

FREE STYLE SCHEDULE: January 2022 (Revised: 1/11/22)

^ALL CURRENT COVID-19 RULES/GUIDELINES MUST BE FOLLOWED.^


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

Beginner F.S.: This is a Free Style session for Snowplow 1 to Basic 2 level skaters or individuals taking private lessons.

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

High F.S.: This is for Preliminary and above skaters.

Hockey F.S.: This is ONLY for Hockey players receiving private or group lessons. Coaches must schedule lessons with the Facility Program Supervisor. No more than 8 players per coach and a total of 4 coaches. Sticks & Pucks are allowed and coaches MUST work together in order to make sure each session is safe.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:30am-9:30am (R1) HOCKEY F.S. 9:45am-11:45am (R1)
2 No Free Style	3 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:00pm-4:30pm (R1)	4 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R1)	5 5:45am-7:45am (R1) 8:00am-9:00am (R1) 2:00pm-4:00pm (R2) 4:15pm-5:15pm (R2) 5:20pm-6:20pm (R1)	6 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R2)	7 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 1:45pm-3:45pm (R1) 4:00pm-6:30pm (R2)	8 5:45am-7:45am (R1) 8:30am-9:30am (R2)
9 No Free Style	10 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:00pm-4:30pm (R1)	11 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R1)	12 5:45am-7:45am (R1) 8:00am-9:00am (R1) 2:00pm-4:00pm (R2) 4:15pm-5:15pm (R2) 5:20pm-6:20pm (R1)	13 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R2)	14 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 1:45pm-3:45pm (R1) 4:00pm-6:30pm (R1)	15 5:45am-7:45am (R1) 8:00am-9:30am (R1)
16 No Free Style	17 5:45am-7:45am (R1) 8:00am-9:00am (R1) 2:00pm-4:30pm (R1)	18 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R1)	19 5:45am-7:45am (R1) 8:00am-9:00am (R1) 2:00pm-4:00pm (R2) 4:15pm-5:15pm (R2) 5:20pm-6:20pm (R1)	20 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R2)	21 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 1:45pm-3:45pm (R1) 4:00pm-6:30pm (R2)	22 5:45am-7:45am (R1) 8:30am-9:30am (R2)
23/30 No Free Style	24/31 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:00pm-4:30pm (R1)	25 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R1)	26 5:45am-7:45am (R1) 8:00am-9:00am (R1) 2:00pm-4:00pm (R2) 4:15pm-5:15pm (R2) 5:20pm-6:20pm (R1)	27 5:45am-7:45am (R1) 8:00am-9:00am (R1) 9:15am-10:15am (R2) 2:45pm-5:15pm (R2)	28* 5:45am-7:45am (R1) 8:00am-9:00am (R1) 1:45pm-3:45pm (R1) 4:00pm-6:30pm (R1)	29 5:45am-7:45am (R1) 8:30am-9:30am (R2)