

2022 FALL FREESTYLE Training Sessions

AUGUST 15 thru DECEMBER 17

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

Freestyle Training Sessions are subject to change!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING TRAINING SESSIONS					
<u>Aug 15—Dec 12</u>	<u>Aug 16—Dec 13</u>	<u>Aug 17—Dec 14</u>	<u>Aug 18—Dec 15</u>	<u>Aug 19—Dec 16</u>	<u>Aug 20—Dec 17</u>
NO morning session	<u>MU</u> 6:00-7:00 am	6:00—7:00 am	6:00—7:00 am	<u>MU</u> 6:00-7:00 am	
	* 6:00—7:30 am	* 6:00—7:30 am	* 6:00—7:30 am	* 6:00—7:30 am	
AUG. 15 Only	<u>MU</u> 7:00-8:00 am	<u>MU</u> 7:00-8:00 am	7:00—8:00 am	<u>MU</u> 7:00-8:00 am	
<u>MU</u> 2:45-3:45 pm <u>MU</u> 3:45-4:45 pm 5:00—6:00 pm *5:00—6:30 pm 5:30—6:30 pm	8:00—9:00 am	8:00—9:00 am	8:00—9:00 am	SEPT. 16 Rink 2	
AFTERNOON TRAINING SESSIONS					
AUG. 22 Only	AUG. 16 Only		CLOSED Nov. 24 	NO Sessions Nov. 25  Silver Sticks Tournament	NO Sessions Nov. 26  Silver Sticks Tournament
<u>MU</u> 2:45-3:45 pm <u>MU</u> 3:45-4:45 pm 4:45—5:45 pm	<u>MU</u> 2:45-3:45 pm <u>MU</u> 3:45-4:45 pm 5:00—6:00 pm *5:00—6:30 pm 5:30—6:30 pm				
SEPT. 5 1:00-3:00 ONLY LABOR DAY	<u>Aug 23—Dec 13</u>				
	<u>MU</u> 2:30-3:30 pm <u>MU</u> 3:30-4:30 pm	<u>MU</u> 2:15-3:15 pm <u>MU</u> 3:15-4:15 pm	<u>MU</u> 1:30-2:30 pm <u>MU</u> 2:30-3:30 pm	2:15—3:15 pm * 3:15—4:45 pm	11:30am-12:30pm 12:30-1:30 pm
<u>Aug 29—Dec 12</u>	<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> 2:15-3:15 pm <u>MU</u> 3:15-4:15 pm 4:15—5:15 pm	ICE RESURFACE 5:45—6:45 pm	<u>MU</u> 4:15-5:15 pm	ICE RESURFACE 4:45—5:45 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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