

EPIC'S FREESTYLE SCHEDULE

December 1 - 22, 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		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	
											resurface	
											OPEN	

CANCELED SESSIONS
 Closed Dec. 24th after 5 PM
 Closed Dec. 25th Christmas
 Closed Dec. 31st after 5 PM
 Closed Jan. 1 New Years
Friday December 7
 All Green rink sessions
 are canceled.

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

Drop-in pre-paid
 at the front desk
 \$2.50 per 15 minutes

December 1 - 31, 2018

Start times

Start times

EPIC'S FREESTYLE SCHEDULE

December 24, 2018-January 5, 2019



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			
5:45 AM	OPEN				OPEN		OPEN		OPEN			
6:00 AM	OPEN				OPEN		OPEN		OPEN			
6:15 AM	OPEN				OPEN		OPEN		OPEN			
6:30 AM	OPEN				OPEN		OPEN		OPEN		resurface	
6:45 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
7:00 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
7:15 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
7:30 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
7:45 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
8:00 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
8:15 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
8:30 AM	OPEN				OPEN		OPEN		OPEN		OPEN	
8:45 AM	resurface				resurface		resurface		resurface		OPEN	

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

No Sessions

CANCELED SESSIONS
 Closed Dec. 24th after 5 PM
 Closed Dec. 25th Christmas
 Closed Dec. 31st after 5 PM
 Closed Jan. 1 New Years

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 \$2.20 per 15 minutes
 Drop-In pre-paid at the front desk \$2.50 per 15 minutes

December 24, 2018 - January 5, 2019

December 2018

OFF - ICE CONDITIONING

NAME _____

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

					Jan
Tuesday		4	11	18	25 1

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

					Jan
Wednesday		5	12	19	26 2

5:05 - 5:50 PM	Jumps/Harness	_____	_____	_____	<u>N/A</u>	<u>N/A</u>
Nancy	Strength & Cardio / Core					

					Jan
Friday		7	14	21	28 4

4:50 - 5:50 PM	Plyo/Circuit					
Nancy	Foam Roll / Pilates Plus					

Notice:

Off-Ice Contracts are due: Thursday, Decemeber 6th.

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.

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

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 _____