

SPRING Freestyle Training Work Sessions

APRIL 1 — JUNE 8

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

Freestyle Training Sessions are subject to changes!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Apr. 1- June 3</u>	<u>Apr. 9- June 4</u>	<u>Apr. 10-June 5</u>	<u>Apr. 11-June 6</u>	<u>Apr. 12-June 7</u>	<u>Apr. 6-June 1</u>
	<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	11:00am-12:00pm
	*6:00—7:30 am	*6:00—7:30 am	*6:00—7:30 am	*6:00—7:30 am	NO Freestyle or Moves in field
	<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	Starting June 8
	8:00—9:00 am	8:00—9:00 am	8:00—9:00 am	8:00—9:00 am	NEW TIME
FCPS SPRING BREAK MORNING SESSIONS					
<u>APRIL 1</u>	<u>APRIL 2</u>	<u>APRIL 3</u>	<u>APRIL 4</u>	<u>APRIL 5</u>	
7:30-8:30 am 8:30-9:30 am 9:30-10:30 am	6:00-7:00 am 7:00-8:00 am 8:00-9:00 am 9:00-10:00 am	6:00-7:00 am 7:00-8:00 am 8:00-9:00 am	6:00-7:00 am 7:00-8:00 am 8:00-9:00 am 9:00-10:00 am	FFSC Test Session NO MORNING SESSIONS	10:45-11:45 am
AFTERNOON TRAINING SESSIONS					
	<u>MU</u> 2:30-3:30 pm	<u>MU</u> 2:15-3:15 pm	<u>MU</u> 2:30-3:30 pm	2:15—3:15 pm	12:00—1:00pm
	<u>MU</u> 3:30-4:30 pm	<u>MU</u> 3:15-4:15 pm	<u>MU</u> 3:30-4:30 pm	Freestyle + Moves ONLY 3:15—4:45	12:00—1:30 pm
<u>MU</u> 2:15-3:15 pm	<u>MU</u> 4:30-5:30 pm	4:15-5:15 pm	<u>ICE RESURFACE</u>	*3:15—4:45 pm	Starting June 8
<u>MU</u> 3:15-4:15 pm	<u>ICE RESURFACE</u>		4:45—5:45 pm	3:45—4:45 pm	NEW TIME
4:15-5:15 pm	5:45—6:45 pm				11:45-12:45 pm 12:45-1:45 pm
	APRIL 2 ONLY NO 5:45 session				

FREESTYLE INFORMATION & GUIDELINES: [A complete listing of the Freestyle etiquette is printed on the back.](#)

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

- 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!
- NO FOOD permitted in the HOCKEY BOXES or on the ICE. NO DRINKS permitted in to go cups. (Dunkin, Starbucks, Panera)
- NO PHONES or OTHER LISTENING/RECORDING DEVICES are allowed on the ice or propped on the boards.
- ALL PROGRAM MUSIC is limited to 2 plays per 1/2 hour, lesson or not. Skaters in a lesson have priority. Stopping music at any point before completed will count as 1 play. NO EXCEPTIONS!

DANCE, SYNCHRO, PAIRS & THEATRE on ICE Saturday Practice Session— Open to all Dance, Synchro, Pairs and TOI skaters. Only 2 skaters of the same synchro team or TOI team level may skate together. NO FREESTYLE OR MOVES IN FIELD permitted on this session.

FREESTYLE and MOVES in the FIELD Friday Practice Session— Open to all skaters working on their freestyle skills, freestyle programs and moves in the field. NO DANCE, SYNCHRO, PAIRS or TOI permitted on this session.

- **MU Sessions**—Open to all skaters—However, only 2 synchro skaters of the same team, pairs & dance partners can practice (connected & disconnected) to music without being in a lesson. For the safety & consideration of other skaters, only 1 set of two skaters can be in program or pattern at one time. Skaters in private lesson will have priority.
- **ALL OTHER Sessions**—Open to all skaters— However, synchro, pairs, dance and TOI skaters **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. NO SHADOWING PERMITTED!