

# Figure Skating Sessions

~ Drop-In Price Sheet ~

45 Minute Freestyle Session	\$12.25
60 Minute Freestyle Session	\$14.25
Power/Edge Class	\$12.75
Edge Class (15 min)	\$7.25
Performance/Flexibility Class	\$12.25
Jump/Spin Harness Class (30 min)	\$12.25
Jump/Spin Harness Class (45min)	\$13.25
Movement Class	\$13.25
Pilates Class	\$12.25

Figure Skaters who contract on our sessions receive a discounted rate.

Single session drop-ins or punch cards must be purchased at the Ice Centre Front Desk prior to getting on the ice.

The Ice Centre Front Desk opens at 9:00am Monday-Friday.

Please plan accordingly and call ahead for any early morning drop-in ice times that are needed.

## ~ Skaters Ice Etiquette. ~

- All skaters must have tested and passed the required level of the freestyle session they are skating on or have permission from the Figure Skating Director.
- Skaters are required to be contracted for the session they are skating or have proof of payment prior to skating on the session – a voucher, punch card or receipt purchased from the Ice Centre Front Desk.
- No food is permitted on the ice. Skaters may bring out water or a sports drink in a water bottle.
- iPods as well as any other musical device with ear pieces or headphones are prohibited on the ice.
- Music will be played one time for skaters who are contracted on the session, followed by the drop-in skaters in order of queue. Once everyone has had a chance to have their music played and the warm-up music is playing again, skaters will then have the opportunity to place their music in the queue to have their music played again.
- Coaches giving a lesson to a skater have the right to bump the next skater in line in order to have their skater's music played for the lesson.
- Skaters must wear sash provided when they are skating their program. This gives the recognition to all other skaters and coaches who is skating their program and that skater has the right of way. Skaters need to be aware at all times who is wearing the sash and move out of the way of the skater that is skating their program.
- Skaters need to be aware of traffic patterns on the ice. The lutz corners are to be left open for skaters moving around the rink and spinning is to be in the middle of the ice unless the skater is running their program or skating sections of their program.
- Appropriate and respectful behavior towards other skaters, coaches and freestyle monitors is expected while on the ice. Foul language, shouting, arguing, kicking of the ice, sitting on the ice/boards, etc. will not be tolerated.
- Skaters need to be attentive and focused while on the ice. Getting on and off the ice, talking with parents or any other disruptive behavior needs to be limited so the sessions are not interrupted.
- Skaters are required to wear their own skates and athletic attire must be worn. Jeans, cutoffs or hats are not allowed. Hair must be tied back if shoulder length or longer and hair clips and bobby pins in hair need to be secured for the safety of the skaters.
- When entering the ice, all skaters must skate along the barrier to keep in the safety of the other skaters.
- Standing or stopping on the ice is not permitted except when against the barrier. If equipment needs repaired, skater must go to the hockey box or off the ice to attend to their equipment.
- Skaters need to exit the ice promptly at the end of their session. We allow up to 5 minutes into the following session, but once the 5 minutes have passed, skaters will be charged an additional 15 minutes.
- All tissue must be discarded in trash cans.
- Skaters may have a cell phone at barrier as long as it is placed in a secure bag. Talking/texting on the phone must be done off the ice in the lobby area except for emergency situations.
- The newly remodeled Figure Skating Locker Room is available to *ALL* skaters in our figure skating program. We encourage all skaters to use the locker room for changing and putting skates on. Lockers are available to rent at \$10.00/month. We ask that the skaters help us keep the room clean and picked up

## ~ Parents ~

To make the freestyle sessions as productive for your skater as possible, we ask that you help us in refraining from the following:

- Coaching from bleacher doors, upper mezzanine or hockey boxes.
- Talking through the glass at your skater.
- Videotaping of skaters other than your own child as well as going over the video while the session is still going.
- Shouting or making loud comments.

Should you have any problems or concerns with a matter that is going on during your child's freestyle sessions, please direct those concerns first to your child's coach. If the matter does not get resolved from there, you may then contact the Figure Skating Director or Ice Centre Management.