


September 3rd - December 20th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		*Child minding		7:15-8:00 FIT MIX	*Child minding		
	8:30-9:30 TABATA & TONE	8:30-9:30 MIND & MUSCLE	8:30-9:30 BOOTY & CORE		8:30-9:30 STRENGTH & STRETCH	*9:00-11:00 SKATING LESSONS	
		9:45-10:30 MIND & MUSCLE <i>(for MEN)</i>	10:00-10:45 CHAIR GROOVE	*9:00-9:45 Jr. ATHLETICS <i>(OUTDOORS)</i>			
	10:00-10:45 CHAIR STRENGTH			10:00-10:45 OUTDOOR CHAIR <i>(Sept & Oct)</i>	10:00-10:45 CHAIR STRETCH		
	*11:00-11:30 Lil' SPORTS CLUB	*11:00-11:30 Lil' NINJA	*11:00-11:30 Lil' DANCE CLUB	11:00-11:45 FREE WALKING CLUB	*9:00-2:00 Stay Safe Course <i>(Sept 27)</i>	*9:00-3:00 Babysitting Course <i>(Sept. 28)</i>	
		*11:00-12:30 ADULT/ SR. SHINNY	11:00-12:15 PUBLIC SKATING	@ Visitor Center			
For Arena Rentals Call 250-838-BOOK (2665)	12:30-2:00 PUBLIC SKATING		*Parent & Tot Skate				
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEOFIT				
3:30-5:00 PUBLIC SKATING <i>**CXL when tournaments**</i>		2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		3:00-5:00 ICE HAWKS FUN HOCKEY	
			*3:30-4:15pm Jr. FIT CLUB	*3:00-5:00 SKATING LESSONS			
	6:30-7:30 FIT FUSION @ A.L.F	5:00-5:50 STRENGTH BOOT CAMP	New Classes	5:00-5:50 FIT MIX (BARRE in Oct)		6:30-9:00 VOLLEYBALL at A.L.F. <i>(starting TBA)</i>	
				7:30-8:30 MARA YOGA	7:45-9:00 PUBLIC SKATING		
2024 Fees	Single Time	5x	10x	20x	Season Pass (Sept. to Dec)		
Senior (60+)	\$6.50	\$32.50	\$54.00	\$100.00	\$198.00	Chair classes	
Adult (18+)	\$7.50	\$37.50	\$63.00	\$110.00	\$285.00	Regular- Senior	
Child Minding	\$2.50/ Child	\$12.50	\$20.00		\$325.00	Regular - Adult	
PROGRAMS	Lil Programs	\$40.00	Skating Lessons	varies by session	Public Skating	\$FREE	
	Jr. Programs	\$50.00	P & T Skating	\$40.00	Adult Shinny	\$60.00	
programs with * require pre-registratation							