

## **Session Definitions**

**Freestyle Session-** Open to figure skaters at various levels. Beginning skaters are welcome with the supervision of a coach.

**ALSO INCLUDED:** Advanced Freestyle- Reserved for figure skaters who are at the competitive level. Skaters are performing routines, difficult jumps and spins.

**Open Skate-** Recreational skating for all ages and abilities. This session is designed for those looking for fun. Skate rental is available. No pucks or sticks are allowed.

\*Skate helmets and assists not provided

**Advanced Skating Skills-** Open to hockey and figure skaters looking to practice skating skills (no pucks allowed).