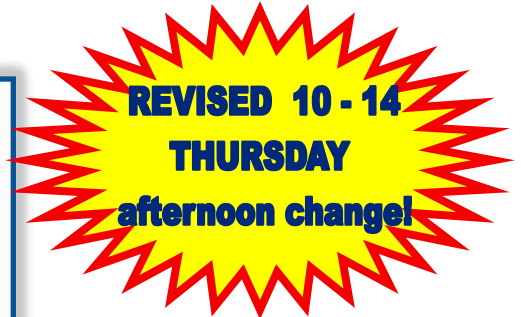


# 2019 OCTOBER

## FREESTYLE, DANCE & SYNCHRO Work Sessions

### OCT. 14 - OCT. 31



<b>MORNINGS</b> Mon., Wed.- Fri.	
6:00—8:30 am	<b>MU Freestyle</b>

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

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

<b>TUESDAY</b> Evening	
5:40—7:10 pm	<b>Freestyle</b>

<b>WEDNESDAY</b> Afternoon	
1:45—4:15 pm	<b>MU Freestyle</b>
4:15—5:15 pm	<b>Freestyle</b>

Session Time	Cost
1 hour	\$ 13.00
1 1/2 hours	\$ 17.00
2 hours	\$ 20.00
2 1/2 hours	\$ 24.00

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

### NEW 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)

<b>NEW Sessions &amp; Times</b>	
<b>THURSDAY</b> Afternoon	
2:00—4:00 pm	<b>MU Freestyle</b>
4:00—6:00 pm	<b>Freestyle</b>

<b>FRIDAY</b> Afternoon	
1:45—4:00 pm	<b>Freestyle</b>

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

#### 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.