

# 2019 NOVEMBER

## FREESTYLE, DANCE & SYNCHRO Work Sessions

# NOV. 1 - NOV. 30

### MORNINGS Mon., Wed.- Fri.

#### MORNING SESSION CHANGES:

Fri., Nov. 8 - 6:00-9:30 am  
Wed., Nov. 27 - 6:00-9:30 am

#### NO MORNING SESSIONS:

Thurs., Nov. 28 & Fri., Nov. 29  
CLOSED-Thanksgiving Hockey Tournament

6:00—8:30 am	<b>MU Freestyle</b>
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### MONDAY Afternoon

1:45—4:00 pm	<b>MU Freestyle</b>
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4:00—5:00 pm	<b>Freestyle</b>
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### TUESDAY Afternoon

1:45—4:00 pm	<b>MU Freestyle</b>
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### TUESDAY Evening

5:40—7:10 pm	<b>Freestyle</b>
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### WEDNESDAY Afternoon

Wed., Nov. 27 - 1:45—6:15

1:45—4:15 pm	<b>MU Freestyle</b>
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4:15—5:15 pm	<b>Freestyle</b>
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Session Time	Cost
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1 hour	\$ 13.00
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1 1/2 hours	\$ 17.00
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2 hours	\$ 20.00
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2 1/2 hours	\$ 24.00
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#### BRONZE CARD

passes are available in the Pro Shop,  
\$144 for 14 hours.

## SESSIONS & DESCRIPTIONS

### MU FREESTYLE Sessions: Mixed-Use Freestyle

Designed for all levels of freestyle skaters, private lesson students, moves in the field and ice dance.

Synchro skaters may skate as partners only (two at a time).

Hockey instruction only during a lesson with no practice time or pucks.

### FREESTYLE Sessions:

Sessions are designed specifically for all levels of freestyle skaters and moves in the field. **Only skaters in a private lesson for dance or synchro may connect.**

**NO SHADOW SKATING: At NO TIME** can any 2 or more skaters perform/practice skating elements/maneuvers at the same time side by side, connected or disconnected.

### **NO EXCEPTIONS!!**

#### IMPORTANT ETIQUETTE REMINDERS:

- All sessions *MUST BE* paid prior to entering the ice in the Pro Shop. ONLY EXCEPTION is the early morning. Morning skaters must fill out the freestyle payment voucher for processing. Vouchers & log sheet will be on the table on the platform for Rink 1.
- **NO** food or open drink containers are permitted on the ice or in hockey boxes. Water bottles are permitted.
- **SPINS** are to be done in the center of the ice and **JUMPS** are to be done on the ends and corner, unless in program.
- **MUSIC:** Program, dance and synchro music will be limited to 2 plays per half hour (lesson or non-lesson)
- Skaters are NOT permitted to have personal listening devices on the ice.

Full listing of the Freestyle Ice Etiquette is listed on the back of the freestyle schedule and posted on our website. [www.skatefrederick.com](http://www.skatefrederick.com)

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

### THURSDAY Afternoon

Skate Frederick

**CLOSED**

Nov. 28



2:00—4:00 pm	<b>MU Freestyle</b>
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4:00—6:00 pm	<b>Freestyle</b>
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### FRIDAY Afternoon

**NO SESSION**

Fri., Nov. 29



Hockey  
Tournament

1:45—4:00 pm	<b>Freestyle</b>
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### SATURDAY

**NO SESSION**

Sat., Nov. 30



Hockey  
Tournament

11:15am-12:45pm	<b>Freestyle</b>
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12:45—1:45 pm	<b>MU Freestyle</b>
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### FREESTYLE INFORMATION

- ♦ Skaters must purchase a minimum of 1 hour ice time.
- ♦ Session times more than 1 hour have 15 minute increment start times. **EXAMPLE:** Session is 1:45-4:15, you can start at 2:15, 2:45 but must purchase at least 1 hour of ice time.
- ♦ Skaters must pay and sign in the log book for all afternoon and evening sessions.
- ♦ The Thursday afternoon sessions can not be split for ice time. You must skate one or the other session or pay for both.
- ♦ Ice time may not be split up to allow time for a break. **EXAMPLE:** Buy 1 1/2 hours of ice. You can not skate for 1 hour, sit out for 1/2 hour, then skate again for 1/2 hour.