

EPIC'S FREESTYLE SCHEDULE

October 2018



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		BLUE	
5:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN			
6:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN			
6:15 AM	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		OPEN	

CANCELED SESSIONS
10/19 Green 1-2:30 PM

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
1:00 PM	resurface	resurface	resurface	resurface	resurface	1:00 PM
1:15 PM	OPEN	OPEN	OPEN	OPEN	OPEN	1:15 PM
1:30 PM	OPEN	OPEN	OPEN	OPEN	OPEN	1:30 PM
1:45 PM	OPEN	OPEN	OPEN	OPEN	OPEN	1:45 PM
2:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	2:00 PM
2:15 PM	OPEN	OPEN	OPEN	OPEN	OPEN	2:15 PM
2:30 PM	OPEN	OPEN	OPEN	OPEN	OPEN	2:30 PM
2:45 PM	OPEN	OPEN	OPEN	resurface	OPEN	2:45 PM
3:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	3:00 PM
3:15 PM	resurface	OPEN	OPEN	OPEN	OPEN	3:15 PM
3:30 PM	OPEN	resurface	OPEN	resurface	OPEN	3:30 PM
3:45 PM	OPEN	Level 1	resurface	Level 1	OPEN	3:45 PM
4:00 PM	OPEN	Level 1	OPEN	Level 1	OPEN	4:00 PM
4:15 PM	OPEN	OPEN	OPEN	OPEN	resurface	4:15 PM
4:30 PM	OPEN	OPEN	OPEN	OPEN	OPEN	4:30 PM
4:45 PM	resurface		OPEN		resurface	4:45 PM
			OPEN			5:00 PM

October 2018

OFF - ICE CONDITIONING

NAME _____

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

Tuesday _____

October
2 9 16 23 30

4:30 - 5:00 PM Balance/Agility _____ N/A _____
Nancy Core/Circuit

Friday _____

October
5 12 19 26

4:45-5:45 PM Plyo/Circuit △ △ △ △
Nancy Foam Roll / Pilates Plus

Wednesday _____

October
3 10 17 24 31

5:05 - 5:50 PM Jumps/Harness
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, October 1.

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 _____