



Ice Skating

Effective August 16th – December 19th, 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | Freestyle Figure Skaters Only 8:15-9:00 AM | | Freestyle Figure Skaters Only 8:30-9:00 AM | Freestyle Figure Skaters Only 5:45-6:45 AM | |
| | Rec Skate 7:00-8:45 AM | Skate Fitness 9:00-10:00 AM | | Skate Fitness 9:00 - 10:00 AM Beginners Welcome! | Rec Skate 9:45 - 10:45 AM | Freestyle Figure Skaters Only 10:00-11:00 Starts 9/4/10 Primetime Ice No Session 11/27 |
| Freestyle Figure Skaters Only 10:45-11:45 AM Primetime Ice | Freestyle Figure Skaters Only 10:45-11:30 AM | Freestyle Figure Skaters Only 10:00-11:30 AM | Freestyle Figure Skaters Only 10:45-11:30 AM | Freestyle Figure Skaters Only 10:00-11:00 AM | | |
| Rec Skate 1:00 - 2:30 PM | Rec Skate 1:30 - 3:45 PM | Rec Skate 1:30 - 3:45 PM | Rec Skate 1:30 - 3:15 PM | Rec Skate 1:30 - 2:45 PM | Rec Skate 1:45 - 2:45 PM | |
| | | | | Freestyle Figure Skaters Only 3:00 - 5:00 PM Primetime Ice Beginning at 4:00 | Freestyle Figure Skaters Only 3:00 - 4:45 PM Primetime Ice Beginning at 4:00 | |
| | Rec Skate 6:00-7:15 PM | | | | Rec Skate 6:30-7:30 PM No Session 11/26 | Rec Skate 7:30-8:30 PM |

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE

RECREATIONAL SKATE: No sticks, pucks or other paraphernalia allowed on the ice 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. Please see Ice Office for "Code of Conduct" regarding this specialized skating session.

| Rates: | * Members * | | * Non-Members * | |
|----------------------------------|--------------------|--------------|------------------------|--------------|
| | <u>Youth</u> | <u>Adult</u> | <u>Youth</u> | <u>Adult</u> |
| Rec Skate (includes skates)..... | Free | Free | \$5..... | \$8 |
| Prime Time Freestyle | \$3 | \$3 | \$12..... | \$12 |
| Skate Fitness | Free | Free | \$6..... | \$12 |