



## 2024-2025 Freestyle SCHEDULE

# September 5, 2024 – June 28, 2025

### MONDAY – FRIDAY

#### RINK 1

5:55am-6:40am	NO TEST-SENIOR
6:40am-7:25am	NO TEST-SENIOR
7:25am-8:10am	NO TEST-SENIOR
8:20am-9:05am	NO TEST-SENIOR
9:05am-9:50am	NO TEST-SENIOR
10:00am-10:45am	NO TEST-SENIOR
10:45am-11:30am	NO TEST-SENIOR
11:40am--12:25pm	NO TEST-SENIOR
12:25pm-1:10pm	NO TEST-SENIOR
1:20pm-2:05pm	NO TEST-SENIOR
2:05pm-2:50pm	NO TEST-SENIOR
3:00pm-3:45pm	NO TEST-SENIOR
3:45pm-4:30pm	NO TEST-SENIOR
4:40pm-5:25pm	NO TEST- JUVENILE
5:25pm-6:10pm	NO TEST-SENIOR

#### RINK 2, 3 or 4 (check daily schedule)

10:30am-11:15am	ELITE SINGLES
11:15am-12:00pm	ELITE SINGLES
1:50pm-2:35pm	ELITE SINGLES
2:35pm-3:20pm	ELITE SINGLES
3:30pm-4:15pm	INTERMEDIATE-SENIOR
4:15pm-5:00pm	INTERMEDIATE-SENIOR
5:00PM-5:45PM	INTERMEDIATE-SENIOR

### SATURDAY

#### RINK 2, 3 or 4 (check daily schedule)

6:15am-7:00am	NO TEST-SENIOR
7:10am-7:55am	NO TEST-SENIOR
7:55am-8:40am	NO TEST-SENIOR
8:50am-9:35am	NO TEST-SENIOR
10:55am-11:40am	NO TEST-SENIOR
1:00pm-1:45pm	NO TEST-SENIOR
1:45pm-2:30pm	NO TEST-SENIOR
2:40pm-3:25pm	NO TEST-SENIOR
3:25pm-4:10pm	NO TEST-SENIOR

### SUNDAY

#### RINK 2, 3 or 4 (check daily schedule)

7:10am-7:55am	NO TEST-SENIOR
7:55am-8:40am	NO TEST-SENIOR
8:50am-9:35am	NO TEST-SENIOR
9:35am-10:20am	NO TEST-SENIOR
1:00pm-1:45pm	NO TEST-SENIOR
1:45pm-2:30pm	NO TEST-SENIOR

### PLEASE NOTE NEW POLICIES:

FREESTYLE:  
ELITE:

All sessions are restricted to skaters whose freestyle COMPETITIVE levels correspond to the session. Open to USA NATIONAL and Foreign INTERNATIONAL TEAM MEMBERS only. Prior approval from the Director is required. Non International skaters who can consistently land a minimum of 1 triple jump also qualify to skate these sessions (Prior approval from the Director of Skating is required).

FISH POLE HARNESS:

For the safety of all skaters and coaches we no longer can allow any moving fish pole harness lessons from 3:30-6:10pm Monday-Friday, from 7:55am to the end of the day on the weekends, or any session where there are more than 10 skaters on the ice at the same time. Fishpole harness lessons may be given ONLY by the boards with the coach remaining stationary.

PLEASE NOTE:

Skating Skills may be skated on any session corresponding to the skater's freestyle competition level. Solo Dance lessons are allowed on No Test-Senior sessions only