

2022 SUMMER Freestyle Training Sessions

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

Freestyle Training Sessions are subject to change!

REVISED

June 21

Tues., JUNE 21 — Tues., AUGUST 16

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------------------------------------------------------------|------------------------|------------------------|-------------------------|------------------------|----------------------|
| MORNING TRAINING SESSIONS | | | | | |
| <u>Jun 20—Aug 15</u> | <u>Jun 21—Aug 16</u> | <u>Jun 22—Aug 10</u> | <u>Jun 23—Aug 11</u> | <u>Jun 24—Aug 12</u> | <u>Jun 25—Aug 13</u> |
| 6:30—7:30 am | 6:30—7:30 am | 6:30—7:30 am | 6:30—7:30 am | 6:30—7:30 am | |
| * 6:30—8:00 am | * 6:30—8:00 am | * 6:30—8:00 am | * 6:30—8:00 am | * 6:30—8:00 am | |
| 7:00—8:00 am | 7:00—8:00 am | 7:00—8:00 am | 7:00—8:00 am | 7:00—8:00 am | |
| * 7:00—8:30 am | * 7:00—8:30 am | * 7:00—8:30 am | * 7:00—8:30 am | * 7:00—8:30 am | |
| MU 7:30-8:30 am | MU 7:30-8:30 am | MU 7:30-8:30 am | 7:30—8:30 am | MU 7:30-8:30 am | |
| AFTERNOON/EVENING TRAINING SESSIONS | | | | | |
| CLOSED  | | <u>June 15—29</u> | | | |
| | | MU 2:15—3:15 pm | MU* 2:15-3:45 pm | * 2:15-3:45 pm | 11:30am-12:30pm |
| MU 2:45-3:45 pm | MU 2:45-3:45 pm | MU 3:15—4:15 pm | MU 2:45-3:45 pm | 2:45—3:45 pm | 12:30—1:30 pm |
| MU 3:45-4:45 pm | MU 3:45-4:45 pm | * 3:15—4:45 pm | MU 3:45-4:45 pm | 3:45—4:45 pm | |
| ICE RESURFACE | ICE RESURFACE | MU 3:45—4:45 pm | 4:45—5:45 pm | | |
| 5:00—6:00 pm | 5:00—6:00 pm | <u>July 6—Aug 10</u> | | | |
| * 5:00—6:30 pm | * 5:00—6:30 pm | MU 2:15—3:15 pm | | | |
| 5:30—6:30 pm | 5:30—6:30 pm | MU 3:15—4:15 pm | | | |
| | | MU 4:15—5:15 pm | | | |

FREESTYLE INFORMATION & GUIDELINES:

COST: \$15 for each 1 hour session (NO discount for multiple 1 hour sessions)

\$20 for designated * 1 1/2 hour sessions

ALL SESSIONS are first come, first serve * A complete listing of the Freestyle etiquette is printed on the back.

- ALL SKATERS must sign in the freestyle log book in the Pro Shop
- 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
- NO DRINKS permitted in the HOCKEY BOXES or on the ICE in to go cups. (Dunkin, Starbucks, Panera, etc.)
- GROUPS of SKATERS shall not be standing at the boards socializing, socialize off the ice. Please take in consideration of other skaters

MU Sessions: These designated sessions allow synchro, dance and pair skaters to practice their programs/patterns as partners (connected and disconnected) without being in a lesson. However, for the safety and consideration of all other skaters, only 1 set of two skaters can be in program or pattern at one time. Skaters in private lesson will have priority.

NON MU Sessions: Any synchro, dance and pair skaters who are in a lesson may practice their program or pattern.

Skaters who are not in a lesson, may not practice their program or pattern.

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



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