

August 2010 Free Style Sessions

effective 8/02/10 - 8/28/10

07/27/2010

Rules and Procedures

This system allows the customer the greatest flexibility. Session cards can be purchased in the office/Pro Shop. You must sign in for all sessions before you skate. *You must purchase a new card on your next visit after notification your card has expired in order to be able to add your charged sessions to your card. (Failure to purchase a new card on your next visit will cause you to be charged the normal drop in price of \$6.25 and will not allow you to add your charged sessions to your next card.)*

Please see Les Grauer, Doug Stewart or Rena Sullivan with comments, questions and suggestions.

Cancellations: Sat. 8/14 & 21, all morning sessions

Changes: Summer School Schedule- see summer school brochure for full details
Saturdays, removed 7:15FS & 7:45FS

Mon.	Tues.	Wed.	Thurs.	Fri	Sat.
7:30FS 8:00FS 8:30FS 9:15FS 9:45FS 10:15FS	7:30FS 8:00FS 8:30FS 9:15FS 9:45FS	6:00FS 6:30FS 7:00FS 7:30FS 8:00FS 8:30FS 9:15FS 9:45FS	6:00FS 6:30FS 7:00FS 7:30FS 8:00FS 8:30FS 9:15FS 9:45FS 10:15FS 10:45FS	7:30FS 8:00FS 8:30FS 9:00FS 9:30FS	8:15FS 8:45FS 9:15Pwr Conditioning 10:00
Pilates 1:45 2:45Pwr 3:15Spins 3:45Jumps 4:15Pwr	1:45-3:15Pub 3:30FS 4:00FS 4:30FS 5:00FS 5:30Pwr 6:00LTS 7:00-8:00Pub	3:00-4:30Pub	11:30-1:30Pub 1:45FS 2:15FS 2:45FS 3:15FS 3:45FS 4:30FS 5:00FS	Endurance 2:15 3:15FS 3:45FS 4:15FS 8:30-11:00Pub	11:45LTS 12:45-3:45Pub 9:00-12:00Pub

[All sessions are 30 min. unless specifically noted / additional sessions and/or private ice is available by request]
[*spinners available in office for club members (non-club members \$5.00 rental)]

Drop-in sessions: \$ 6.25 ea. (30 minute sessions)

Session card prices:

Program I	\$ 995.00 with unlimited summer sessions* [\$ 2.49 / session]
Program II	\$ 930.00 for 280 summer sessions* [\$ 3.32 / session]
Program III	\$ 580.00 for 140 summer sessions* [\$ 4.14 / session]
Program IV	\$ 425.00 for 100 free style sessions [\$ 4.25 per session]
	\$ 234.40 for 50 free style sessions [\$ 4.69 per session]
	\$ 100.00 for 20 free style sessions [\$ 5.00 per session]

(regular session cards expire 9 months after date of purchase / no refunds / schedule and prices subject to change without notice)
(Program I, II & III cards expire at the end of the summer on 8/28/10 / see summer school brochure for full details)



Kent Valley Ice Centre
6015 S. 240th (W. James St.) * Kent, WA 98032 * (253) 850-2400
www.familynightout.com

