

Skate Frederick's FREESTYLE Work Sessions

SEPTEMBER 1 thru OCTOBER 31

FREESTYLE WORK SESSIONS ARE NOT OPEN TO THE GENERAL PUBLIC FOR SKATING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*NEW TIMES for afternoon & evening freestyle starting September 5*</p> <p>NOTE: At no time may you split your 1 hour ice time between 2 different work sessions, this includes Thursday afternoon!</p>				<p><u>SEPTEMBER 1</u> 6:00—8:30 am 2:15—4:15 pm</p>	<p><u>SEPTEMBER 2</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 4</u> Labor Day ONLY NO Morning Session **1:45—3:45 pm</p>	<p><u>SEPTEMBER 5</u> 2:00-4:00 pm *5:30-7:00 pm</p>	<p><u>SEPTEMBER 6</u> 6:00—8:30 am *2:00—5:15 pm</p>	<p><u>SEPTEMBER 7</u> 6:00—8:30 am *1:50—4:20 pm ICE CUT *4:30—6:00 pm</p>	<p><u>SEPTEMBER 8</u> 6:00—8:30 am *2:00—4:00 pm</p>	<p><u>SEPTEMBER 9</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 11</u> 6:00—8:30 am *2:00—5:00 pm</p>	<p><u>SEPTEMBER 12</u> 2:00-4:00 pm *5:30-7:00 pm</p>	<p><u>SEPTEMBER 13</u> 6:00—8:30 am *2:00—5:15 pm</p>	<p><u>SEPTEMBER 14</u> 6:00—8:30 am *1:50—4:20 pm *4:30—6:00 pm</p>	<p><u>SEPTEMBER 15</u> 6:00—8:30 am *2:00—4:00 pm</p>	<p><u>SEPTEMBER 16</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 18</u> 6:00—8:30 am 2:00—5:00 pm</p>	<p><u>SEPTEMBER 19</u> 2:00-4:00 pm 5:30-7:00 pm</p>	<p><u>SEPTEMBER 20</u> 6:00—8:30 am 2:00—5:15 pm</p>	<p><u>SEPTEMBER 21</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>SEPTEMBER 22</u> 6:00—8:30 am 2:00—4:00 pm</p>	<p><u>SEPTEMBER 23</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 25</u> 6:00—8:30 am 2:00—5:00 pm</p>	<p><u>SEPTEMBER 26</u> 2:00-4:00 pm 5:30-7:00 pm</p>	<p><u>SEPTEMBER 27</u> 6:00—8:30 am 2:00—5:15 pm</p>	<p><u>SEPTEMBER 28</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>SEPTEMBER 29</u> 6:00—8:30 am 2:00—4:00 pm</p>	<p><u>SEPTEMBER 30</u> 11:15 am-1:45 pm</p>
<p><u>OCTOBER 2</u> 6:00—8:30 am 2:00—5:00 pm</p>	<p><u>OCTOBER 3</u> 2:00-4:00 pm 5:30-7:00 pm</p>	<p><u>OCTOBER 4</u> 6:00—8:30 am 2:00—5:15 pm</p>	<p><u>OCTOBER 5</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>OCTOBER 6</u> 6:00—8:30 am 2:00—4:00 pm</p>	<p><u>OCTOBER 7</u> 11:15 am-1:45 pm</p>
<p><u>OCTOBER 9</u> 6:00—8:30 am 2:00—5:00 pm</p>	<p><u>OCTOBER 10</u> 2:00-4:00 pm 5:30-7:00 pm</p>	<p><u>OCTOBER 11</u> 6:00—8:30 am 2:00—5:15 pm</p>	<p><u>OCTOBER 12</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>OCTOBER 13</u> 6:00—8:30 am 2:00—4:00 pm</p>	<p><u>OCTOBER 14</u> 11:15 am-1:45 pm</p>
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<p><u>OCTOBER 30</u> 6:00—8:30 am 2:00—5:00 pm</p>	<p> <u>OCTOBER 31</u> 2:00-4:00 pm 5:30-7:00 pm</p>	<p>FREESTYLE INFORMATION:</p> <ul style="list-style-type: none"> * Skaters MUST purchase a minimum of 1 hour ice time on all freestyle work sessions. * Skaters start time may be purchased in 15 minute increments according to designated times in the freestyle log book. <p>EXAMPLE: Freestyle scheduled 2-5pm. You can purchase 2:15-3:15pm, 3:45-4:45pm and so on. Whatever 1 hour time block works for you.</p> <ul style="list-style-type: none"> * At no time may you split your 1 hour ice time between 2 different work sessions, including Thursday afternoon! <p>> Cost of Freestyle Sessions: 1 hour = \$13.00 * 1 1/2 hours = \$17.00 * 2 hours = \$20.00 > Questions or additional information, please call (301) 662-7362</p> <p>FREESTYLE ICE ETIQUETTE</p> <p>Skaters shall adhere to all freestyle ice etiquette when skating. Ice etiquette is printed on back of freestyle schedule.</p>			



