Which Public Session Should I Attend?

**Recreational Hockey** Generally reserved for more experienced hockey players, two teams are mutually created and scrimmage against each other for the entire session. Full hockey gear is required. Participants under the age of 18 are required to have a full face mask. Fighting will not be tolerated. Sessions are limited to the first 22 skaters and three goalies in order to ensure ample playing time to all participants. Use of the locker rooms is included with the fee, and the players must abide by the terms and conditions of locker room usage (i.e. cleanliness, no tobacco, no alcohol, etc.).

**Puck and Stick Time** Designed for those who are new to hockey or just want to work on basic skills. Puck and stick time welcomes all ages and skill levels. Nets will be provided and players will be able to work on puck handling skills, passing, skating, and shooting. All participants are required to wear helmets, full gear is recommended. In order to create a safe and comfortable environment for players of all levels, organized games are not allowed during puck and stick time. Use of the locker rooms is included with the fee, and the players must abide by the terms and conditions of locker room usage (i.e. cleanliness, no tobacco, no alcohol, etc.).

**Freestyle** A time dedicated to the practice of figure skating. Skaters may work on jumps, spins, dance, programs, etc. Use of the building sound system is available during freestyle. To create a safe environment freestyle sessions are limited to 25 experienced figure skaters, skaters working with a coach, or enrolled in a skating class. Parent coaching while skaters are on the ice is not permitted.

**Recreational Skate** A time that is open to skaters of all ages and abilities. This is a good time for general skating practice, exercise, or skating with friends. Music will be provided by arena staff. Figure skaters may practice spins at center ice if the session allows, however, jumping is not allowed at any time. Tag or any other reckless behavior will not be tolerated.