

Freestyle Skating Schedule

FS - Freestyle Session (60 minutes)\$5.00

Designated for skaters training on their skating skills, jumps, choreography, dance or MITF. No more than two skaters per coach during a private lesson.

FS/SYNC - Freestyle Synchro Session (60 minutes)\$5.00

Synchronized skating is allowed during these sessions. All skaters must pay the \$5.00 fee.

FS/GR-Freestyle Group Session (60 minutes)\$5.00

More than 2 skaters per coach during a private lesson is allowed.

PS - Power Stroking (30 minutes)\$3.00

30 minute instructional class designed to improve power and edge control.

CI - Club Ice *Must be club member



All skaters and coaches must pay and check in at the front office prior to entering the ice.

Please see reverse side for the Freestyle Rules.

Coach fee is \$5.00 per session (per hour) or \$120.00 per month. Must be a licensed coach with Salt Lake County.

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 FS 4:15-5:15 pm FS 5:30-6:30 pm	2 NONE
3 NONE	4 NONE	5 FS 4:15-5:15 pm	6 FS 4:15-5:15 pm CI 5:30-6:30 pm	7 FS 4:15-5:15 pm	8 FS 4:15-5:15 pm	9 NONE
10 NONE	11 FS 4:15-5:15 pm	12 NONE	13 FS 4:15-5:15 pm CI 5:30-6:30 pm	14 FS 4:15-5:15 pm	15 FS 4:15-5:15 pm	16 FS 4:30-5:30 pm
17 NONE	18 FS 4:15-5:15 pm	19 FS 4:15-5:15 pm	20 FS 4:15-5:15 pm CI 5:30-6:30 pm	21 FS 4:15-5:15 pm	22 FS 4:15-5:15 pm	23 FS 4:30-5:30 pm
24 NONE	25 FS 4:15-5:15 pm	26 FS 4:15-5:15 pm	27 FS 4:15-5:15 pm CI 5:30-6:30 pm	28 FS 4:15-5:15 pm	29 FS 4:15-5:15 pm	30 FS 4:30-5:30 pm



For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or abowen@slco.org.



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