

FS FREESTYLE SESSIONS SCHEDULE

MONDAY, AUGUST 12TH - FRIDAY, AUGUST 16TH 2024

MONDAY 8/12

BLUE RINK	
7:15-8:00AM	FSO
8:00-8:45AM	FSO
8:45-9:30AM	JUV-SEN FS
<i>ICE MAKE 9:30-9:45AM</i>	
9:45-10:30AM	JUV-SEN FS
10:30-11:15AM	Prel-SEN FS
<i>ICE MAKE 11:15-11:30AM</i>	
11:30-12:15PM	Prel-SEN FS
12:15-1:00PM	Prel-SEN FS
1:00-1:45PM	PrePre-SEN FS
<i>ICE MAKE 1:45-2:00PM</i>	
2:00-3:00PM	FSO/B/D/A
3:00-4:00PM	FSO/B/D/A
4:00-5:00PM	FSO/B/D/A

TUESDAY 8/13

BLUE RINK	
7:15-8:00AM	FSO
8:00-8:45AM	FSO
8:45-9:30AM	JUV-SEN FS
<i>ICE MAKE 9:30-9:45AM</i>	
9:45-10:30AM	JUV-SEN FS
10:30-11:15AM	Prel-SEN FS
<i>ICE MAKE 11:15-11:30AM</i>	
11:30-12:15PM	Prel-SEN FS
12:15-1:00PM	Prel-SEN FS
1:00-1:45PM	PrePre-SEN FS

WEDNESDAY 8/14

BLUE RINK	
6:15-7:00AM	FSO
7:00-7:45AM	FSO
7:45-8:30AM	FSO
<i>BREAK ICE MAKE</i>	
1:00-1:45PM	JUV-SEN FS
1:45-2:30PM	JUV-SEN FS
2:30-3:15PM	JUV-SEN FS
<i>ICE MAKE 3:15-3:30PM</i>	
3:30-4:15PM	Prel-SEN FS
4:15-5:00PM	Prel-SEN FS

THURSDAY 8/15

BLUE RINK	
6:15-7:00AM	FSO
7:00-7:45AM	FSO
7:45-8:30AM	FSO
<i>BREAK ICE MAKE</i>	
1:00-1:45PM	JUV-SEN FS
1:45-2:30PM	JUV-SEN FS
2:30-3:15PM	JUV-SEN FS
3:15-4:00PM	Prel-SEN FS

FRIDAY 8/16

BLUE RINK	
6:15-7:00AM	FSO
7:00-7:45AM	FSO
7:45-8:30AM	FSO
<i>BREAK ICE MAKE</i>	
1:00-2:00PM	Prel-SEN FS
2:00-3:00PM	Prel-SEN FS
3:00-3:45PM	Prel-SEN FS
3:45-4:45PM	Prel-SEN FS

RED RINK	
11:45-12:45PM	FSO/B/D/A
12:45-1:45PM	FSO/B/D/A

RED RINK	
12:45-1:45PM	FSO/B/D/A
1:45-2:45PM	FSO/B/D/A
<i>ICE MAKE 2:45-3:00PM</i>	
3:00-4:00PM	FSO/B/D/A
4:00-4:45PM	FSO/B

RED RINK	
12:30-1:30PM	FSO/B/D/A
1:30-2:30PM	FSO/B/D/A
<i>ICE MAKE 2:30-2:45PM</i>	
2:45-3:45PM	FSO/B/D/A
3:45-4:45PM	FSO/B/D/A

GREEN RINK	
12:45-1:45PM	FSO/B/D/A
1:45-2:45PM	FSO/B/D/A
<i>ICE MAKE 2:45-3:00PM</i>	
3:00-4:00PM	FSO/B/D/A
4:00-5:00PM	FSO/B
5:00-6:00PM	FSO/B

RED RINK	
12:30-1:30PM	FSO/B/D/A
1:30-2:30PM	FSO/B/D/A
<i>ICE MAKE 2:30-2:45PM</i>	
2:45-3:45PM	FSO/B/D/A
3:45-4:45PM	FSO/B/D/A

LEVEL BREAKDOWN	
O ~ Open: Freestyle 4-Senior	PrePre-SEN ~ PrePreliminary-Senior
B ~ Beginner: Snowplow Sam 2-Freestyle 4	INT-SEN ~ Intermediate-Senior
D ~ Ice Dance	JUV-SEN ~ Juvenile-Senior
A ~ Adults	Prel-SEN ~ Preliminary-Senior

SELECT SESSION TYPE OPTIONS
(use the below options when purchasing sessions)
FSO/B/D/A - 60 MIN
FSO/B - 45 MIN
FSO/B - 60 MIN
FSO - 45 MIN
PREPRE-SEN FS - 45 MIN
JUV-SEN FS - 45 MIN
PREL-SEN FS - 45 MIN
PREL-SEN FS - 60 MIN