

August 1-24, 2018

OFF - ICE CONDITIONING

NAME _____

All classes will meet in the conditioning room located in the green rink.

Monday

6 13 20

12:00 - 12:45 PM Jumps/Harness N/A N/A N/A
Nancy Strength & Cardio / Core

Tuesday

7 14 21

4:30 - 5:00 PM Balance/Flexibility _____ N/A
Nancy Foam Rolling

Wednesday

1 8 15 22

11:00 - 11:45 PM Balance/Fexibility _____ N/A
Nancy Strength/Pilates Plus

4:15 - 5:00 PM Off-Ice Jump _____ N/A
Nancy Exercises / Harness /
Strength / Core

Friday

3 10 17 24

4:15-5:15 PM Plyo/Circuit _____ N/A
Nancy Foam Roll / Pilates Plus

Come prepared to all classes with tennis shoes (cross-training), jump rope, water bottle, layers for going outside

Notice:

Off-Ice Contracts are *due* **Monday, August 6.**
No contracts will be accepted after the due date.
Drop-in rates will apply for those without contracts.
Contracts without payment will not be accepted.

Parent _____
Address _____
E-Mail _____
Phone _____

Number of Off-Ice Sessions requested @ \$4.00per session 30 min	_____	x	4	=	_____
Number of Off-Ice Sessions requested @ \$6.00per session 45 min	_____	x	6	=	_____
Number of Off-Ice Sessions requested @ \$8.00per session 1 hour	_____	x	8	=	_____
TOTAL DUE					_____

EPIC'S FREESTYLE SCHEDULE

August 20 - September 29



RINK	Mon		Tue		Wed		Thu		Fri		Sat	
	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN
Start times	resurface		resurface		resurface		resurface		resurface		resurface	
5:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
6:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
6:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
6:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		resurface	
6:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
7:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
7:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
7:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
7:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
8:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
8:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
8:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN	
8:45 AM	resurface		resurface		resurface		resurface		resurface		resurface	

CANCELED SESSIONS
All Sessions Cancelled Saturday, 9/8

Added Sessions

Freestyle sessions are deducted from your Freestyle pass every 15 minutes. To skate on Freestyle ice you must purchase a Freestyle pass or pre-pay a drop-in at the front desk.

Rates:

with Freestyle Pass
 \$2.50 per 15 minutes
Drop-In pre-paid
 at the front desk
 \$2.50 per 15 minutes

Start times	Mon		Tue		Wed		Thu		Fri		Sat	
	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN
1:00 PM	resurface	OPEN	resurface		resurface	OPEN	resurface		resurface	OPEN	resurface	OPEN
1:15 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
1:30 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
1:45 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
2:00 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
2:15 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
2:30 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	resurface	OPEN	OPEN	OPEN	OPEN
2:45 PM	OPEN	OPEN	OPEN	resurface	resurface	OPEN	resurface	OPEN	resurface	OPEN	resurface	OPEN
3:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
3:15 PM	resurface	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
3:30 PM	OPEN	OPEN	resurface	OPEN	OPEN	OPEN	resurface	OPEN	OPEN	OPEN	OPEN	OPEN
3:45 PM	OPEN	OPEN	Level 1	OPEN	OPEN	resurface	Level 1	OPEN	OPEN	OPEN	OPEN	OPEN
4:00 PM	OPEN	OPEN	Level 1	OPEN	OPEN	resurface	Level 1	OPEN	OPEN	OPEN	OPEN	OPEN
4:15 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
4:30 PM	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN
4:45 PM	resurface		resurface		resurface		resurface		resurface		resurface	
5:00 PM												

Start times

Start times

August 20 - September 29, 2018

NAME _____

All classes will meet in the conditioning room located in the green rink.

		August				
Tuesday		28	4	11	18	25
4:30 - 5:00 PM	Balance/Agility	_____	_____	_____	_____	N/A
Nancy	Core/Circuit					

		August				
Friday		31	7	14	21	28
4:45-5:45 PM	Plyo/Circuit	△	△	△	△	△
Nancy	Foam Roll / Pilates Plus					

		August				
Wednesday		29	5	12	19	26
5:05 - 5:50 PM	Jumps/Harness	□	□	□	□	N/A
Nancy	Strength & Cardio / Core					

Come prepared to all classes with tennis shoes (cross-training), jump rope, water bottle, layers for going outside

Notice:

Off-Ice Contracts are **due , Monday, August 27.**
 No contracts will be accepted after the due date.
 Drop-in rates will apply for those without contracts.
 ALL Off-Ice Contracts *must* be received with payment.
 Contracts without payment will not be accepted.

Parent	_____
Address	_____
E-Mail	_____
Phone	_____

Number of Off-Ice Sessions requested @ \$4.00per session 30 min	_____ x 4 = _____
Number of Off-Ice Sessions requested @ \$6.00per session 45 min	_____ x 6 = _____
Number of Off-Ice Sessions requested @ \$8.00per session 1 hour	_____ x 8 = _____
TOTAL DUE	_____