



Off Ice with Robert – 2023/2024

The Valleyview Skating Club is pleased to offer special off-ice classes with Robert at F3 Fit!

Location: F3 Fit - 667 Victoria Street

Dates: Fridays – Sept 22 through March 1 (some weeks cancelled due to competitions, simulations, holidays. See below for complete list of dates)

Time: 5:30pm to 6:30pm

Details:

- Star 3 and up
- 17 total classes
- Fall - 10 classes for \$100 / Winter - 7 classes for \$70
- \$15 buy on for individual sessions
- Register online (in Programs, scroll to “Open” to select the Fall F3 Fit and/or Winter F3 Fit or go to “Purchase Products” to select F3Fit Buy On)

Complete List of Dates:

Fall:

- Sep 22
- Sept 29
- Oct 6
- Oct 13 – no class, Autumn Leaves
- Oct 20
- Oct 27
- Nov 3
- Nov 10
- Nov 17 – no class, Simulations
- Nov 24 – no class, Interclub
- Dec 1
- Dec 8
- Dec 15
- Dec 22- Jan 5 – no classes, Winter holidays

Winter:

- Jan 12
- Jan 19
- Jan 26
- Feb 2
- Feb 9 – no class, Regionals
- Feb 16
- Feb 23
- Mar 1
- Mar 8 – no class, Super Series Finals
- Mar 15 – no class, spring break