



2022-2023 FALL-SPRING SCHEDULE
SEPTEMBER 6, 2022 – JUNE 25, 2023
ON ICE SCHEDULE
MONDAY – FRIDAY

**RINK 1**

5:55am-6:40am NO TEST-SENIOR
 6:40am-7:25am NO TEST-SENIOR
 7:25am-8:10am NO TEST-SENIOR
 8:20am-9:05am NO TEST-SENIOR
 9:05am-9:50am NO TEST-SENIOR
 10:00am-10:45am NO TEST-SENIOR
 10:45am-11:30am NO TEST-SENIOR
 11:40am-12:25pm NO TEST-SENIOR
 12:25pm-1:10pm NO TEST-SENIOR
 1:20pm-2:05pm NO TEST-SENIOR
 2:05pm-2:50pm NO TEST-SENIOR
 3:00pm-3:45pm NO TEST-SENIOR
 3:45pm-4:30pm NO TEST-SENIOR
 4:40pm-5:25pm NO TEST-SENIOR
 5:25pm-6:10pm NO TEST-SENIOR

RINK 2, 3 or 4 (check daily schedule)

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1:50pm-2:35pm NOV-SENIOR/ELITE
 2:35pm-3:20pm NOV-SENIOR/ELITE

 3:30pm-4:15pm JUVENILE--SENIOR
 4:15pm-5:00pm JUVENILE-SENIOR
5:00pm-5:45pm JUUVENILE-SENIOR
(9/15-11/18 Only) Cancelled 9/16, 9/23, 9/30)

SATURDAY**RINK 2, 3 or 4 (check daily schedule)**

6:15am-7:00am OPEN
 7:10am-7:55am JUVENILE-SENIOR
 7:55am-8:40am JUVENILE-SENIOR
 8:50am-9:35am NO TEST-SENIOR
 9:35am-10:20am NO TEST-SENIOR
 1:00pm-1:45pm NO TEST-SENIOR
 1:45pm-2:30pm NO TEST-SENIOR
 2:40pm-3:25pm OPEN
 3:25pm-4:10pm OPEN

SUNDAY**RINK 2, 3 or 4 (check daily schedule)**

7:10am-7:55am NO TEST-SENIOR
 7:55am-8:40am NO TEST-SENIOR
 8:50am-9:35am NO TEST-SENIOR
 9:35am-10:20am NO TEST-SENIOR

 1:00pm-1:45pm NO TEST-SENIOR
 1:45pm-2:30pm NO TEST-SENIOR

FREESTYLE:

All sessions are restricted to skaters whose freestyle test levels correspond to the session. The skater **MUST** have passed the minimum level of **FREESTYLE** test to qualify to skate on a particular session i.e.: skater must have passed the Juvenile Freestyle Test to skate on a **JUVENILE-SENIOR** session.

OPEN:

Open to any level of skater &/or skating discipline

NOV-SENIOR:

Open to those skaters who have passed the Novice Freestyle Test and skaters who have qualified for Elite Status

PLEASE NOTE:

Field Moves may be skated on any session corresponding to the skater's freestyle level. Solo Dance lessons **MUST** be skated on **DANCE** or **OPEN** sessions **ONLY!**

Skaters who have qualified to skate on the PAIRS/DANCE sessions and need additional skating time **MUST ONLY skate on NO TEST-SENIOR or OPEN SESSIONS**

It may be necessary for you to show proof of membership to the ISI/USFS or of your highest freestyle test passed. PLEASE have your membership card or most recent test sheets with you when you come to the rink should the office need to see proof.

Ice Etiquette & Safety Guidelines

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

“On Program” and “In Lesson” Get Priority

The skater who is “on program” (whose music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. Be on time for your sessions, especially after a resurface. Use every minute of your ice time to the maximum. Say, “excuse me”, if you can see that another skater does not see you coming. Say “I’m sorry” when you accidentally get in someone else’s way, especially if they had the right of way.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (except for clockwise jumpers). These corners are informally called the “Lutz Corners”, and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice of activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you’ve started the element it will be hard for you to see those around you. Take a good look at your expected “space” before you start the element, and abort it if it looks like you could cause a problem. Practice spins in the center of the rink and jumps at either far end to avoid problems.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don’t stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep “loose” when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and may be injured, don’t just drag him or her off without being certain that doing so won’t hurt him or her further. If you suspect that someone else is seriously hurt, the best thing to do is, 1) have someone stand “guard” over them to make sure that the other skaters avoid collisions with them, and 2) get a qualified person (EMT) to come and help them. A blanket or warm up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you’ll get to the point where you’ll recognize that a practice session has a certain “rhythm” to it. People tend to do pretty “expectable” or “predictable” things, and you can usually guess where somebody else is going, based on what they’re doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you’re a “wrong way” skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you’re standing near the boards, don’t enter the flow of skaters without checking to make sure you’re not going to get into someone else’s way. Pay special attention when skating away from the boards. Always look in both directions.

Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice time and presents additional hazards for other skaters to avoid. If you must chat or stop to rest, please do it off the ice; go to the penalty boxes, or the boards. Stay moving – standing around means someone has to maneuver around you, which can cause an accident.

No Littering

Please do not litter or leave anything on the ice. Be sure to keep track of your used tissues, tissue boxes, and guards. Items left on the ice may severely damage the Zamboni, and it is inconsiderate to others to leave used tissues along the boards.

Music Playing Procedure

To insure every skater will have an opportunity to get his/her music played, the procedure will be as follows: Pro request will automatically be placed at the front of the line. However, we will not play an unlimited number of Pro requests ahead of the non – lesson requests. We will allow a maximum of one Pro request to the front of the line. After the Pro request is played, we will play a non lesson then another Pro request then a non – lesson etc. Skaters can only play their music once a session unless ALL other programs have been played already. There will be NO restarting of a program with programs waiting to be played. If a skater does not get their music played on a particular session, that skater will have priority on the next session with getting their music played. The skater cannot go ahead of lesson requests but will have the priority over skaters who had a program played that day already. If there isn't a music monitor on a particular session, it is the responsibility of the skater's and the Professional Staff to adhere to these guidelines. The Pro or skater must be aware of who is in a lesson and who is not when placing their program in line. If you are not sure who is in a lesson then please ask a skater or coach. To help with knowing if a particular program is a skater or Pro request you should do the following:

Pro requests should have the label facing the rink and skaters should have their labels facing backwards. All CD programs should be standing on their end.