

# FALL Freestyle Training Work Sessions

Freestyle training sessions are not open to the General Public for skating.

Freestyle Training Sessions are subject to changes!

**AUGUST 16 — DECEMBER 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING TRAINING SESSIONS</b>					
<u>Aug. 16-Dec. 13</u>	<u>Aug. 17-Dec. 14</u>	<u>Aug. 18-Dec. 15</u>	<u>Aug. 19-Dec. 16</u>	<u>Aug. 20-Dec. 17</u>	<u>Aug. 21-Dec. 18</u>
	6:00—7:00 am	6:00—7:00 am	6:00—7:00 am	<b>OCT. 15 RINK 2</b> 8:00—9:00 am 9:00—10:00 am 10:00—11:00 am	
	7:00—8:00 am	7:00—8:00 am	7:00—8:00 am		
	8:00—9:00 am	8:00—9:00 am	<b>CLOSED</b> Nov. 25 		
<b>AFTERNOON TRAINING SESSIONS</b>					
2:15—3:15 pm	2:30—3:30 pm	2:30—4:00 pm	2:30—3:30 pm	2:15—3:45 pm	11:30am-12:30pm
3:15—4:15 pm	3:30—4:30 pm	4:00—5:00 pm	3:30—4:30 pm	3:45—4:45 pm	12:30—1:30 pm
4:15—5:15 pm	4:30—5:30 pm	<b>Aug. 25 &amp; Nov. 24 ONLY</b> 2:30—3:30 pm 3:30—4:30 pm 4:30—5:30 pm	<b>ICE RESURFACE</b>	<b>NO SESSIONS</b> Oct. 15 (FFSC test session)	<b>NO SESSIONS</b> Nov. 27 Tournament
	<b>ICE RESURFACE</b>		4:45—5:45 pm	 <b>Nov. 26</b> Tournament	
	5:45—6:45 pm				

## FREESTYLE INFORMATION & GUIDELINES:

**COST:** \$13 for each 1 hour session (NO discount for multiple sessions) \* \$17 for 1 1/2 hour session

A complete listing of the Freestyle etiquette is printed on the back.

**ALL SESSIONS** are first come, first serve

- At **NO TIME**, can ice time be split between 2 sessions. **NO EXCEPTIONS!**
- Each session has its own log sheet. Once available spaces are filled, there will be no overflow permitted
- **NO FOOD** or **SNACKS** permitted in the **HOCKEY BOXES** or on the **ICE**
- **ALL SKATERS** must sign in the freestyle log book in the Pro Shop
- **GROUPS of SKATERS** should not be standing at the boards socializing, socialize off the ice. Please take in consideration of other skaters
- **Tissues** need to be placed in a trash can. **DO NOT THROW ON THE FLOOR** of the hockey boxes.
- **ALL SKATERS** should exit the building once their scheduled session is over



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**THANK YOU FOR ADHERING to the set guidelines, in order to continue making Skate Frederick a safe and healthy indoor facility.**