

# Freestyle Skating Schedule

From August 24th 2009 to June 7th 2010 (Schedule is subject to change)

<u>Code</u>	<u>West Rink</u>	<u>Pre-Pay</u>	<u>Drop-In</u>
OF	6:30 – 7:30 am Open Freestyle (M-F)	\$5.50	\$6.00
OF	7:45 – 8:45 am Open Freestyle (M-F)	\$5.50	\$6.00
OF	11:30 – 12:30 pm Open Freestyle (M-F)	\$5.50	\$6.00
OF	12:45 – 1:45 pm Open Freestyle (M-F)	\$5.50	\$6.00
OF	2:00 – 3:00 pm Open Freestyle (M-F)	\$5.50	\$6.00
OF	3:15 – 4:15 pm Open Freestyle (M-F)	\$5.50	\$6.00
*LF	4:15 – 5:15 pm Low Test Freestyle (M-F)	\$5.50	\$6.00
OF	10:30 – 11:30 am Open Freestyle (Sun)	\$5.50	\$6.00
OF	11:45-12:45 pm Open Freestyle (Sun)	\$5.50	\$6.00

<u>Code</u>	<u>East Rink</u>	<u>Pre-Pay</u>	<u>Drop-In</u>
*HF	4:15 – 5:15 pm High Test Freestyle (M-F)	\$5.50	\$6.00
OF	5:15 – 6:15 pm Open Freestyle (Wednesday)	\$5.50	\$6.00
	5:30 – 6:30 pm Open Test Club Ice Session (M)	<b>**SLFSC Club Ice**</b>	
	5:30 – 6:30 pm Open Freestyle (Friday)	\$5.50	\$6.00
OF	7:00 – 8:00 am Open Freestyle (Sa)	\$5.50	\$6.00
*OF	8:00 – 9:00 am Open Freestyle (Sa)	\$5.50	\$6.00

**\*No Ice Resurface Before the 4:15 – 5:15 pm Low Test Freestyle (M-F)\***

**\*No Ice Resurface Before the 8:00 - 9:00 am Open Freestyle (Sa)\***

## Definitions

**Drop-In (the day of):** is when you register the day of the freestyle session. The cost is **\$6.00** per session.. There will be **NO SWITCHING OR REFUNDS** on sessions once they have been reserved.

**Reservations (prior to the day of):** is when you register any day **prior** to the day of the freestyle session. The cost is **\$5.50** per session. There will be **NO SWITCHING OR REFUNDS** on sessions once they have been reserved.

**High Test (HF):** Intermediate Freestyle through Senior Freestyle.

**Low Test (LF):** Non-Test Freestyle through Juvenile Freestyle.



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# Freestyle Ice Etiquette

*Defiance of the following policies may result in removal from current and future sessions.  
In the event of such action, there will be no refund for credit for lost sessions.*

1. Skaters are required to check in with ice monitor before stepping on the ice.
2. The Skater **"In Program"** has the right of way.
3. It is the responsibility of everyone to be aware of the skater **"In Program."** When a skater is **"In Program"** they may say, **"excuse me"** if another skater is in their way.
4. Low-test skaters must be cautious and aware of High-test Skaters and their jumping patterns. High-test Skaters must also be cautious and aware of Low-test Skaters.
5. Food and/or drink are not permitted on the ice (exception – plastic water bottles).
6. It is the responsibility of all skaters to keep the ice area clean. Remove all belongings (tissue, water bottles, gloves, etc.) before exiting the ice.
7. There is to be no stopping or standing on the ice except against the boards. This includes stopping to "speak" with people in the viewing area. You may leave the ice if you need to adjust equipment.
8. Skaters are not allowed to work or be coached in groups of three (3) or more.
9. Coaching must be done from the side except in the case of dance, choreography, demonstrating jumps or spins, and when a coach must monitor the skating safety of a beginner.
  - **Rule: Guest Coaches** must coach from the side during a busy session.
10. Parents are restricted to bleachers at all times. Any parent observed instructing a skater (including using gestures from the viewing area) may result in the removal of that parent and skater from current and future sessions.
11. Headphones are **prohibited** on the ice except for professionals working on choreography.
12. Music will be played in the order in which it is placed in the box. Programs will be played once per session or until all skaters have had their music played. All programs will be played all the way through. There will be no stopping and starting unless no other skaters are waiting to play their music. Place your music in "L" if you are in a lesson or "S" if you are a skater wanting to practice your program.
13. During a lesson, coaches have the right to cut into the music line-up.
  - **Rule:** Not more than one in-lesson programs may bump any one skater at a time.
14. All corners of the arena are considered to be the "Lutz" zones. There is to be no spinning or practicing of crossovers in those areas (exception – skater "In Program"). Keep all spins to the center of the ice.
15. **Kicking the ice or the boards, shouting, foul language or arguing with other skaters or coaches will not be tolerated.**
16. At the end of sessions, the Skaters will leave the ice promptly.
17. Coaches designated as **"Professionals," "Associate Professionals"** and **"Center Professionals"** are **not** permitted to coach or teach lessons on any Public Sessions except under the following conditions.
  - The skater is being taught basic skills consistent with U.S. Figure Skating Association Basic Skills Levels: Basic 1-8, Adult 1-4, Freeskate 1-4 & Choreography (**jumps and spins are only allowed in the middle of the rink as described below**).
  - The skater is learning hockey skating skills.
  - The skater is learning Dance or Moves in the field.
  - **Rule: Guest Coaches** are not allowed to teach on any Public Sessions.

*If a skater is being taught one of the skills as described above, the following rules must be followed while coaching or teaching lessons on a Public Skate session:*

- *Skaters and coaches must adhere to the "Public Skating Rules" posted in the Skate Rental lobby.*
- *While coaching or skating on a public skating session, if any Public skaters are present on the session, coaches must stay in the center of the ice (**from blue line to blue line and from red dots to red dots**). Going outside the center of the rink is permitted if the student and coach stay with the flow of the public skate. Cutting across the ice or going in the opposite direction of the skating flow is not allowed.*
- *Jumps and spins are restricted to the center of the ice only. High-speed maneuvers are not allowed on public skate sessions.*

Public Skate sessions are designed for the general public for recreational skating. These sessions are not intended to act as extra freestyle sessions for competitive ice training.