

FREE STYLE SCHEDULE: July 2023

30-minute Sessions (Dates & Times are Subject to Change)

Free Style: This is for Basic 3, Mite Hockey and above skaters/players or individuals taking private lessons with a coach.
 Skaters below basic 3 or hockey players below Mite level are NOT allowed to be on the ice unless they are in a lesson with a coach.
 Sticks and Pucks only allowed on Hockey Free Styles

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|---|
| UPDATED 6/27/23 |  | | | | | 1 Rink 1 8:30-10:00am |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Rink 1 11:45am-1:45pm (Hockey FS) | Rink 1 6:00-9:00am 9:15-11:15am 3:00-4:30pm 4:45-6:15pm Private Instruction 11:15-11:45am | Rink 1 6:00-9:00am 9:45-11:45am 3:00-5:00pm Power 9:15-9:45am | Rink 1 6:00-9:00am 9:45-11:45am 3:00-4:30pm 4:45-6:15pm Spins 9:15-9:45am | Rink 1 6:00-9:00am | Rink 1 6:00-7:30am | Rink 1 6:15-7:45am |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Rink 1 8:30am-10:30am (Hockey FS) | Rink 1 6:00-9:00am 9:15-11:15am 3:00-4:30pm 4:45-6:15pm Tiny Tots/Private Instruction 11:15-11:45am | Rink 1 6:00-9:00am 9:45-11:45am 3:00-4:30pm 4:45-6:15pm Power 9:15-9:45am | Rink 1 6:00-9:00am 9:45-11:45am 3:00-4:30pm 4:45-6:15pm Spins 9:15-9:45am | Rink 1 6:00-9:00am 9:15-11:45am | Rink 1 6:00-9:00am 9:15-11:45am 3:30-6:00pm | Rink 1 8:30-10:00am |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |
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