

# EPIC'S FREESTYLE SCHEDULE

## October 2019



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

### CANCELED SESSIONS

**Thursday, 10/10:**  
All Green Rink Sessions

**Friday, 10/11:**  
1:00pm - 3:45pm

**Friday, 10/18:**  
All Blue Rink sessions  
move to Green Rink at  
7:15am

**Monday, 10/21:**  
Green Rink 2:00 - 3:00pm

### ADDITIONAL SESSIONS

**Sunday, October 13**  
3:45-4:45pm

*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

## October 2019

October 2019

## OFF - ICE CONDITIONING

NAME

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




### Tuesday

		1	8	15	22	29
5:00 - 5:45 PM	Balance/Agility	_____	_____	_____	_____	_____
Nancy	Core/Circuit	_____	_____	_____	_____	_____

### Wednesday

		2	9	16	23	30
5:05 - 6:05 PM	Jumps/Harness	_____	NA	_____	_____	_____
Nancy	Strength & Cardio / Core	_____	_____	_____	_____	_____

### Friday

		4	11	18	25
4:50 - 5:50 PM	Plyo/Circuit		NA		
Nancy	Foam Roll / Pilates Plus	_____	_____	_____	_____

#### Notice:

Off-Ice Contracts are **due:**  
**Friday, October 4.**

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	=	_____
<b>TOTAL DUE</b>				=====