



2021 APRIL 14 thru JUNE 19 FREESTYLE Training Work Sessions



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

Freestyle Training Sessions are subject to change!

REVISED 4-14-21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING TRAINING SESSIONS					
<u>Mar 29—Jun 14</u>	<u>Mar 30—Jun 15</u>	<u>Mar 31—Jun 16</u>	<u>Mar 25—Jun 17</u>	<u>Mar 26—Jun 18</u>	<u>Mar 27—Jun 19</u>
	6:00—7:00 am	NEW Wed. Morning Times	6:00—7:00 am		
	7:00—8:00 am	6:00—7:00 am	7:00—8:00 am		
		7:00—8:00 am	8:00—9:00 am		
		8:00—9:00 am			
PRE-REGISTRATION is suggested for all sessions with a credit card or use of bronze card					
AFTERNOON TRAINING SESSIONS					
1:45-2:45 pm	1:45-2:45 pm			1:00-2:00 pm	12:30-1:30 pm
3:00-4:00 pm	3:00-4:00 pm	2:15-3:15 pm	2:15-3:15 pm	2:30-3:30 pm	MAY 29 ONLY 11 am—12 pm 12:30—1:30 pm
4:15-5:15 pm	4:30-5:30 pm	3:30-4:30 pm	3:30-4:30 pm	3:45-4:45 pm	
	5:45-6:45 pm	May 26 Additional 2 hours added 4:45—5:45 pm 6:00—7:00 pm	4:45-5:45 pm		

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

- **ONLY 1 PARENT** allowed in the building to watch their skater. **PLEASE NO SIBLINGS**
- **ALL SKATERS** are asked not to enter the building no earlier than 10 minutes prior to their skate session time
- **ALL SKATERS** should enter the building already dressed to take the ice
- **Please avoid bringing in your skate bags at all times**
- At **NO TIME**, can a 1 hour of ice time be split between 2 sessions. **NO EXCEPTIONS!**
- **Skaters** in private lessons have first priority on all sessions
- Pre-registration is suggested for all sessions by calling the Pro Shop or emailing k.orndorff@comcast.net
- **Pre-Paid skaters must still sign in the log book**
- Limited spaces available for each session, excluding coaches
- Tissues need to be placed in a trash can. **DO NOT THROW ON THE FLOOR.**
- If your tissues land on any floor surface, **PLEASE** pick up and put in trash can.
- Practice the 6' distancing guideline off and on the ice
- **SOCIAL GATHERINGS off and on the ice are prohibited**
- Each session has its own log sheet. Once available spaces are filled, there will be no overflow permitted
- **Protective mask or face covering** must be worn when entering the building, warming area and entering the ice
- **Protective mask or covering** may be removed or lowered while on the ice
- **ALL SKATERS/PARENTS/COACHES must exit the building after each session is over**
- **NO** personal belongings, including kiss & cry bags, permitted in the hockey boxes or on the dasher board ledges



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