

## 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.

## November 2017

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



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



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