



Recreational Skating Schedule

Effective Mar 1st - May 31st, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rec Skate 7:00-8:45 AM	Freestyle Figure Skaters Only 8:15-9:00 AM	Freestyle Figure Skaters Only 8:30-9:45 AM		Freestyle Figure Skaters Only 5:45-6:45 AM	
	Freestyle Figure Skaters Only 10:45-11:30 AM	Skate Fitness 9:00-10:00 AM		Skate Fitness 9:00 - 10:00 AM	Rec Skate 9:00 - 10:45 AM	Prime Time Ice Figure Skaters Only Waltz & above 9:50-10:50 AM \$3/\$12
Prime Time Ice Figure Skaters Only 10:45-11:45 AM \$3/\$12		Freestyle Figure Skaters Only 10:00-10:45 AM		Freestyle Figure Skaters Only 10:00-11:00 AM		
		Adult Only Rec Skate 12:15-1:15PM				
Rec Skate 1:00-2:30 PM	Rec Skate 1:35- 3:45 PM	Rec Skate 1:35-3:45 PM LTS use on $\frac{1}{2}$ of ice	Rec Skate 1:35-3:15 PM	Rec Skate 1:35-2:45 PM LTS use on $\frac{1}{4}$ of ice	Rec Skate 1:35-3:15 PM	
				Prime Time Ice Figure Skaters Only Loop Jump + 3:00-5:00 PM \$3/\$12 at 4pm	Prime Time Ice Figure Skaters Only 3:30-5:00 PM Youth Only \$3/\$12 at 4pm	Rec Skate 2:30-4:00 PM
	Rec Skate 6:00-7:15 PM				Rec Skate 6:30-7:45 PM	

FAMILY FUN NIGHT FRIDAY, MAY 9TH 5:30-7:30 PM JOIN US FOR PIZZA & FUN ACTIVITIES.

RECREATIONAL SKATE: No sticks or pucks during recreational skating times.

SKATE FITNESS: YMCA of Boulder Valley's own invention of "Aerobics on Ice"! This class combines music & skating moves to develop cardiovascular fitness while toning lower body & improving balance & flexibility

FREESTYLE FIGURE SKATERS ONLY: Requirements: Age 8-Adult Figure Skaters who perform waltz jump and subsequent figure skating discipline skills and higher. Loop Jumps and higher skill level is required for specific sessions listed above. Please see Ice Office for "Code of Conduct" regarding this specialized skating session.

YMCA Members:	Free (unless otherwise noted)
Non Members:	Youth/Adult
Rec Skate	\$5/\$8
Freestyle	\$12
Skate Fitness	\$6/\$12

We will be closed on Easter and Memorial Day

www.ymcabv.org

Y HOCKEY

Effective Mar 1 to May 31st, 2008

Call 303.664.5455 to make reservations

Be caring: Give everyone a chance to play! Honor the different levels of play indicated on the schedule.

Be responsible: Cancel your reservation so others may attend, and wear full equipment while playing.

Be respectful: Return all equipment and towels borrowed to the front desk.

Be honest: Use the systems in place fairly.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent/Youth S&P 8:15-9:15 AM	Parent/Youth S&P 5:45-6:45 AM	Adult S & P 5:45-6:40 AM	Adult S&P 5:45-6:45 AM	Parent/Youth S&P 5:45-6:45AM		
Adult/INT/PU 9:30-10:30 AM		Adult /INT/ PU 6:50-8:00 AM	Adult /INT/ PU 7:00-8:15 AM	Adult /NOV/PU 7:00-8:45AM	Adult S&P 7:00-8:45 AM	
		Adult / INT/ PU 11:00-12:00 PM	Adult/Int/Adv PU 11:45-1:20 PM	SKILLS & DRILLS 11:15-12:00 PM	Adult/ADV/ PU 11:00-12:05 PM	
	Adult/Adv/PU 11:45-1:20 PM			Adult/INT/PU 12:15-1:20 PM	Adult/INT/ PU 12:15-1:20 PM	
					Adult/COMP.PU ADV ONLY!!! 5:15-6:15 PM	Parent/YouthS&P 6:30-7:30PM
					Family Pond Hockey 8:00-9:00PM	Teen Hockey Pick-Up 7:45-8:45pm

ALL PICK-UP HOCKEY AND STICK AND PUCK: ADULT HOCKEY IS FOR 18 YEAR OLDS AND OVER

***FRIDAY MORNING STICK & PUCK:** 7:00-7:30am practice time and 7:30-8:45am scrimmage.

****SKILLS & DRILLS:** Helmet required; elbow pads & stick highly recommended. Includes special drills to improve your skating and a great cardiovascular workout.

PARENT / YOUTH STICK & PUCK: MEMBERS ONLY. Members can call 5 days in advance. The list will consist of 20 players and 2 goalies. TWO Youth per ONE adult. Youth will be between 6-12 years old. Players must call to cancel if they will not make the game. Players on the wait list will be let in at game time, no sooner.

Players can lose their spot if they do not show up at game time. Slap Shots are NOT allowed during stick & puck. Helmets are required for anyone on the ice. Full equipment is strongly recommended.

Sorry, No non-members allowed during stick and puck. Players must show their Y Membership card or picture ID to check in for the game.

TEEN PICK UP: (Ages 12-17) Fee \$ 2 Members / \$ 8 Non-Members. Members may sign up 5 days in advance/

Non-Members may sign up 2 days in advance. 2 Goalies for each skate and 20 players. Staff Supervision.

Teen Hockey participants must sign and agree to code of conduct, this form will be kept on file and is mandatory.

FAMILY POND HOCKEY: Want to play hockey without all the gear, whizzing pucks, scorekeeping, penalty boxes and stress But with all the speed you love when skating? We use a rubber ball, "broom hockey" sticks, and play ½ ice for a fast & friendly game.

Ages 14-Adult. Ages 14-17 must have parent playing. Helmets required. Shin guards, elbow pads suggested.

RESERVATIONS: Members may call 5 days in advance / Non-Members may call 2 days in advance

Ice hockey is an inherently risky sport, we strongly recommend full equipment for participation in pick-up hockey and stick and puck. Helmets (Hecc certified) are required. The YMCA reserves the right to ask anyone to leave the facility, or revoke membership.

YMCA Members:	Free
Non-Members:	Adults
Adult Pick-up	\$12
Adult Stick & Puck	\$12
Broomball	\$12
Teen Pick-up	\$2/\$8

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