## PARK CITY ICE ARENA FALL 2020 OFF- ICE PROGRAMS

\*Register for all classes online at  $\underline{www.parkcityice.orq}$  or at the ice arena front desk. Late Fee of \$25 goes into effect after the  $1^{st}$  day of class.

Program:	Days offered:	Time:	Program Fees:	Dates:
Strength & Conditioning/Barre	Mondays (at Park City Ice Arena)	2:15- 3:15pm	Pre- Register online weekly	9/14-12/14 (14 classes)
Ballet/Contemporary 2 (with Instructor Approval)	Tuesdays ONLY @ PC MARC	3-4:15pm	Full Program Registration \$160	9/8-12/15 (15 classes)
Ballet/Contemporary 1 (ages 6-9 little to no experience)	Tuesdays ONLY @ PC MARC	4:20- 5:20pm	Full Program Registration \$150	9/8-12/15 (15 classes)
Ballet/Contemporary 1 & 2 (ages 10 & older with ballet experience)	Thursdays ONLY @ PC MARC	4:20- 5:20pm	Full Program Registration \$140	9/9-12-16 (14 classes) No 11/25
Pre-Ballet/Creative Movement (ages 5-7 little to no experience)	Thursdays @ PC MARC	3:30- 4:15pm	Full Program Registration \$125	9/9-12-16 (14 classes) No 11/26
Strength & Conditioning/Barre/Yoga	Wednesdays (at Park City Ice Arena)	5:30- 6:30pm	Pre- Register online weekly	9/9-12/16 (14 classes) No 11/26
Off-ice jumps and Mental Toughness	Fridays (at Park City Ice Arena)	7:45- 8:45am	Pre- Register online weekly	8/28-12/18
Off-ice jumps and Mental Toughness/High Fitness/Yoga	Saturdays (at Park City Ice Arena)	9:15- 10:15pm	Pre- Register online weekly	9/12-12/19

<sup>\*</sup>Due to Covid, class sizes will be limited based on space, in most cases 10 skaters per class. Classes that can use additional space beyond the party room may accommodate more skaters.