

F R E E S T Y L E S C H E D U L E 2 0 2 3 - 2 0 2 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am-6:10am Freestyle - MIX	5:30am-6:10am Freestyle - MIX	5:30am-6:10am Freestyle - MIX	5:30am-6:10am Freestyle - MIX	5:10am-5:50am Freestyle - MIX
6:10am-6:50am Freestyle - MIX	6:10am-6:50am Freestyle - MIX	6:10am-6:50am Freestyle - MIX	6:10am-6:50am Freestyle - MIX	5:50am-6:30am Freestyle - MIX
6:50am-7:30am Freestyle - MIX	6:50am-7:30am Freestyle - MIX	6:50am-7:30am Freestyle - MIX	6:50am-7:30am Freestyle - MIX	6:30am-7:10am Freestyle - MIX
7:30am-8:10am Freestyle - MIX	7:30am-8:10am Freestyle - MIX	7:30am-8:10am Freestyle - MIX	7:30am-8:10am Freestyle - MIX	7:20am-8:00am Freestyle - MIX
8:20am-9:00am Freestyle - MIX	8:20am-9:00am Freestyle - MIX	8:20am-9:00am Freestyle - MIX	8:20am-9:00am Freestyle - MIX	8:00am-8:40am Freestyle - MIX
9:00am-9:40am Freestyle - MIX	9:00am-9:40am Freestyle - MIX	9:00am-9:40am Freestyle - MIX	9:00am-9:40am Freestyle - MIX	8:40am-9:20am Freestyle - MIX
9:40am-10:20am Freestyle - MIX	9:40am-10:20am Freestyle - MIX	9:40am-10:20am Freestyle - MIX	9:40am-10:20am Freestyle - MIX	1:25pm-2:05pm Freestyle - MIX
10:20am-11:00am Freestyle - MIX	10:20am-11:00am** Freestyle - MIX	10:20am-11:00am Freestyle - MIX	10:20am-11:00am** Freestyle - MIX	2:05pm-2:45pm Freestyle - MIX
1:25pm-2:05pm Freestyle - MIX	1:25pm-2:05pm** Freestyle - MIX	1:25pm-2:05pm Freestyle - MIX	1:25pm-2:05pm** Freestyle - MIX	2:45pm-3:25pm Freestyle - MIX
2:05pm-2:45pm Freestyle - MIX	2:05pm-2:45pm Freestyle - MIX	2:05pm-2:45pm Freestyle - MIX	2:05pm-2:45pm Freestyle - MIX	3:35pm-3:55pm Spin - MIX
2:45pm-3:25pm Freestyle - MIX	2:45pm-3:25pm Freestyle - MIX	2:45pm-3:25pm Freestyle - MIX	2:45pm-3:25pm Freestyle - MIX	3:55pm-4:35pm Freestyle - MIX
3:35pm-4:15pm Freestyle - MIX	3:35pm-3:55pm* Stroking - Axel and Up	3:35pm-3:55pm* Stroking - MIX	3:35pm-3:55pm* Stroking - Axel and Up	4:35pm-5:15pm Freestyle - MIX
4:15pm-4:55pm Freestyle - MIX	3:55pm-4:35pm Freestyle - MIX	3:55pm-4:35pm Freestyle - MIX	3:55pm-4:35pm Freestyle - MIX	6:40pm-7:20pm Freestyle - MIX
4:55pm-5:35pm Freestyle - B. Low	4:35pm-5:15pm Freestyle - MIX	4:35pm-5:15pm Freestyle - MIX	4:35pm-5:15pm Freestyle - MIX	7:20pm-8:20pm Freestyle - B. Low

* includes instruction ** shared ice

LEVELS: **B. Low:** Beta to Freestyle 6 **MIX:** FS 2 & UP

F R E E S T Y L E S I G N U P

1. To skate Freestyle sessions, you must create an account on mindbody (our online freestyle program). You can do so at the freestyle computer next to the lessons desk or any PC/Tablet with online access.
2. Go to www.fairfaxicearena.com and click on the "Freestyle" tab
3. Scroll down and follow the instructions.
4. If you have any questions/concerns about the mindbody freestyle program, contact Lizeth Navia at (703) 323-1132 or via email at officemanager@fairfaxicearena.com

P O L I C I E S

1. It is your responsibility to sign up for a freestyle session before it begins. If a skater is on the ice and is not signed up for the session, their account will be charged a service charge of 3 credits.
2. It is also your responsibility to cancel a session that you have signed up for but will not attend. You are able to cancel a freestyle session up to 30 minutes before its start time without penalty.
3. Always exercise caution during freestyle sessions and always follow freestyle etiquette.

Times and levels are subject to change.