

## 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.

### June 2018 REV. 5-29

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <b>ICE OUT</b>	4 <b>ICE OUT</b>	5 <b>ICE OUT</b>	6 <b>ICE OUT</b>	7 <b>ICE OUT</b>	8 <b>ICE OUT</b>	9 FS/GR 8:45-9:45 am FS 10:00-11:00 am
10 FS 9:00-10:00 am	11 FS 12:00-1:00 pm FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	12 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	13 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	14 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	15 FS 12:00-1:00 pm FS 1:00-2:00 pm FS 4:15-5:15 pm	16 FS 8:45-9:45 am FS 10:00-11:00 am
17 FS 9:00-10:00 am	18 FS 12:00-1:00 pm FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	19 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	20 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 3:15-4:15 pm FS 4:15-5:15 pm	21 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	22 FS 12:00-1:00 pm FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	23 FS/GR 11:30-12:30pm FS 12:45-1:45 pm
24 FS 8:45-9:45 am	25 FS 12:00-1:00 pm FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	26 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	27 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 3:15-4:15 pm FS 4:15-5:15 pm	28 FS/GR 6:45-7:45 am FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm	29 FS 12:00-1:00 pm FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	30 FS/GR 8:45-9:45 am FS 10:00-11:00 am



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



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