

EPIC'S FREESTYLE SCHEDULE

March 1 - 17, 25 - 31



	Mon		Tue		Wed		Thu		Fri		Sat		
RINK	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE		RINK
Start times	resurface		resurface		resurface		resurface		resurface				Start times
5:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN				5:45 AM
6:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN				6:00 AM
6:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN				6:15 AM
6:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		resurface		6:30 AM
6:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		6:45 AM
7:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:00 AM
7:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:15 AM
7:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:30 AM
7:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:45 AM
8:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		8:00 AM
8:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		8:15 AM
8:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		8:30 AM
8:45 AM	resurface		resurface		resurface		resurface		resurface		OPEN		8:45 AM
											OPEN		9:00 AM

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

Start times

1:00 PM
1:15 PM
1:30 PM
1:45 PM
2:00 PM
2:15 PM
2:30 PM
2:45 PM
3:00 PM
3:15 PM
3:30 PM
3:45 PM
4:00 PM
4:15 PM
4:30 PM
4:45 PM
5:00 PM

CANCELED SESSIONS
See Spring Break schedule for Freestyle hours March 18 - 24

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
 \$3.00 per 15 minutes

March 1 - 17, 25 - 31

EPIC'S FREESTYLE SCHEDULE

Spring Break: March 18 - 24



	Mon		Tue		Wed		Thu		Fri		Sat		
RINK	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE	GREEN	BLUE		RINK
Start times	resurface		resurface		resurface		resurface		resurface				Start times
5:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN				5:45 AM
6:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN				6:00 AM
6:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN				6:15 AM
6:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		resurface		6:30 AM
6:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		6:45 AM
7:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:00 AM
7:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:15 AM
7:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:30 AM
7:45 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		7:45 AM
8:00 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		8:00 AM
8:15 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		8:15 AM
8:30 AM	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		8:30 AM
8:45 AM	resurface		resurface		resurface		resurface		resurface		OPEN		8:45 AM
9:00 AM	Public		Public		Public		Public		Public		OPEN		9:00 AM
Start times													Start times
1:00 PM	resurface	OPEN	resurface	OPEN	resurface	OPEN	resurface		resurface	OPEN			1:00 PM
1:15 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public		Public	OPEN			1:15 PM
1:30 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public		Public	OPEN			1:30 PM
1:45 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public		Public	OPEN			1:45 PM
2:00 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public		Public	OPEN			2:00 PM
2:15 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public		Public	OPEN			2:15 PM
2:30 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public	resurface	Public	OPEN			2:30 PM
2:45 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public	OPEN	Public	OPEN			2:45 PM
3:00 PM	Public	OPEN	Public	OPEN	Public	OPEN	Public	OPEN	Public	OPEN			3:00 PM
3:15 PM	resurface	OPEN	resurface	OPEN	resurface	OPEN	resurface	OPEN	resurface	OPEN			3:15 PM
3:30 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN			3:30 PM
3:45 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN			3:45 PM
4:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN			4:00 PM
4:15 PM	OPEN	resurface	OPEN	resurface	OPEN	resurface	OPEN	resurface	OPEN	resurface			4:15 PM
4:30 PM	resurface		resurface		resurface		resurface		resurface				4:30 PM
4:45 PM													4:45 PM
5:00 PM													5:00 PM

CANCELED SESSIONS
N/A

ADDITIONAL SESSIONS
Saturday, 3/23:
9:15am - 12:00pm

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
\$2.00 per 15 minutes

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

Spring Break: March 18 - 24

March 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 _____ N/A _____
Nancy Core/Circuit

Wednesday 6 13 20 27

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

Friday 1 8 15 22 29


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

Notice:
Off-Ice Contracts are *due:*
Thursday, March 7th.
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
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 _____