.00 + GST at the Syncrude Sport & Wellness Centre. Membership includes free t-shirt and water bottle.\*

**Register via the Noralta online registration system NOW!!**

Questions? Contact Tania