

# KSA 25-26 | Adult 8-week Session Class Options | Session 3-4

## Mondays

### Adult Emerald Edge

**6:05- 7:40pm**

30 minute Off-Ice Class  
50 Minute On-Ice Class

Deep Sea #5-6  
Pre-freeskate - FS #6



## Tuesdays

### Adult Learn to Skate

**9:45 - 10:30am**

15 Minute Freeskate  
30 Minute on-Ice Class

Deep Sea #1-6

### FitSkate

**10:30 - 11:00am**

All levels welcome

### Adult Learn to Skate

**6:45 - 7:15pm**

Deep Sea #1-2  
Power Skating #1

### Adult Learn to Skate

**7:15 - 7:45pm**

Deep Sea #3-6  
Power Skating #2

## Wednesdays

### Adult Emerald Edge

**8:45 - 9:45am**

60 minute On-Ice Class

Deep Sea #4-6  
Pre-freeskate - FS #6

## Thursdays

### Adult Learn to Skate

**9:45 - 10:30am**

15 Minute Freeskate  
30 Minute on-Ice Class

Deep Sea #1-6  
Power Skating #1-2

### FitSkate

**10:30 - 11:00am**

All levels welcome

