



EPIC'S FREESTYLE SCHEDULE

February 1-28, 2019

Start times	Mon		Tue		Wed		Thu		Fri		Sat
	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE
5:45 AM	resurface		resurface		resurface		resurface		resurface		
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		resurface
9:00 AM											OPEN

Start times

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

CANCELED 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

February 2019

OFF - ICE CONDITIONING

NAME _____

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

Tuesday

5 12 19 26

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

Friday

1 8 15 22

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

Wednesday

6 13 20 27

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:**
Tuesday, February 5th.

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 _____
Number of **Off-Ice Sessions** requested @ \$6.00per session 45 min _____
Number of **Off-Ice Sessions** requested @ \$8.00per session 1 hour _____

_____ x 4 = _____
_____ x 6 = _____
 x 8 = _____
TOTAL DUE _____