

Freestyle Sessions

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>'Tis the season to lace up your skates and get back on the ice!</p>					1 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS 5:30pm-6:00pm FPS 6:00pm-7:00pm FS	2 9:15am-10:15am FS 10:15am-11:15am FS 3:45pm-4:45pm FS 4:45pm-5:45pm FS 5:45pm-6:30pm FS
3 9:30am-10:15am FS 10:15am-11:00am FS 11:00am-11:45am FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS 5:15pm-6:00pm FS	4 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-4:00pm FS 4:00pm-5:00pm FS 5:00pm-6:00pm FS Building hours: Regular open-6:00pm	5 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	6 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	7 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	8 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS 5:30pm-6:00pm FPS 6:00pm-7:00pm FS	9
10	11 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS	12 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	13 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	14 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	15 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS 5:30pm-6:00pm FPS 6:00pm-7:00pm FS	16
17	18 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS	19 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	20 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	21 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	22 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS 5:30pm-6:00pm FPS 6:00pm-7:00pm FS	23
24	25 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS	26 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	27 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	28 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 9:15am-10:00am FS 10:00am-10:45am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS	29 6:00am-7:00am FS 7:00am-8:00am FS 8:00am-9:00am FS 3:00pm-3:45pm FS 3:45pm-4:30pm FS 4:30pm-5:15pm FS 5:30pm-6:00pm FPS 6:00pm-7:00pm FS	30

Freestyle Rates

Single session pickup: \$12.00.
 FS20 Pass*: 20 admissions: \$188.00.
 *FS20 Passes expire one year from purchase date.

Figure Power Skating (FPS): Open to all USFS & ISI Freestyle Level Tested Skaters. Increase speed—power—stamina & maximize your edge quality.
 Single session: \$9.00
 10 admissions: \$72.00

Must be at Freeskate I level to skate on a Freestyle Session unless under the supervision of a coach or with approval from the Skating Director.

Did You Know?

- Switch to the Green E-edition of PARKTAKES: www.fairfaxcounty.gov/parks/parktakes
- Volunteer to assist with group lessons and adaptive skating. See Wanda, volunteer coordinator, wandalohr@fairfaxcounty.gov.
- Do you have a birthday coming up? Have it here at the rink!
- Please let me know how I can help you! Carl Kirtley, Skating Director, carl.kirtley@fairfaxcounty.gov
- Calendar posted AUG 25.

And as always, thanks for skating with us!



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration *deadline or event*. TTY (703) 803-3354.

Freestyle Skater Guidelines and Code of Ethics

The Mount Vernon RECenter ice arena management staff wants to make each freestyle session as productive as possible. Below are 10 guidelines for skaters and parents/chaperones aimed at ensuring safe and enjoyable sessions for all skaters. Please review them carefully:

1. Positive reinforcement is always welcome and expected. Applaud any effort and provide encouragement.
 - There should be no yelling, screaming or negative reactions or comments directed to any skater or coach on the ice surface or in any public area of the facility or grounds.
2. Treat all skaters, coaches, monitors, and staff with kindness, courtesy and respect.
 - Take heed of all direction given by the staff and react with respect to the requests made.
 - Staff is here to provide a service and to ensure a safe and pleasurable skating environment, not to be abused or ignored.
3. React with maturity when faced with inappropriate behavior by other skaters, parents or professionals.
 - Emotionally charged behavior will not yield productive results.
 - Should problems arise with another individual, bring only the facts to the attention of the Skating Director.
 - Be the best example to those around you.
4. Using obscene language at any time will not be tolerated. Nor will intent to intimidate members of the staff, other skaters, parents, and/or coaches either on the ice surface or in the public areas.
5. Gossip is counterproductive.
 - Spreading hearsay and rumors among skaters, parents and professionals is inappropriate and destructive to our program and the skating community.
6. Pride in a coach is expected, however it is best to speak only in positive terms of what the coaching relationship means to you individually.
 - Never discuss what your coach can do or what another coach can not do for another skater. This action is considered solicitation by the Professional Skaters Association and could result in sanctions being taken against your coach, regardless of your intent.
7. Help keep our facility neat and clean.
 - Place all trash in proper receptacles.
 - Keep the warming room uncluttered by keeping all personal belongings together neatly on or under the benches.
8. Check in at the Front Desk before every session and register with the monitor when one is present.
 - It is the responsibility of the skater to make payment for each session skated via scan card or pick-up session.
 - Each skater is responsible for signing in for each session skated. Bridging $\frac{1}{2}$ of one session and $\frac{1}{2}$ of another session is not permitted. In such instances, two sessions must be paid for. No exceptions for lessons & no half freestyle sessions.
9. When on the ice, yield right of way to:
 - The skater performing their program.
 - The skater jumping on the harness.
 - All coaching professionals.
10. Avoid socializing in the jump corners or in the center of the ice. Doing so can cause serious injury.