

## 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.



## July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> FS 9:00-10:00 am	<b>2</b> FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	<b>3</b> 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	<b>4</b> <b>CLOSED</b> 	<b>5</b> 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	<b>6</b> FS 7:45-8:45 am FS 9:00-10:00 am FS 3:15-4:15 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	<b>7</b> FS/GR 8:45-9:45 am FS/GR 10:00-11:00 am
<b>8</b> FS 9:00-10:00 am	<b>9</b> 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 FS 5:30-6:30 pm	<b>10</b> 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	<b>11</b> 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	<b>12</b> 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	<b>13</b> 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 FS 5:30-6:30 pm	<b>14</b> FS/GR 8:45-9:45 am
<b>15</b> FS 8:45-9:45 am	<b>16</b> 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 FS 5:30-6:30 pm	<b>17</b> 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	<b>18</b> 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	<b>19</b> 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	<b>20</b> 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 FS 5:30-6:30 pm	<b>21</b> FS/GR 8:45-9:45 am FS/GR 10:00-11:00 am
<b>22</b> FS 9:00-10:00 am	<b>23</b> FS 12:00-1:00 am FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	<b>24</b> <b>NONE</b>	<b>25</b> 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	<b>26</b> 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 FS 5:30-6:30 pm	<b>27</b> FS 12:00-1:00 am FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	<b>28</b> FS/GR 8:45-9:45 am FS/GR 10:00-11:00 am
<b>29</b> FS 8:45-9:45 am	<b>30</b> FS 12:00-1:00 am FS 1:00-2:00 pm FS 4:15-5:15 pm FS 5:30-6:30 pm	<b>31</b> 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				



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



Find us on Facebook