FREESTYLE ICE ETIQUETTE

- Skaters are required to pay for ice time in the Pro Shop, sign the freestyle log and put a copy of their paid receipt (with their name on it) in the envelope attached to the freestyle log book before stepping on the ice. Skaters, parents and coaches, please follow the direction of ICE MONITOR when one is on duty.
 - Any skater (lesson or non-lesson) on the ice without paying for their ice time, will be asked to exit the ice and make payment.
 - **FOOD and DRINKS are not permitted on the ice OR in hockey boxes at any time. This includes all coaches and skaters.** (exception-plastic water bottles)
 - It's the responsibility of all skaters and coaches to keep the ice area and hockey boxes clean. Please remove all personal belongings, i.e. water bottles, jackets, gloves, tissues, etc. before exiting the ice.
 - Skaters are expected to behave responsibly and to be considerate of other skaters and coaches at all times.
 - ALL music **must** meet acceptable standards for language and content.
 - **ALL individual, synchro and dance program practice** performance will be limited to two skaters (one must wear orange sash) at a time, three or more skaters is not permitted. This includes following the leader, train, synchro and show numbers.
 - All program and dance music will be limited to 2 plays per half hour (lesson or non-lesson)
 - Program and dance music **must be** played through their entirety. **NO stopping and starting for any reason.** This ensures every skater receives adequate practice time. Stopping of music will count as 1 full play.
 - Skaters are NOT permitted to have personal listening devices (ipods, cd players, etc.) on the ice as skaters need to be aware of surroundings at all times for the safety of all.
 - **Kicking the ice, boards, shouting, foul language or arguing will not be tolerated and skaters will be asked to leave the ice. NO REFUNDS will be issued.**
 - Skaters are expected to practice for the entire purchased session. Talking, playing, or not utilizing the session for its intended purpose is not acceptable and skaters could be asked to exit the ice.
 - The "right of way" skaters **must wear** the designated **orange sash** so that all other skaters will recognize the skater "IN PROGRAM". The RIGHT OF WAY skater is skater in private lesson program or dance.
 - Back spirals and camel spins can be dangerous to other skaters. Please be aware of your surroundings before executing.
 - **SPINS** are to be done in the center and **JUMPS** are to be done on the ends and corners of the ice unless you are in program.
 - When session is over, please close all open doors behind you and return orange sash.
- PLEASE remember to pick up your CD from the CD player. Skate Frederick Ice Sports is NOT responsible for any lost, damaged or stolen CD's. CD player box is used for multiple reasons

**PARENTS ARE RESPONSIBLE FOR THE CONDUCT OF THEIR SKATERS AND FOR ENSURING THAT
THEY KNOW AND ABIDE BY THESE RULES.**

*Thank You * Skate Frederick Staff*