


2018 SUMMER Freestyle Work Sessions

JUNE 18 thru SEPTEMBER 1 ~ please make note of the new times.

Freestyle work sessions are not open to the general public for skating.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW JUNE 18 TIMES 6:00—8:30 am **2:15—6:00 pm**	NEW JUNE 19 TIMES **2:15-4:15 pm** **6:00-7:30 pm**	NEW JUNE 20 TIMES 6:00—8:30 am **2:15—5:15 pm**	NEW JUNE 21 TIMES 6:00—8:30 am **2:15—4:45 pm** ICE CUT **5:00—6:30 pm*	NEW JUNE 22 TIMES 6:00—8:30 am **2:15—4:15 pm**	JUNE 23 11:15 am-1:45 pm
JUNE 25 NO Morning SESSION 2:15—6:00 pm	JUNE 26 2:15-4:15 pm 6:00-7:30 pm	JUNE 27 NO Morning SESSION 2:15—5:15 pm	JUNE 28 **6:30—8:30 am** 2:15—4:45 pm ICE CUT 5:00—6:30 pm	JUNE 29 NO Morning SESSION 2:15—4:15 pm	JUNE 30 11:15 am-1:45 pm
JULY 2 6:00—8:30 am **2:15—5:15 pm**	JULY 3 2:15—4:15 pm 6:00—7:30 pm	 JULY 4 8:30—11:00 am NO afternoon Session	JULY 5 NO Morning SESSION **2:15—5:15 pm**	JULY 6 NO Morning SESSION 2:15—4:15 pm	JULY 7 11:15 am-1:45 pm
JULY 9 6:00—8:30 am 2:15—6:00 pm	JULY 10 NO afternoon Session **4:45—6:45 pm**	JULY 11 6:00—8:30 am 2:15—5:15 pm	JULY 12 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	JULY 13 6:00—8:30 am 2:15—4:15 pm	JULY 14 11:15 am-1:45 pm
JULY 16 6:00—8:30 am 2:15—6:00 pm	JULY 17 2:15—4:15 pm 6:00—7:30 pm	JULY 18 6:00—8:30 am 2:15—5:15 pm	JULY 19 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	JULY 20 6:00—8:30 am 2:15—4:15 pm	JULY 21 11:15 am-1:45 pm
JULY 23 6:00—8:30 am 2:15—6:00 pm	JULY 24 2:15—4:15 pm 6:00—7:30 pm	JULY 25 6:00—8:30 am 2:15—5:15 pm	JULY 26 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	JULY 27 6:00—8:30 am 2:15—4:15 pm	JULY 28 11:15 am-1:45 pm
JULY 30 6:00—8:30 am 2:15—6:00 pm	JULY 31 NO afternoon Session **6:30—8:00 pm**	AUGUST 1 6:00—8:30 am 2:15—5:15 pm	AUGUST 2 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	AUGUST 3 6:00—8:30 am 2:15—4:15 pm	AUGUST 4 11:15 am-1:45 pm
AUGUST 6 6:00—8:30 am 2:15—6:00 pm	AUGUST 7 2:15—4:15 pm 6:00—7:30 pm	AUGUST 8 6:00—8:30 am 2:15—5:15 pm	AUGUST 9 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	AUGUST 10 6:00—8:30 am 2:15—4:15 pm	AUGUST 11 11:15 am-1:45 pm
AUGUST 13 6:00—8:30 am 2:15—6:00 pm	AUGUST 14 2:15—4:15 pm 6:00—7:30 pm	AUGUST 15 6:00—8:30 am 2:15—5:15 pm	AUGUST 16 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	AUGUST 17 6:00—8:30 am RINK 2 NO afternoon Session	AUGUST 18 11:15 am-1:45 pm
AUGUST 20 6:00—8:30 am 2:15—6:00 pm	AUGUST 21 2:15—4:15 pm 6:00—7:30 pm	AUGUST 22 6:00—8:30 am 2:15—5:15 pm	AUGUST 23 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	AUGUST 24 6:00—8:30 am 2:15—4:15 pm	AUGUST 25 11:15 am-1:45 pm
AUGUST 27 6:00—8:30 am 2:15—6:00 pm	AUGUST 28 2:15—4:15 pm 6:00—7:30 pm	AUGUST 29 6:00—8:30 am 2:15—5:15 pm	AUGUST 30 6:00—8:30 am 2:15—4:45 pm 5:00—6:30 pm	AUGUST 31 6:00—8:30 am 2:15—4:15 pm	SEPTEMBER 1 11:15 am-1:45 pm



SPECIALTY TRAINING CLASSES

Check out Skate Frederick's Summer Jumps & Spins class on Mondays
Power Endurance class on Thursdays

See the Specialty Class brochure for more information.



FREESTYLE INFORMATION: * Skaters **MUST** purchase a minimum of 1 hour ice time on all freestyle work sessions. At no time may you split your 1 hour ice time between 2 different work sessions.

* Skaters start time may be purchased in 15 minute increments according to designated session times in freestyle log book.

EXAMPLE: Freestyle scheduled 2-5pm. You can purchase 2:15-3:15pm, 2:45-3:45pm and so on. Whatever 1 hour time block works for you.

* > **Cost of Freestyle Sessions:** 1 hour = \$13 * 1 1/2 hours = \$17 * 2 hours = \$20

FREESTYLE ICE ETIQUETTE: Skaters shall adhere to all freestyle ice etiquette when skating. Ice etiquette is printed on back of freestyle schedule.