

Level Definitions:

- Low Free Style skaters (Primary Free Style/Moves)
 - Less than Junior Moves
- OR
- Less than Adult Gold Moves
- High Free Style skaters (Primary Free Style/Moves)
 - Passed at least Novice Moves
- OR
- Passed at least Adult Gold Moves

Session Definitions:

- Warmup -
 - Only Free Style skaters can practice:
 - Moves – all levels
 - Stroking
 - Footwork
 - No Dance Practice
 - No Dance Lessons
 - Free Style and Moves (all levels) can be taught
- Low Free Style -
 - Only Low Free Style skaters can practice/have lessons:
 - Free Style
 - Moves
 - Pairs
 - No Dance Practice
 - No Dance Lessons
 - No lessons for High skaters
- High Free Style –
 - Only High Free Style skaters can practice/have lessons:
 - Free Style
 - Moves (Junior and Senior are OK)
 - Pairs
 - No Dance Practice
 - No Dance Lessons
 - No lessons for Low skaters
- Free Style –
 - Low and High Free Style skaters can practice/have lessons:
 - Free Style
 - Moves – no Junior/Senior Moves
 - Pairs – Juvenile and under
 - No Dance Practice
 - No Dance Lessons
 - Primary Dancers can have Moves Lessons (no Junior/Senior) but no practicing
- Dance Practice –
 - Any skaters can practice Dance or Free Dance
 - Any skaters can have Dance or Free Dance lessons
 - Primary Dancers can practice Moves (no Junior/Senior) and have Moves lessons (no Junior/Senior)
 - Exceptions but Dancers have the right-of-way
 - Mon 9 -10 where Junior/Senior Moves can be taught
 - Thurs 9 - 10 where Junior/Senior Moves can be taught
 - Primary Free Style/Moves skaters can have Moves lessons only (no Junior/Senior) but no practicing
 - Exceptions but Dancers have the right-of-way
 - Mon 9 -10 where Junior/Senior Moves can be taught
 - Thurs 9 - 10 where Junior/Senior Moves can be taught
 - No Free Style Practice or Lessons

- Free Style/Dance Practice
 - All skaters can practice any Free Style, Moves (no Junior/Senior), Pairs (Sunday only) and Dance
 - exception
 - Sunday 8 – 9:00 where Junior and Senior Moves can be practiced/taught
 - All lessons except Junior/Senior Moves
 - exception
 - Sunday 8 – 9:00 where Junior and Senior Moves can be practiced/taught
- No warming up or stroking on any session if don't belong on the session even if having next lesson