

# 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><b>*NEW TIMES</b> for afternoon &amp; evening freestyle starting September 3*</p> <p><b>NOTE:</b> 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> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 3</u> <b>Labor Day ONLY</b> <b>NO Morning Session</b> <b>**1:45—3:45 pm</b></p>	<p><u>SEPTEMBER 4</u> 1:45-4:00 pm <b>*5:40-7:10 pm</b></p>	<p><u>SEPTEMBER 5</u> 6:00—8:30 am <b>*1:45—5:15 pm</b></p>	<p><u>SEPTEMBER 6</u> 6:00—8:30 am <b>*1:50—4:20 pm</b> <b>ICE CUT</b> <b>*4:30—6:00 pm</b></p>	<p><u>SEPTEMBER 7</u> 6:00—8:30 am <b>*1:45—4:00 pm</b></p>	<p><u>SEPTEMBER 8</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 10</u> <b>*7:00—10:00 am</b> <b>*1:45—5:00 pm</b></p>	<p><u>SEPTEMBER 11</u> 1:45-4:00 pm <b>*5:40-7:10 pm</b></p>	<p><u>SEPTEMBER 12</u> 6:00—8:30 am <b>*1:45—5:15 pm</b></p>	<p><u>SEPTEMBER 13</u> 6:00—8:30 am <b>*1:50—4:20 pm</b> <b>*4:30—6:00 pm</b></p>	<p><u>SEPTEMBER 14</u> 6:00—8:30 am <b>*1:45—4:00 pm</b></p>	<p><u>SEPTEMBER 15</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 17</u> 6:00—8:30 am 1:45—5:00 pm</p>	<p><u>SEPTEMBER 18</u> 1:45-4:00 pm 5:40-7:10 pm</p>	<p><u>SEPTEMBER 19</u> <b>*7:00—10:00 am</b> 1:45—5:15 pm</p>	<p><u>SEPTEMBER 20</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>SEPTEMBER 21</u> 6:00—8:30 am 1:45—4:00 pm</p>	<p><u>SEPTEMBER 22</u> 11:15 am-1:45 pm</p>
<p><u>SEPTEMBER 24</u> 6:00—8:30 am 1:45—5:00 pm</p>	<p><u>SEPTEMBER 25</u> 1:45-4:00 pm 5:40-7:10 pm</p>	<p><u>SEPTEMBER 26</u> 6:00—8:30 am 1:45—5:15 pm</p>	<p><u>SEPTEMBER 27</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>SEPTEMBER 28</u> 6:00—8:30 am 1:45—4:00 pm</p>	<p><u>SEPTEMBER 29</u> 11:15 am-1:45 pm</p>
<p><u>OCTOBER 1</u> 6:00—8:30 am 1:45—5:00 pm</p>	<p><u>OCTOBER 2</u> 1:45-4:00 pm 5:40-7:10 pm</p>	<p><u>OCTOBER 3</u> 6:00—8:30 am 1:45—5:15 pm</p>	<p><u>OCTOBER 4</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>OCTOBER 5</u> 6:00—8:30 am 1:45—4:00 pm</p>	<p><u>OCTOBER 6</u> 11:15 am-1:45 pm</p>
<p><u>OCTOBER 8</u> 6:00—8:30 am 1:45—5:00 pm</p>	<p><u>OCTOBER 9</u> 1:45-4:00 pm 5:40-7:10 pm</p>	<p><u>OCTOBER 10</u> 6:00—8:30 am 1:45—5:15 pm</p>	<p><u>OCTOBER 11</u> 6:00—8:30 am 1:50—4:20 pm 4:30—6:00 pm</p>	<p><u>OCTOBER 12</u> 6:00—8:30 am 1:45—4:00 pm</p>	<p><u>OCTOBER 13</u> 11:15 am-1:45 pm</p>
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<p><u>OCTOBER 29</u> 6:00—8:30 am 1:45—5:00 pm</p>	<p><u>OCTOBER 30</u> 1:45-4:00 pm 5:40-7:10 pm</p>	<p> <u>OCTOBER 31</u> 6:00—8:30 am 1:45—5:15 pm</p>	<p> 1288 Riverbend Way Frederick, MD 21701 301-662-7362 www.skatefrederick.com</p>		

**FREESTYLE INFORMATION:** 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.

**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.

\* **At no time may you split your 1 hour ice time between 2 different work sessions, including Thursday afternoon!**

> 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

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