

EPIC'S FREESTYLE SCHEDULE

January 6 - 31



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

CANCELED SESSIONS

Friday, 1/16:
All PM sessions

Saturday, 1/17:
All sessions

Monday, 1/20:
Green Rink 1:00 - 1:30pm

Friday, 1/31:
Green Rink 1:45 - 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

January 2020

January 2020

OFF - ICE CONDITIONING

NAME

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

Tuesday

		7	14	21	28
5:00 - 5:45 PM	Balance/Agility	_____	_____	NA	_____
Nancy	Core/Circuit				

Wednesday

		1	8	15	22	29
5:05 - 6:05 PM	Jumps/Harness	NA	△	△	△	△
Nancy	Strength & Cardio / Core					

Friday

		3	10	17	24	31
4:50 - 5:50 PM	Plyo/Circuit	△	△	△	△	△
Nancy	Foam Roll / Pilates Plus					

Notice:

Off-Ice Contracts are **due:**
Friday, January 10.

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				=====