

# January

# Centerpoint Community Ice FREESTYLE SCHEDULE

Ask Us About Joining the  
**Heartland Figure Skating Club!**

### Freestyle & Bridge Prices

Walk On \$7

Resident 10 Passes \$55

Resident 20 Passes \$100

Non-Resident 10 Passes \$60

Non-Resident 20 Passes \$110

All freestyles are 30 minutes.  
Power classes are 20 minutes.  
Off ice classes are 25 minutes.

Use one pass or walk on for any  
freestyle, power, or bridge session.

Freestyle is a focused time for figure skating practice & private lessons. Read our Freestyle Ice Rules & Guidelines before your first session!

### Coaches:

Centerpoint Staff coaches do not pay professional fees when coaching on freestyle or public. Non-staff coaches teaching on freestyle must pay \$5/session or \$10/day. Provide a copy of your liability insurance to have on record.

| Sun   | Mon  | Tue  | Wed  | Thu       | Fri   | Sat   |
|---|--|--|--|-----------|---|---|
| <p><b>New for Skaters Basic 6+</b><br/><b>Figure Skating Bridge Program</b><br/>Supplemental classes to develop the complete skater<br/>See brochure for more information about on and off ice classes, freestyles, and private lessons. Classes cost one pass.</p> |  |  | <p><b>Early Winter Quarter Clinic, \$25</b><br/><b>Saturday, February 6, 2016   1:30-2:50p</b><br/>(Learn to Skate rescheduled to 12:15-1:15p)<br/>Enjoy Four 20- Min Circuits: Edges, Choreography, Jumps, Spins<br/>Bronze Level (B3-5), Silver (B6-8), Gold (FS1-3), Platinum (FS4-6)</p> |           | 1   | 2   |
| <p>3<br/>AM: 11:10, 11:40<br/>PM: 12:10</p>   | <p>4<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 4:15, 4:45, 5:15, 5:45</p>                     | <p>5<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/><b>NEW SESSION OF LTS:</b><br/>January 5—February 14</p>               | <p>6<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:15, 3:45, 4:15, 4:45</p>   | <p>7</p>  | <p>8<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:40, 10:10<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p>  | <p>9<br/>AM: 7:10, 7:40, 8:10</p>                     |
| <p>10</p>   | <p>11<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p> | <p>12<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/><b>Off Ice:</b> 5:50p <u>Stretching &amp; Injury Prevention</u></p>   | <p>13<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:15, 3:45, 4:15, 4:45</p>  | <p>14</p> | <p>15<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:40, 10:10<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p> | <p>16<br/><b>Off Ice:</b> 10:20a <u>Jumps</u></p>     |
| <p>17<br/><b>Off Ice:</b> 1:30p <u>Core Strength</u></p>  | <p>18<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p> | <p>19<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/><b>Off Ice:</b> 5:50p <u>Ballet for Ice Skating</u></p>               | <p>20<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:15, 3:45, 4:15, 4:45</p>  | <p>21</p> | <p>22<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:40, 10:10<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p> | <p>23<br/><b>Off Ice:</b> 10:20a <u>Cardio</u></p>    |
| <p>24 / 31<br/><b>24—Off Ice:</b> 1:30p <u>Applying Theatrical Principles</u><br/><b>31—Off Ice:</b> no class</p>   | <p>25<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p> | <p>26<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:10, 3:40, 4:10, 4:40<br/><b>Off Ice:</b> 5:50p <u>Jumps</u></p> | <p>27<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00<br/>PM: 3:15, 3:45, 4:15, 4:45, 5:30, 6:00</p>  | <p>28</p> | <p>29<br/>AM: 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:40, 10:10<br/>PM: 3:30, 4:00, 4:30, 5:00, 5:30 <u>Power</u></p> | <p>30<br/><b>Off Ice:</b> 10:20a <u>Boot Camp</u></p> |



COMMUNITY ICE



### Questions?

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[www.centerpointcommunityice.com](http://www.centerpointcommunityice.com)

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Updated 12/26/15