



Skating Academy

Strength & Conditioning Class Schedule

Phase 1 - Launching March 18th

Mondays

5:20pm Bridge, JCT, CT
6:45pm Adults (Open, 16+)

Tuesdays

4:45pm Bridge, JCT, CT
8:00pm Adults (Open, 16+)

Wednesdays

5:20pm Bridge, JCT, CT
6:45pm Adults (Open, 16+)

Thursdays

4:45pm Bridge, JCT, CT
8:00pm Adults (Open, 16+)

Saturdays

11:00am CT, HP, ET
11:40am Bridge, JCT, CT
2:00pm CT, HP, ET

Off Ice Classes are available to all. Please select your class according to your level.

Register online at www.greatparkice.com
Questions? Contact Skating Manager, Michelle Lauerman at:
mlauerman@therinks.com