

# FS FREESTYLE SESSIONS SCHEDULE

## MONDAY, AUGUST 5TH - FRIDAY, AUGUST 9TH 2024

### MONDAY 8/5

BLUE RINK	
7:15-8:00AM	FSO
8:00-8:45AM	FSO
8:45-9:30AM	INT-SEN FS
<i>ICE MAKE 9:30-9:45AM</i>	
9:45-10:30AM	INT-SEN FS
10:30-11:15AM	Prel-SEN FS
<i>ICE MAKE 11:15-11:30AM</i>	
11:30-12:15PM	JUV-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 8/6

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

### WEDNESDAY 8/7

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

### THURSDAY 8/8

BLUE RINK	
7:15-8:00AM	FSO
8:00-8:45AM	FSO
8:45-9:30AM	INT-SEN FS
<i>ICE MAKE 9:30-9:45AM</i>	
9:45-10:30AM	INT-SEN FS
10:30-11:15AM	Prel-SEN FS
<i>ICE MAKE 11:15-11:30AM</i>	
11:30-12:15PM	JUV-SEN FS
12:15-1:00PM	Prel-SEN FS
1:00-1:45PM	PrePre-SEN FS
2:00-4:00PM	EXHIBITIONS *

### FRIDAY 8/9

RED RINK	
9:00-9:45AM	JUV-SEN FS
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	FSO

**\* EXHIBITION ICE**  
 Registration opens on Monday at 10:00am online for the current week to perform one program in the exhibition. Cost is \$12.75 and it is first come-first serve. Space is limited. \* This will be the last one!

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

RED RINK	
11:30-12:30PM	FSO/B/D/A
12:30-1:30PM	FSO/B/D/A
<i>ICE MAKE 1:30-1:45PM</i>	
1:45-2:45PM	FSO/B/D/A
2:45-3:45PM	FSO/B/D/A
3:45-4:45PM	FSO/B/D/A

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

RED RINK	
11:30-12:30PM	FSO/B/D/A
12:30-1:30PM	FSO/B/D/A
<i>ICE MAKE 1:30-1:45PM</i>	
1:45-2:45PM	FSO/B/D/A
2:45-3:45PM	FSO/B/D/A
3:45-4:45PM	FSO/B/D/A

BLUE RINK	
RMFSC TEST SESSION	

1:45-2:45PM	FSO/B/D/A
2:45-3:45PM	FSO/B/D/A
3:45-4:45PM	FSO/B/D/A

**LEVEL BREAKDOWN**

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

**SELECT SESSION TYPE OPTIONS**

**FSO/B/D/A - 60 MIN**  
**FSO - 45 MIN**  
**PREL-SEN FS - 45 MIN**  
**PREPRE-SEN FS - 45 MIN**  
**INT-SEN FS - 45 MIN**  
**JUV-SEN FS - 45 MIN**  
**EXHIBITION ICE**