

# SPRING Freestyle Training Work Sessions

## APRIL 1 — JUNE 3

**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
<b>MORNING TRAINING SESSIONS</b>					
<u>Apr. 3 - May 29</u>	<u>Apr. 4 - May 30</u>	<u>Apr. 5 - May 31</u>	<u>Apr. 6 - June 1</u>	<u>Apr. 7 - June 2</u>	<u>Apr. 1 - June 3</u>
<b>APRIL 10 ONLY!</b>	<b>MU</b> 6:00-7:00 am	6:00—7:00 am	6:00—7:00 am	<b>MU</b> 6:00-7:00 am	
7:00—8:00 am	*6:00—7:30 am	*6:00—7:30 am	*6:00—7:30 am	*6:00—7:30 am	
8:00—9:00 am	<b>MU</b> 7:00-8:00 am	<b>MU</b> 7:00-8:00 am	7:00—8:00 am	<b>MU</b> 7:00-8:00 am	
	8:00—9:00 am	8:00—9:00 am	8:00—9:00 am		
<b>AFTERNOON TRAINING SESSIONS</b>					
<b>MAY 29 ONLY!</b>					
1:00—2:00 pm	<b>MU</b> 2:30-3:30 pm	<b>MU</b> 2:15-3:15 pm	<b>MU</b> 1:30-2:30 pm	2:15—3:15 pm	11:30am-12:30pm
2:00—3:00 pm	<b>MU</b> 3:30-4:30 pm	<b>MU</b> 3:15-4:15 pm	<b>MU</b> 2:30-3:30 pm	*3:15—4:45 pm	12:30—1:30 pm
<b>NO 2:15—5:15</b>	<b>MU</b> 4:30-5:30 pm	<b>MU*</b> 3:45-5:15 pm	<b>MU</b> 3:30-4:30 pm	3:45—4:45 pm	<b>STARTING June 3</b>
<b>MU</b> 2:15-3:15 pm	<b>ICE RESURFACE</b>	<b>MU</b> 4:15-5:15 pm	<b>ICE RESURFACE</b>		<b>MU</b> 10:45-11:45am
<b>MU</b> 3:15-4:15 pm	5:45—6:45 pm	<b>MAY 24 ONLY</b>	4:45—5:45 pm		11:45am-12:45pm
4:15-5:15 pm		<b>ADDED SESSIONS</b>			12:45—1:45 pm
		5:15—6:15 pm			
		*5:15—6:45 pm			
		5:45—6:45 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.



*Thank you for adhering to the freestyle guidelines!*