






Spring Physio 2024

COQUITLAM SKATING CLUB

SPRING BREAK: MARCH 25-31
POIRIER: APRIL 22-JUNE 22

-  **WWW.SKATEPHYSIO.COM**
-  **SKATEPHYSIO.KJ@GMAIL.COM**
-  **PHONE: 236-518-2871**





Spring Break

SPRING BREAK: MARCH 25-31, 2024

No classes will be held during Spring Break.

Physiotherapy sessions can be booked on Tuesdays from 8:00-9:45am. You can book your sessions online or email skatephysio.kj@gmail.com.

Spring @ Poirier

SPRING: APRIL 22-JUNE 22, 2024

Core Class

Tuesdays | 5:15-6:00pm | Cost: \$25 per session

Skaters participate in an intensive weekly 45 minute session led by a physiotherapist to increase core strength. Skaters will develop trunk awareness and strength in a skating specific manner. Classes are limited to 4 skaters per class.

Physiotherapy Sessions

Tuesdays | 3:30-5:00pm and 6:00-7:00pm

Physiotherapy sessions can be booked online or email skatephysio.kj@gmail.com.

