

# EPIC'S FREESTYLE SCHEDULE

## May 1 - 12



	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

1:00 PM	resurface	OPEN	resurface		resurface	OPEN	resurface		resurface	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		Show	OPEN
4:45 PM		resurface	Show		OPEN		Show		Show	resurface
5:00 PM			Show		resurface		Show		Show	

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**

**Wed 5/8:**  
PM Blue Rink sessions

**Thursday 5/9 - Saturday 5/11:**  
All Blue Rink sessions

**Friday 5/10:**  
Green 4:00pm-4:45pm

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**ADDITIONAL SESSIONS**

**Thursday 5/9:**  
Green 11:15am-2:30pm

*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*

## May 1 - 12

# EPIC'S FREESTYLE SCHEDULE

## May 13 - 26



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

<b>CANCELED SESSIONS</b>
<b>All Blue Rink Sessions</b>
<b>ADDITIONAL SESSIONS</b>
<b>Saturdays Green Rink:</b>
8:00am - 9:15am

*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

## May 13 - 26

# EPIC'S FREESTYLE SCHEDULE

## May 27 - June 1



	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			Start times
5:45 AM			OPEN		OPEN		OPEN		OPEN			5:45 AM
6:00 AM			OPEN		OPEN		OPEN		OPEN			6:00 AM
6:15 AM			OPEN		OPEN		OPEN		OPEN			6:15 AM
6:30 AM			OPEN		OPEN		OPEN		OPEN			6:30 AM
6:45 AM			OPEN		OPEN		OPEN		OPEN			6:45 AM
7:00 AM			OPEN		OPEN		OPEN		OPEN			7:00 AM
7:15 AM			OPEN		OPEN		OPEN		OPEN			7:15 AM
7:30 AM			OPEN		OPEN		OPEN		OPEN		resurface	7:30 AM
7:45 AM			OPEN		OPEN		OPEN		OPEN		OPEN	7:45 AM
8:00 AM			OPEN		OPEN		OPEN		OPEN		OPEN	8:00 AM
8:15 AM			OPEN		OPEN		OPEN		OPEN		OPEN	8:15 AM
8:30 AM			OPEN		OPEN		OPEN		OPEN		OPEN	8:30 AM
8:45 AM			resurface		resurface		resurface		resurface		OPEN	8:45 AM
											OPEN	9:00 AM
Start times			resurface		resurface	OPEN	resurface		resurface	OPEN		Start times
1:00 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		1:00 PM
1:15 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		1:15 PM
1:30 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		1:30 PM
1:45 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		1:45 PM
2:00 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		2:00 PM
2:15 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		2:15 PM
2:30 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		2:30 PM
2:45 PM			OPEN		resurface	OPEN	OPEN		resurface	OPEN		2:45 PM
3:00 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		3:00 PM
3:15 PM			OPEN		OPEN	OPEN	OPEN		OPEN	OPEN		3:15 PM
3:30 PM			resurface		OPEN	OPEN	resurface		OPEN	OPEN		3:30 PM
3:45 PM			1 & 2		OPEN	resurface	1 & 2		OPEN	OPEN		3:45 PM
4:00 PM			1 & 2		OPEN		1 & 2		OPEN	OPEN		4:00 PM
4:15 PM			OPEN		OPEN		OPEN		resurface	OPEN		4:15 PM
4:30 PM			OPEN		OPEN		OPEN			OPEN		4:30 PM
4:45 PM					OPEN					resurface		4:45 PM
5:00 PM					resurface							5:00 PM

**CANCELED SESSIONS**

**Facility Closed  
Memorial Day: 5/27**

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**ADDITIONAL SESSIONS**

**Saturday 6/1:  
Blue Rink 7:45-9:45am**

*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*

## May 27 - June 1

May 2019

OFF - ICE CONDITIONING

NAME \_\_\_\_\_

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

Tuesday 7 14 21 28

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

Wednesday 1 8 15 22 29

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

Friday 3 10 17 24 31

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

Notice:
Off-Ice Contracts are due:
Friday, May 3rd.
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 \_\_\_\_\_