

Cabin John Ice Rink

Fall-Winter 2009-10 Freestyle Schedule September 8th, 2009 – March 31st, 2010

~Schedule Subject to Change~

Please check our website often for changes to this schedule

Rev 12/14/09

Mondays

Morning	Except	Afternoon/Evening	Except
*5:45-6:45 AM	OLY	*3:00-3:45 PM	OLY 1/18 & 2/15
*6:45-7:30 AM	OLY 1/18 & 2/15	5:30-6:30 PM	
*7:30-8:30 AM	OLY 1/18 & 2/15	6:30-7:30 PM	
*8:45-9:45 AM	OLY 1/18 & 2/15		
*9:45-10:45 AM	OLY 1/18 & 2/15		
*11:00 A-12:00PM	OLY 1/18 & 2/15		

Tuesdays

Morning	Except	Afternoon/Evening
*5:45-6:45 AM	OLY 10/13	4:45-5:30 PM OLY
*6:45-7:30 AM	OLY	5:30-6:15 PM OLY
*7:30-8:30 AM	OLY	6:30-7:15 PM OLY
*8:45-9:45 AM	OLY	7:15-8:00 PM OLY
*9:45-10:45 AM	OLY	
*11:00 A-12:00PM	OLY	

Wednesdays

Morning	Afternoon/Evening	Except
*5:45-6:45 AM	OLY	
*6:45-7:30 AM	OLY	11/25
*7:30-8:30 AM	OLY	11/25
*8:45-9:30 AM	OLY	11/25
*9:30-10:15 AM	OLY	
*10:15-11:15 AM	NHL	
	3:45-4:30PM	11/25 ONLY
	4:30-5:30PM	11/25 ONLY

Cost:
\$12 per session



CABIN JOHN ICE RINK

www.cabinjohnice.com

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10610 Westlake Drive, Rockville, MD 20852

THE SOUTH ATLANTICS WILL BE HELD AT CABIN JOHN ICE RINK IN OCTOBER 2009

THERE WILL BE "**NO FREESTYLE SESSIONS**"

ON THE FOLLOWING DATES DUE TO THE COMPETITION:

OCTOBER 3, 4, 9, 10, 11, 12

(PLEASE SEE THE ADDENDUM SCHEDULE FOR THE COMPETITION: 10/1-10/8)

ON TUESDAY, OCTOBER 13TH FREESTYLE WILL RESUME WITH THE 4:45PM SESSION

Thursdays

Morning	Afternoon/Evening
*5:45-6:45 AM OLY	5:45-6:30 PM OLY
*6:45-7:30 AM OLY	6:30-7:15 PM OLY
*7:30-8:30 AM OLY	7:15-8:00 PM OLY
*8:45-9:45 AM OLY	
*9:45-10:45 AM OLY	
*11:00 A-12:00PM OLY	

Fridays

Morning	Afternoon/Evening	Except
*5:45-6:45 AM OLY	1/1 Only 3:00-3:45 PM	OLY
*6:45-7:30 AM OLY	1/1 Only 3:45-4:30 PM	OLY
*7:30-8:30 AM OLY	4:45-5:30 PM	OLY
*8:45-9:30 AM OLY	5:30-6:15 PM	OLY 9/11 & 12/4
*9:30-10:15 AM OLY	6:30-7:15 PM	OLY 9/11 & 12/4
*10:15-11:15 AM NHL	7:15-8:00 PM	OLY 9/11 & 12/4

Saturdays

Afternoon/Evening
2:15-3:00 PM OLY
3:00-3:45 PM OLY
6:15-7:15 PM OLY
7:15-8:15 PM OLY

Sundays

Afternoon/Evening	Except
2:45-3:30 PM OLY	
3:30-4:15 PM OLY	
6:45-7:30 PM OLY	1/24
7:30-8:15 PM OLY	1/24

*Mixed use Freestyle - designed for all levels of freestyle skaters, moves, dance and hockey skaters (hockey only during a lesson – no practice time, no pucks)

CLOSED: November 26th & December 25th

CabinJohnIce.com • 10610 Westlake Dr • Rockville, MD 20852 • 301-765-8620

DATES CLOSED: THANKSGIVING (11/26) & CHRISTMAS (12/25)

EARLY CLOSINGS (CLOSE AT 3PM): CHRISTMAS EVE & NEW YEARS EVE

LATE OPENINGS (OPEN AT NOON): NEW YEARS DAY 2010