

## 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.

## December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> FS 4:15-5:15 pm FS 5:15-6:15 pm	<b>2</b> NONE
<b>3</b> NONE	<b>4</b> FS 4:15-5:15 pm	<b>5</b> FS 4:15-5:15 pm	<b>6</b> FS 4:15-5:15 pm	<b>7</b> FS 4:15-5:15 pm	<b>8</b> FS 4:15-5:15 pm	<b>9</b> NONE
<b>10</b> NONE	<b>11</b> FS 4:15-5:15 pm	<b>12</b> FS 4:15-5:15 pm	<b>13</b> FS 4:15-5:15 pm CI 5:30-6:30 pm	<b>14</b> FS 4:15-5:15 pm	<b>15</b> FS 4:15-5:15 pm	<b>16</b> NONE
<b>17</b> NONE	<b>18</b> FS 4:15-5:15 pm	<b>19</b> FS 4:15-5:15 pm	<b>20</b> FS 4:15-5:15 pm CI 5:30-6:30 pm	<b>21</b> FS 4:15-5:15 pm FS 5:30-6:30 pm	<b>22</b> FS 4:15-5:15 pm	<b>23</b> FS 4:30-5:30 pm
<b>24</b> NONE	<b>25</b> NONE	<b>26</b> FS 4:15-5:15 pm	<b>27</b> FS 4:15-5:15 pm CI 5:30-6:30 pm	<b>28</b> NONE	<b>29</b> FS 4:15-5:15 pm	<b>30</b> FS 3:30-4:30 pm
<b>31</b> NONE						



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



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