

Summer 2020

**OFF - ICE    CONDITIONING**

NAME \_\_\_\_\_

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

**Wednesday**                      July    1       7       15      22      29

4:00 - 4:45 PM                  Total Body Circuit \_\_\_\_\_  
/ Balance / Stretch \_\_\_\_\_

Nancy, Lisa

August    5       12

\_\_\_\_\_

**Thursday**                      July    2       9       16      26      30

2:15 - 3:00 PM                  Get to the Core / \_\_\_\_\_  
Power & Strength / \_\_\_\_\_  
Jumps Techniques \_\_\_\_\_

Nancy, Lisa

August    6       13

\_\_\_\_\_

**Notice:**  
**Off-Ice Contracts are *due:***  
**Friday, July 10th.**  
**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

\_\_\_\_\_ x 6 = \_\_\_\_\_

**TOTAL DUE** \_\_\_\_\_