

SUMMER Freestyle Training Work Sessions

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

Freestyle Training Sessions are subject to change!

JULY 5 — AUGUST 14 ** REVISED 6—30—21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING TRAINING SESSIONS					
	July 6 & Aug. 10 7:30—8:30 am	July 7 & Aug. 11 7:30—8:30 am	July 1, 8 & Aug. 12 7:30—8:30 am	July 2, 9 & Aug. 13 7:30—8:30 am	July 10—Aug 14 NEW
	8:30—9:30 am	8:30—9:30 am	8:30—9:30 am	8:30—9:30 am	11:30am-12:30pm
	9:30—10:30 am	9:30—10:30 am	9:30—10:30 am	9:30—10:30 am	12:30—1:30 pm
	AM SESSION TIMES July 13, 20, 27 & Aug. 3 6:15—7:15 am 7:15—8:15 am	AM SESSION TIMES July 14, 21, 28 & Aug. 4 6:15—7:15 am 7:15—8:15 am	AM SESSION TIMES July 14, 22, 29 & Aug. 5 6:15—7:15 am 7:15—8:15 am	AM SESSION TIMES July 15, 23, 30 & Aug. 6 6:15—7:15 am 7:15—8:15 am	
AFTERNOON/EVENING TRAINING SESSIONS					
July 5—Aug 9 NEW 2:45—3:45 pm	July 6—Aug 10 2:30—4:00 pm 1 1/2 hour session OR 3:00—4:00 pm 1 hour session	July 7—Aug 11 2:30—4:00 pm 1 1/2 hour session OR 3:00—4:00 pm 1 hour session	July 8—Aug 12 2:30—4:00 pm 1 1/2 hour session OR 3:00—4:00 pm 1 hour session	July 9—Aug 13 NEW 2:45—3:45 pm	
3:45—4:45 pm	ICE RESURFACE	4:00—5:00 pm	ICE RESURFACE	3:45—4:45 pm	
ICE RESURFACE	4:30—5:30 pm		4:30—5:30 pm	ICE RESURFACE	
5:00—6:00 pm	5:30—6:30 pm		5:30—6:30 pm	5:00—6:00 pm NO session 7-23	

NEW FREESTYLE INFORMATION & GUIDELINES: **COST: \$13** for each 1 hour session (**NO** discount for multiple sessions)

A complete listing of the Freestyle etiquette is printed on the back. **\$17** for 1 1/2 hour session

- **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



1288 Riverbend Way
Frederick, MD 21701
301-662-7362
www.skatefrederick.com

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