



WINTER Freestyle Training Work Sessions

FEBRUARY 27 thru MARCH 31

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING TRAINING SESSIONS					
<u>Feb. 27-March 27</u>	<u>Feb. 28-March 28</u>	<u>March 1—29</u>	<u>March 2—30</u>	<u>March 3—31</u>	<u>March 4—25</u>
	<u>MU</u> 6:00-7:00 am	6:00—7:00 am	6:00—7:00 am		
	* 6:00—7:30 am	* 6:00—7:30 am	* 6:00—7:30 am	<u>MU</u> 6:00-7:00 am	
	<u>MU</u> 7:00-8:00 am	<u>MU</u> 7:00-8:00 am	7:00—8:00 am	* 6:00—7:30 am	
	8:00—9:00 am	8:00—9:00 am	8:00—9:00 am	<u>MU</u> 7:00-8:00 am	
AFTERNOON TRAINING SESSIONS					
					MARCH 4 Session ADDED BACK
	<u>MU</u> 2:30-3:30 pm	<u>MU</u> 2:15-3:15 pm	<u>MU</u> 1:30-2:30 pm	2:15—3:15 pm	11:30am-12:30pm
	<u>MU</u> 3:30-4:30 pm	<u>MU</u> 3:15-4:15 pm	<u>MU</u> 2:30-3:30 pm	* 3:15—4:45 pm	12:30—1:30 pm
<u>MU</u> 2:15-3:15 pm	<u>MU</u> 4:30-5:30 pm	<u>MU</u> * 3:45-5:15 pm	<u>MU</u> 3:30-4:30 pm	3:45—4:45 pm	
<u>MU</u> 3:15-4:15 pm	<u>ICE RESURFACE</u>	<u>MU</u> 4:15-5:15 pm	<u>ICE RESURFACE</u>		
4:15-5:15 pm	5:45—6:45 pm		4:45—5:45 pm		

FREESTYLE INFORMATION & GUIDELINES:

COST: \$15 for each 1 hour session (NO discount for multiple sessions) * \$20 for designated 1 1/2 hour sessions

- A complete listing of the Freestyle etiquette is printed on the back.
- At **NO TIME**, can ice time be split between 2 sessions. **NO EXCEPTIONS!**
- **CELL PHONES** are not to be propped up on the dasher boards for skaters to video themselves.
- **ALL SKATERS** must sign in the freestyle log book in the Pro Shop, before entering the ice
- **NO FOOD or SNACKS** permitted in the HOCKEY BOXES or on the ICE
- **GROUPS of SKATERS** should not be standing at the boards socializing, socialize off the ice.
Please take in consideration other skaters practicing programs, moves in field and dance patterns.
- **MU Sessions**—Open to all skaters—However, synchro skaters, pairs & dance partners can practice (connected & disconnected) without being in a lesson. For the safety & consideration of other skates, 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**—Open to all skaters— However, synchro skaters, pairs & dance partners **MUST BE in a private lesson** to practice their program together or patterns connected or disconnected. Skaters who are not in a lesson, may practice their program individually and not as a set of two skaters.



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Thank you for adhering to the freestyle guidelines!