

# EPIC'S FREESTYLE SCHEDULE

## March 1 - 15, 21 - 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	Mon	Tue	Wed	Thu	Fri	Sat	Start times
1:00 PM	resurface	OPEN	resurface		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	resurface	2:30 PM
2:45 PM	OPEN	OPEN	OPEN	resurface	resurface	OPEN	2:45 PM
3:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	3:00 PM
3:15 PM	resurface	OPEN	OPEN	OPEN	OPEN	OPEN	3:15 PM
3:30 PM		OPEN	resurface	OPEN	OPEN	resurface	3:30 PM
3:45 PM		OPEN	1 & 2	OPEN	OPEN	resurface	3:45 PM
4:00 PM		OPEN	1 & 2	OPEN		1 & 2	4:00 PM
4:15 PM		OPEN	OPEN		OPEN		4:15 PM
4:30 PM		OPEN	OPEN		OPEN		4:30 PM
4:45 PM		resurface	resurface		OPEN		4:45 PM
5:00 PM				resurface			5:00 PM

**CANCELED SESSIONS**

**See Spring Break schedule for Freestyle hours March 16 - 20**

*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*

# EPIC'S FREESTYLE SCHEDULE

## Spring Break: March 16 - 20



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

N/A

*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 2020

March 2020

**OFF - ICE    CONDITIONING**

NAME \_\_\_\_\_

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

Tuesday

		3	10	17	24	31
5:00 - 5:45 PM	Balance/Agility	_____	_____	<u>NA</u>	_____	_____
Nancy	Core/Circuit					

Wednesday

		4	11	18	25
5:05 - 6:05 PM	Jumps/Harness	<u>△</u>	<u>△</u>	<u>△</u>	<u>△</u>
Nancy	Strength & Cardio / Core				

Friday

		6	13	20	27
4:50 - 5:50 PM	Plyo/Circuit	<u>NA</u>	<u>△</u>	<u>△</u>	<u>△</u>
Nancy	Foam Roll / Pilates Plus				

**Notice:**  
**Off-Ice Contracts are *due:***  
**Friday, March 6.**  
**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 @ \$6.00per session 45 min  
Number of **Off-Ice Sessions** requested @ \$8.00per session 1 hour

_____	x	6	=	_____
<u>△</u>	x	8	=	_____
<b>TOTAL DUE</b>				<u>_____</u>