



# FREE STYLE SCHEDULE: JULY 2024

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
<b>UPDATED 6/27/24</b>	<b>1</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:45am 1:45pm-4:15pm 4:30pm-6:30pm	<b>2</b> <b>Rink 2</b> 6:00am-9:00am <b>Power-SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:15am 2:00pm-4:30pm 4:45pm-6:15pm	<b>3</b> <b>Rink 2</b> 6:00am-9:00am <b>Spins -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 1:45pm-4:45pm	<b>4</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:45am 1:45pm-4:45pm	<b>5</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:15am <b>Instructor Based -SSS</b> <b>11:15am – 11:45am</b> 3:15pm-4:45pm 5:00pm-7:00pm	<b>6</b> <b>Rink 2</b> 8:30am – 10:30am
<b>8</b> <b>Rink 2</b> <b>Hockey FS</b> 12:15pm – 1:45pm	<b>8</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:45am 1:45pm-4:15pm 4:30pm-6:00pm	<b>9</b> <b>Rink 2</b> 6:00am-9:00am <b>Power -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:15am 2:00pm-4:30pm 4:45pm-6:15pm	<b>10</b> <b>Rink 2</b> 6:00am-9:00am <b>Spins -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 1:45pm-4:45pm	<b>11</b> <b>Rink 2</b> 6:00am-9:00am 9:15am – 11:45am	<b>12</b> <b>Rink 2</b> 6:00am-7:30am	<b>13</b> <b>Rink 2</b> 6:15am – 7:45am
 <b>14</b>	<b>15</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:45am 1:45pm-4:15pm 4:30pm-6:00pm	<b>16</b> <b>Rink 2</b> 6:00am-9:00am <b>Power-SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:15am 2:00pm-4:30pm 4:45pm-6:15pm	<b>17</b> <b>Rink 2</b> 6:00am-9:00am <b>Spins -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 1:45pm-4:45pm	<b>18</b> <b>Rink 2</b> 6:00am-9:00am <b>Jumps -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 4:45pm-6:15pm	<b>19</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:15am <b>Instructor Based -SSS</b> <b>11:15am – 11:45am</b> 3:15pm-4:45pm 5:00pm-7:00pm	<b>20</b> <b>Rink 2</b> 8:30am – 10:30am
<b>21</b>	<b>22</b> <b>Rink 2</b> 6:00am-8:30am 1:45pm-4:15pm 4:30pm-6:00pm	<b>23</b> <b>Rink 2</b> 6:00am-9:00am <b>Power-SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:15am 2:00pm-4:30pm 4:45pm-6:15pm	<b>24</b> <b>Rink 2</b> 6:00am-9:00am <b>Spins -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 1:45pm-4:45pm	<b>25</b> <b>Rink 2</b> 6:00am-9:00am <b>Jumps -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 4:45pm-6:15pm	<b>26</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:15am <b>Instructor Based -SSS</b> <b>11:15am – 11:45am</b> 3:15pm-4:45pm 5:00pm-7:00pm	<b>27</b> <b>Rink 2</b> 8:30am – 10:00am
<b>28</b> <b>Rink 2</b> <b>Hockey FS</b> 12:15pm – 1:45pm	<b>29</b> <b>Rink 2</b> 6:00am-9:00am 9:15am-11:45am 1:45pm-4:15pm 4:30pm-6:00pm	<b>30</b> <b>Rink 2</b> 6:00am-9:00am <b>Power-SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:15am 2:00pm-4:30pm 4:45pm-6:15pm	<b>31</b> <b>Rink 2</b> 6:00am-9:00am <b>Spins -SSS</b> <b>9:15am – 9:45am</b> 9:45am-11:45am 1:45pm-4:45pm	<b>All Summer Skate School Classes are Listed in Bold and are an additional fee. Completely separate from Free Style</b>	<b>Summer Skate School Resident \$9.00 Non Resident \$11.50</b>	 <b>THE nelson CENTER</b> <i>Life's cooler here</i> <b>SPRINGFIELD PARK DISTRICT</b>