

Sugar Land Ice and Sports Center offers various types of skating sessions. The following explains the general differences between them. Ask a coach or pro-shop employee for further questions. Detailed BS and USFS session expectations are on the next page of this handout.

	Public sessions	Basic Skills practice sessions	Low/High/USFS (U.S. Figure Skating practice sessions)
PURPOSE	Public session is a time reserved for people to come for recreational skating and for those taking low level skating lessons. Any jumps higher than single jumps and high level spins (camel, flying spins, etc.) are not allowed. There is often fun, dimmed lighting and upbeat music played for a party-like atmosphere. Skating levels: Any, but see above for restrictions on skating elements.	The Basic Skills practice sessions are for skaters that are learning the basics of ice skating. Those enrolled in Learn to Skate classes or Hockey Academy classes may skate on these sessions. This does not mean they must be taking a lesson while on a session. They may use the session for practice. No public/recreational skaters are allowed on any sessions other than public sessions. Music can be played to practice programs. No dimmed lighting or loud background music will be played, for a more conducive practice environment. Skating levels: Beginner through Free-skate 6	These sessions are completely dedicated to training, and has a very serious atmosphere. Skaters are expected to practice the entire time. Music can be played to practice programs. Skaters must have passed certain levels of skating to skate on these practice sessions. Skating levels: Low (free skate 1 - preliminary FS) High (competing Preliminary Well-Balanced) USFS (passed pre-pre moves)
PRICE	2 hour sessions — \$10.00 admission. 3 hour sessions — \$12.00 admission. Packages: 10 sessions for \$75 * Learn to Skate group lesson discount for current participants - \$6.00 for 2-hour sessions, \$8.00 for 3-hour sessions. All Admissions include skate rental	Skaters must get on at the start of the hour. Includes skate rental if needed. Admission: \$10/hour walk on rate. Packages: 10 sessions for \$75 20 sessions for \$140	Walk on: \$12 per 30 min sessions. Packages: 10 sessions for \$90 50 sessions for \$375
PROTOCOL	Skaters must purchase a wrist band at the pro-shop and wear it visibly during the session. Skaters show the wrist band to the employee at skate rental to receive rental skates.	Pay online and check in on the MindBody app, (Go to sugarlandice.com for more info) ask a coach to check in the skater, or pay/check in at the pro-shop.	Same protocol as Basic Skills practice Sessions.

Please see the updated calendars on the Sugarlandice.com website for schedules of when these sessions are offered. The MindBody app can also provide this information.

Updated 10/18/17

See the first page of this handout for general information about the different sessions available at Sugar Land Ice and Sports Center.

Specific practice session (BS practice sessions and Low/High/USFS practice session) rules:

1. All skaters must personally check-in with the ice monitor before each scheduled session to have their membership card swiped.
2. Skaters and coaches are responsible for making sure they are skating on the appropriate session for their level of skill.
3. All skaters will be allowed on at the time the session starts, not 1 minute earlier, by the rink clock time. (USFS/Low/High practice sessions are sold by 30 minute increments. Basic Skills Practice sessions are sold in hour increments.)
4. As a training center, we must maintain a working atmosphere that is free of distractions. Parents and spectators are to remain in the stands while a session is in progress. Persons who stand at the glass, in the team benches, or interrupt a skater's training will be asked to leave the arena.
5. All skaters are obligated to move from the path of the skater with the "right of way." **FIRST "RIGHT OF WAY" BELONGS TO THE SKATER HAVING THEIR MUSIC PLAYED.** *This skater will be identified by an orange sash in times of very long lines for music. All skaters in program will be required to wear the sash during these times.* **SECOND "RIGHT OF WAY" BELONGS TO SKATERS IN LESSON.**
6. When requesting your music, please let monitor know if you are in a lesson when requesting music. Those in a lesson will bump those who are not.
7. Listen for the monitor to announce whose music is being played and who is the next in line. Make sure you pay attention to the skater ahead of you and be in your starting position when the other skaters' music has ended.
8. Respect for coaches and other skaters on the ice and good sportsmanship are demanded! All skaters are expected to be aware and courteous on the ice, looking out for other skaters and moving when necessary. Skaters exhibiting poor sportsmanship (i.e. foul language, kicking the ice, etc.) will be asked to leave the arena for the day.
9. All skaters are expected to practice for the entire session. Talking, playing and/or not utilizing the session for its intended purpose is reason to be expelled from the ice for the day without a refund.
10. Skaters are expected to dress neatly in skating attire (no street clothes) for practice sessions. Girls are expected to secure their hair neatly while on the ice. Skating attire includes dance wear and athletic wear, but does not include bare legs, shorts, or jeans.
11. Food will not be permitted on the ice. Please help keep the arena clean by picking up all tissues, cups, etc. at the end of each session.

*These rules are in place to maximize the safety,
enjoyment and productivity of all skaters.*