



FREESTYLE SESSION RULES



PRE-REGISTRATION & SIGN IN REQUIRED

All freestyle skaters must check in with the Skating School before each session.

All ice time must be paid for prior to skating. If you arrive after a session has started or did not pre-register, please visit the Skating School office for assistance before entering the rink. Beginning 6/1/2026, if you have not pre-registered a charge will be made to the card on file.



WARM-UP AREA ONLY: MULTI A

Multipurpose A is the approved warm-up space. No warm-up activities in the lobby or rink-side (except Learn to Skate Classes).



REGISTERED SKATERS ONLY

Only approved HSSTA staff and registered skaters permitted on ice or in hockey boxes. Parents or skaters who are not actively skating or registered on the Freestyle session are not allowed rink side.



SKATING ATTIRE

For safety, all skaters must wear appropriate attire, including leggings, tights, or full-length athletic pants that completely cover the legs and full-length tops. Hair must be securely tied back so that it does not obstruct vision.



NO BACKWARD SPIRALS

No backward spirals unless the skater is in a private lesson with an HSSTA coach.



ONLY APPROVED HSSTA COACHES

Only approved HSSTA coaches are allowed to provide coaching services. This includes both in person and virtual lessons. Any visiting/virtual coach, must be pre-approved by the Interim Director of Skating.



NO CELL PHONES OR HEADPHONES ON ICE

Cell phones may not be used while skating (except coach-approved training). No unauthorized recording, livestreaming, or posting of other skaters without consent.



Headphones and earbuds are strictly prohibited on the ice during freestyle sessions. This includes single earbuds. Maintain situational awareness at all times.



NO FOOD RINKSIDE

No food allowed rinkside. Water and sports drinks only are permitted.





FREESTYLE SESSION RULES & GUIDELINES

CHECK-IN & PAYMENT

All freestyle skaters must check in with the Skating School before each session.

All ice time must be paid for prior to skating. If you arrive after a session has started or did not pre-register, please visit the Skating School office for assistance before entering the rink.

Beginning 6/1/2026, HSSTA if you have not pre-registered a charge will be made to the card on file.

Beginning 7/1/2026, skaters must hold a 2026-2027 HSSTA, Learn to Skate USA or ASPIRE membership to register for Freestyle sessions. **Visiting from out of town?** Please email hssta@icesportscenter.com for assistance with registration.

Freestyle sessions are 1 hour blocks. Skaters 6 and under who are in a lesson may register for a 30 minute session.

MISSED OR EXCHANGING SESSION POLICIES

Freestyle session credits may be requested for the following reasons: facility closures, session cancellations or missed sessions due to illness or injury with a doctor's note

No refunds will be issued for freestyle sessions

Skaters may exchange up to **3 sessions per month** due to scheduling changes without incurring a fee. All exchange requests must be received in writing via email to hssta@icesportscenter.com prior to the session being exchanged. Requests must include the original session date/time and the requested replacement session date/time.

SPLIT SESSIONS

Regularly scheduled 30 minute Split Sessions are available: Monday-Friday at 4:00 p.m.

SKATER ELIGIBILITY

Skaters in Basic 5 and below, Beginner Adult, and Hockey Private Lesson participants must be accompanied by a private coach during freestyle sessions.

Skaters must have passed Basic 6 (youth) or Basic 3 (adult) to skate on a freestyle session without a coach.

All skaters must follow HSSTA session rules and safety guidelines

COACH ELIGIBILITY

Only approved HSSTA coaches are allowed to provide coaching services. This includes both in person and virtual lessons.

Are you a coach visiting from out of town? Any visiting/virtual coach, must be pre-approved by the Interim Director of Skating. Please email dita@icesportscenter.com or lisa@icesportscenter.com for more information regarding our Visiting/Virtual Coach Procedures.

SESSION RULES

Only approved HSSTA Staff and skaters registered for the Freestyle session are permitted on the ice or in the hockey boxes.

Parents or skaters who are not actively skating or registered a Freestyle session are not allowed rink side.

Only approved HSSTA coaches may provide instruction during Freestyle sessions. Any visiting/virtual coach, must be pre-approved by the Interim Director of Skating. Please email dita@icesportscenter.com

No food allowed rinkside, water and sports drinks are permitted.

No backward spirals allowed unless the skater is in a private lesson with an HSSTA coach.

Skating Attire: For safety reasons, HSSTA requires that all skaters dress appropriately when on the ice. All skin on the legs must be covered by leggings, tights or athletic pants. Full length tops must be worn. Hair must be tied back so that vision is not impeded.

Warm-Up Area Guidelines: Multipurpose A is designated as the approved warm-up space. Warm-up activities are not permitted in the lobby or rink-side at any time - with the exception of Learn to Skate Classes.

Cell Phones & Recording Devices: For the safety and privacy of all participants, cell phones may not be used while actively skating except for coach-approved training purposes. Skaters, coaches, and spectators may not intentionally photograph, record, livestream, or post images/videos of other skaters without their consent. Unauthorized recording may result in loss of freestyle privileges.

Headphone/Earbud Guidelines: Headphones and Earbuds are strictly prohibited on the ice during freestyle sessions to maintain situational awareness at all times. This includes wearing single earbuds.

Thank you for helping us maintain a safe, professional, and enjoyable training environment for all skaters!