

## Channel Performance 2020-2021 Schedule

Saturday, October 3rd	Saturday, Oct.10th	Saturday, Oct. 17th	Saturday, Oct.24th	Saturday, Oct.31st
Element Core Control	Alixia Flexibility	Track	Public Speaking	Cancelled Halloween
Studio One	Sutherland Evangelical Church	Sutherland Evangelical Church	Sutherland Evangelical Church	
12-1pm 5-7 year olds	10-11am 5-7 year olds	10-11am 5-7 year olds	10-11am 5-7 year olds	
1-2pm 8-12 year olds	11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	
2-3pm 13-18 year olds	12-1pm 13-18 year olds	12-1pm 13-18 year olds	12-1pm 13-18 year olds	
Saturday, November 7th	Saturday, November 14th	Saturday, November 21st	Saturday, November 28th	Saturday, December 5th
Track	Remembrance Long weekend	Alixia Flexibility	Pilates	Martial Arts
Sutherland Evangelical Church	Cancelled	Sutherland Evangelical Church	Sutherland Evangelical Church	Sutherland Evangelical Church
10-11am 5-7 year olds		10-11am 5-7 year olds	10-11am 5-7 year olds	10-11am 5-7 year olds
11am-12pm 8-12 year olds		11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	11am-12pm 8-12 year olds
12-1pm 13-18 year olds		12-1pm 13-18 year olds	12-1pm 13-18 year olds	12-1pm 13-18 year olds
<b>Sponsored by</b>		<b>Sponsored By</b>		
<b>Sasktel</b>		<b>CR Eavestroughing</b>		
Saturday, December 12th	Saturday, December 19th	Saturday, January 9th 2021	Saturday, January 16th	Saturday, January 23rd
Alixia Flexibility	Alixia Flexibility/vertical jump	Track (Depending on Reno's)	Element Core Control	Yoga
Sutherland Evangelical Church	Sutherland Evangelical Church	Channel Performance Studio	Channel Performance Studio	Channel Performance Studio
10-11am 5-7 year olds	10-11am 5-7 year olds	10-11am 5-7 year olds	10-11am 5-7 year olds	10-11am 5-7 year olds
11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	11am-12pm 8-12 year olds
12-1pm 13-18 year olds	12-1pm 13-18 year olds	12-1pm 13-18 year olds	12-1pm 13-18 year olds	12-1pm 13-18 year olds
Saturday, January 30th	Saturday, February 6th	Saturday, February 13th	Saturday, February 20th	Saturday, February 27th
Pilates	Martial Arts	Hands on cooking class	February Break	Yoga
Channel Performance Studio	Channel Performance Studio	The Local Kitchen	cancelled	Channel Performance Studio
10-11am 5-7 year olds	10-11am 5-7 year olds	9-10am 5-7 year olds		10-11am 5-7 year olds
11am-12pm 8-12 year olds	11am-12pm 8-12 year olds	10am-12pm 8-12 year olds		11am-12pm 8-12 year olds
12-1pm 13-18 year olds	12-1pm 13-18 year olds	12-2pm 13-18 year olds		12-1pm 13-18 year olds
Saturday, March 13th	Saturday, March 20th	One on One- Performance Psychology		
Alixia Flexibility	Track- Depending on Jan 9th	One on one 15 min sessions for performance psychology with Ralph will be offered by zoom during our upcoming season. Will email out time blocks for families to choose day and time. 9 years and older will receive 2 sessions. Cancellation fee after scheduling zoom session will apply.		
Channel Performance Studio	Channel Performance Studio			
10-11am 5-7 year olds	10-11am 5-7 year olds			
11am-12pm 8-12 year olds	11am-12pm 8-12 year olds			
12-1pm 13-18 year olds	12-1pm 13-18 year olds			

Channel Performance follows Saskatchewan Health Authorities guidelines while conducting sessions. Channel Performance will be taking these precautions....

-Attendance before each session

-Hand Sanitizer before/during/end of each session.

-Equipment will be sanitized before and after each use

-Sectioned areas for each individual athlete to assure social distancing during our sessions

-Health questionnaire will be completed before each session by all registered athletes

-Masks are to be worn when social distancing is harder to achieve (masks are mandatory for our cooking classes, and when entering and leaving each session)