

October Freestyles 2019



Name: _____ Date: _____

Email : _____ Phone#: _____

Skating Pro: _____ Cashier: _____ CHRC Mem #: _____

_____ Freestyle Sessions @ \$ _____ = \$ _____ Total Due and Paid:\$ _____

Walk on rate: \$6.00 per session. For discounted rate please pre-pay by **Saturday, September 28th**

CHRC Member: \$4.00 per session and Non-Member: \$4.50 per session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Facility programs are conducted during these Freestyle sessions</p>	<p>1 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>2 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>3 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC</p>	<p>4 7:15am F _____ 8:15am F _____</p>	<p>5 6:30am F _____ 7:30am F _____ 8:30am CHFSC 9:15am F _____ *10:15am F _____</p>
<p>7 7:15am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC</p>	<p>8 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>9 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>10 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC</p>	<p>11 7:15am F _____ 8:15am F _____</p>	<p>12 6:30am F _____ 7:30am F _____ 8:30am CHFSC 9:15am F _____ *10:15am F _____</p>
<p>14 7:15am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC</p>	<p>15 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ 5:15pm F _____</p>	<p>16 5:30am F _____ 6:30am F _____ 3:00pm F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ 5:15pm F _____ Test Session/PCFSC</p>	<p>17 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC Fall Recess</p>	<p>18 7:15am F _____ 8:15am F _____ Test Session/PCFSC Fall Recess</p>	<p>19 6:30am F _____ 7:30am F _____ 8:30am CHFSC 9:15am F _____ *10:15am F _____</p>
<p>21 7:15am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC</p>	<p>22 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>23 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____ Regionals</p>	<p>24 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC Regionals</p>	<p>25 7:15am F _____ 8:15am F _____ Regionals Monster Mash on Ice 5-7pm</p>	<p>26 6:30am F _____ 7:30am F _____ 8:30am CHFSC 9:15am F _____ *10:15am F _____ Regionals</p>
<p>28 7:15am F _____ 1:45pm F _____ 3:00pm F _____ 4:15pm CHFSC 5:00pm CHFSC</p>	<p>29 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>30 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ 4:00pm F _____ *5:15pm F _____</p>	<p>31 5:30am F _____ 6:30am F _____ 8:00am F _____ 1:45pm F _____ 3:00pm F _____ Facility closes @ 5pm</p>	<p>Registration at CHPRSA.Activity.Reg.com</p>	

You can only get credit for sessions if you are injured or ill. In order to get a credit for a session you must email or call Kathy before the session starts. If you would like to move sessions you must move them before that session begins and it must be moved within the same month. Moving sessions can not be carried to the next month.

kathy@cottonwoodheights.com or 801-943-3190 x162

Cottonwood Heights Ice Arena

Policies and Procedures

Freestyle Rules for Pre-Payment

- To receive the pre-pay discount the freestyle sheet must be filled out and turned into the office by the due date. After that date you may still turn in a schedule with no discount.
- Credit will only be given to skaters that are injured or sick. To receive a credit you must notify either your coach or the skating coordinator before the session starts. Account credits will be issued on the last day of the month.
- If you cannot make it to a session, you are able to move the session to another date or time within the same month. You cannot "move" sessions to the following month.
- Please pick your sessions carefully so that you do not need to "move" sessions frequently.

Freestyle Rules for Walk-On Payment

- Freestyles must be paid for before entering the ice. If you do not sign up for the month you must have a freestyle ticket to give to the monitor before entering the ice. Please fill out the ticket with the date and the full skaters name.
- Sessions can fill-up and this will be a first come first serve situation. Those that sign-up in advance will be given priority and then those that bring tickets will be accommodated based on room. Currently we allow up to 25 skaters per session.
- When an ice monitor is not available, leave your ticket on the music counter for the skating coordinator to collect at the end of the session or give your ticket directly to your coach. Please be honest and pay for all the sessions that your skater is skating. All visiting pros must pay & show a receipt for visiting pro payment for each session that they are teaching. Visiting pro fee's must be paid for before the session begins.

Rules of the Ice

- Please check in with the monitor before stepping on the ice.
- Skaters 13 years of age or younger must have a parent/guardian or Skate Pros present, in order to get on the ice.
- The Golden Rule is always in effect! Treat those around you as you wish to be treated.
- Be cautious and alert at all times. Skaters performing their program with their music have the "Right of Way". Look for the skater wearing the orange sash.
- Spins should be practiced near the middle of the ice.
- After falling, get up immediately. If you are injured, notify someone immediately for assistance.
- No kicking the ice.
- No yelling or offensive language.
- Skaters must keep moving unless receiving instruction from a pro. Social hour should happen OFF the ice. Use caution when practicing with friends. This can be dangerous to other skaters on the ice.
- If we do not have a monitor, you may play your music. Please help the flow of music by limiting the number of times you play your program and once you start do not stop and start over again.
- Pro's can "bump" music.
- NO Food or drink rink side. Water bottles with lids are allowed, as well as tissue boxes.
- NO sitting on the hockey side boards.
- Please keep the lobby clean. Do not leave skates or other items out. Remember to always lock your locker.
- NO Personal music devices on the ice (iPods, phones, etc.).
- As we get close to competitions and test sessions every skater will want to give a final push, in order to succeed. Please try to be patient and courteous to everyone on the ice.
- Remember that the ice monitor or any skating Professional can remove you from the ice! Please follow the rules to make skating a fun and safe environment to everyone!!