

2021 JAN. — FEB. FREESTYLE Training Sessions



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



Freestyle Training Sessions are subject to changes!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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MORNING TRAINING SESSIONS

Jan. 4—Feb. 22	Jan. 5—Feb. 23	Jan. 5—Feb. 24	Jan. 6—Feb. 25	Jan. 1—Feb. 26	Jan. 2—Feb. 27
<p>Jan 18 & Feb 15 ONLY — RINK 2</p> <p>7:30—8:30 am</p> <p>8:45—9:45 am</p>	7:30—8:30 am	7:30—8:30 am 8:45—9:45 am	<p>RINK 2</p> <p>7:30—8:30 am</p> <p>8:45—9:45 am</p>	<p>Jan. 1 ONLY RINK 2</p> <p>10:00—11:00 am</p> <p>11:15am-12:15pm</p> <p>12:30—1:30 pm</p>	<p>Jan. 2 ONLY</p> <p>8:00—9:00 am</p> <p>9:15—10:15 am</p>

PRE-REGISTRATION is required 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	Jan 2 & Feb 27 NO afternoon session
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	<p>Feb. 24 ONLY</p> <p>Additional 1 hour added</p> <p>4:45—5:45 pm</p>	4:45-5:45 pm		

NEW 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-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 is 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
- **Protective mask or face covering** must be placed in a plastic sandwich bag and kept on your possession at all times
- **ALL SKATERS** must exit the building within 10 minutes after the session is over
- **NO** personal belongings, including kiss & cry bags, permitted in the hockey boxes or on the dasher board ledges
- **NO OUTSIDE MEALS PERMITTED.**



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