

'08 Fall/'09 Winter Freestyle Schedule

Monday

5:00 - 5:30 am 30- Freestyle
 5:30 - 6:30 am 60- Freestyle
 6:30 - 7:00 am **MIF Class**
 6:35 - 7:05 am **Pilates Class**
 7:10 - 8:10 am 60- Freestyle
 8:10 - 9:10 am 60- Freestyle
 9:10 - 9:30 am 20- Freestyle
 2:10 - 3:10 pm 60- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 4:40 pm **Half-Ice FS**
 4:15 - 5:00 pm **Floor Barre**
 5:05 - 5:50 pm **Fantasy Ballet**
 5:55 - 6:40 pm **Jazz/Ballet**

Tuesday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:10 - 8:10 am 60- Freestyle
 8:10 - 9:10 am 60- Freestyle
 9:10 - 9:55 am 45- Freestyle
 2:10 - 3:10 pm 50- Freestyle
 3:10 - 4:10 pm 60- Freestyle
 4:10 - 4:55 pm 45- Freestyle

Wednesday

5:00 - 5:30 am 30- Freestyle
 5:00 - 5:30 am **Pilates Class**
 5:30 - 6:00 am **Jump Tech/Axel Class**
 6:00 - 7:00 am 60- Freestyle
 7:10 - 8:10 am 60- Freestyle
 8:10 - 9:10 am 60- Freestyle
 9:10 - 9:30 am 20- Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:10 - 4:40 pm 30- Freestyle

Thursday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:10 - 8:10 am 60- Freestyle
 8:10 - 9:10 am 60- Freestyle
 9:10 - 9:55 am 45- Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 5:05 - 5:35 pm **Low & Med power/edge**

Friday

5:00 - 5:30 am 30- Freestyle
5:00 - 5:30 am Pilates Class
 5:30 - 6:00 am **High/Elite Power/Edge**
 6:00 - 7:00 am 60- Freestyle
 7:10 - 8:10 am 60- Freestyle
 8:10 - 9:10 am 60- Freestyle
 9:10 - 9:30 am 20-Freestyle
 2:10 - 3:00 pm 50- Freestyle
 3:00 - 4:00 pm 60- Freestyle
 4:10 - 5:10 pm 60- Freestyle

Saturday

5:00 - 6:00 am 60- Freestyle
 6:00 - 7:00 am 60- Freestyle
 7:10 - 8:10 am 60- Freestyle
 8:20 - 8:35 am **LOW Jump Tech Class**
 11:05 - 11:45 am **Half-Ice FS**
 8:15 - 9:15 am **Floor Barre/Classic Ballet**
 9:20 - 10:05 am **Jazz Dance/Classic Ballet**
 10:10 - 10:55 am **Ballet with a Twist**
 11:05 - 11:35 am **Fantasy /Low Ballet**

Sunday

5:00 - 6:00 am 60 -Freestyle
 6:00 - 7:00 am 60 -Freestyle

Check office for dates. Not all Sundays available.

NEW! Freestyle Pricing:

Walk on prices:

60 minutes \$ 13.00
 45/50 minutes \$ 11.00
 20/30 minutes \$ 8.00
 Half-Ice Sessions \$ 5.00

Gold Club member prices:

60 minutes \$ 9.75
 45/50 minutes \$ 8.50
 20/30 minutes \$ 6.25
 Half-ice sessions \$ 4.00

The 30-minute option is available at a premium price. We encourage you to purchase full- hour sessions. Look at our Learn To Skate and Specialty Training Class schedules. Our on and off-ice classes coordinate with our FS sessions.

