June 2019

OFF - ICE CONDITIONING

NAME _____

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

Tuesday		**4**	**11**	**18**	**25**
4:30 - 5:15 PM Nancy	Circuit/Flexability	___	___	___	___

Wednesday		**5**	**12**	**19**	**26**
5:05 - 5:50 PM Nancy	Jumps/Harness/ Strength	___	___	___	___

Friday		**7**	**14**	**21**	**28**
4:30 - 5:30 PM Nancy	Plyo/HIIT/ Foam Rolling	△	△	△	△

Notice:
Off-Ice Contracts are *due*:
Friday, June 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	_____	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		_____