

## LCSC WEEKLY ICE SCHEDULE 2023 - 2024

### Monday

3:30 – 4:15pm	Level 1 Freestyle Session for Gold + All Junior* + Purchasers of half season “Power Package”
4:15 – 4:40pm	Level 1 Power (Gold + Level 1 Purchasers of half-season “Power Package”)
4:15 – 4:40pm	Level 2 Off-Ice Conditioning in the Event Room (Gold members only)
4:40 – 4:50pm	<b>Resurface</b>
4:50 – 5:15pm	Level 1 Off-Ice Conditioning in the Event Room (Gold members only)
4:50 – 5:35pm	Level 2 Freestyle Session for Gold + Level 2 Purchasers of half-season “Power Package”*
5:35 – 6:00pm	Level 2 Power (Gold + Level 2 Purchasers of half-season “Power Package”)

### Wednesday

3:30 – 4:15pm	Freestyle Session for Gold + Junior Members
4:15 – 5:00pm	Freestyle Session for Gold + Silver Members
5:00 – 5:15pm	<b>Resurface</b>
5:15 – 6:00pm	Freestyle Session for Gold + Silver Members
6:00 – 6:45pm	Freestyle Session for Gold + Silver + Junior*** + Associate Members (\$10 Walk-On**) and All Adult Members

### Friday

3:30 – 4:15pm	Freestyle Session for Gold members
4:15 – 5:00pm	Freestyle Session for Gold + Silver Members
5:00 – 5:15pm	<b>Resurface</b>
5:15 – 6:00pm	Freestyle Session for Gold + Silver + Adult Members & \$10 Walk-On Session for Associate Members**
6:00 – 6:45pm	Freestyle Session for Gold, Silver, Junior and Adult Members & \$10 Walk-On Session for Associate Members**

\* Monday Freestyle sessions require non-Gold members to use one of their weekly freestyle sessions.

\*\* Associate Members - please make payments to LCSC and deposit in the LCSC payment box at Skate Rental.

\*\*\* Junior Members – Must be in a lesson with a coach during this session.

### Please Note:

- Level 1 = Skaters are required to have passed a minimum skating level of Basic 6
- Level 2 = Skaters are required to have passed a minimum skating level of Pre-Juvenile Moves-In-The-Field and/or Pre-Juvenile Free Skate or with club coach approval
- Junior Members = Skaters are required to have passed a minimum skating level of Basic 4 for ages 5 years and older.

(As of 8/15/23, Subject to Change)