

Aug. 2026

ACORD ICE CENTER

Freestyle Skating Schedule

5353 W. 3100 S. WVC, UT 84120 slco.org/Acord-ice 385-468-1965

FS - Freestyle Session (60 minutes) \$7.00

Designated for skaters training on their skating skills, jumps, choreography, dance or MITF.

No more than two skaters per coach during a private lesson.

FS/SYNC - Freestyle Synchro Session (60 minutes) \$7.00

Synchronized skating is allowed during these sessions. All skaters must pay the \$7 fee.

CL-Clinic Group Session (60 minutes) \$7.00

More than 2 skaters per coach during a private lesson is allowed.

All skaters and coaches must pay and check in at the front office prior to entering the ice.

Please see reverse side for the Freestyle Rules.

Coach fee is \$7.00 per session (per hour) or \$250.00 per month. **Coaches must sign a 2024 Coaching AGREEMENT with Salt Lake County.**



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1 12:15-1:15p 1:15-2:15p
2	3 2:00-3:00p 3:00-4:00p 4:15p-5:15p	4 6:30a-7:30a 7:30a-8:30a 8:45-9:45a 3:00-4:00p 4:00-5:00p 5:15-6:15p 6:15-7:15p	5 3:15-4:15p 4:15p-5:15p 5:30-6:30p CL	6 6:30a-7:30a 7:30a-8:30a 3:00-4:00p 4:00p-5:00p	7 2:00-3:00p 3:15-4:15p 4:15p-5:15p 5:15p-6:15p	8 10:45a-11:45a 11:45a-12:45p
9	10 2:00-3:00p 3:15-4:15p 4:15p-5:15p	11 6:30a-7:30a 7:30a-8:30a 9-10a 10-11a 3:00-4:00p 4:15p-5:15p 5:15-6:15p 6:15-7:15p	12 3:15-4:15p 4:15p-5:15p 5:30-6:30p CL	13 6:30a-7:30a 7:30a-8:30a 3:15-4:15p 4:15p-5:15p	14 2:00-3:00p 3:15-4:15p 4:15p-5:15p 5:30p-6:30p	15 10:45a-11:45a 11:45a-12:45p
16	17 3:15-4:15p 4:15p-5:15p	18 6:30a-7:30a 7:30a-8:30a 3:15-4:15p 4:15p-5:15p	19 3:15-4:15p 4:15p-5:15p 5:30-6:30p CL	20 6:30a-7:30a 7:30a-8:30a 3:15-4:15p 4:15p-5:15p	21 3:00-4:00p 4:00p-5:00p 5:15p-6:15p	22 10:45a-11:45a 11:45a-12:45p
23	24 3:15-4:15p 4:15p-5:15p	25 6:30a-7:30a 7:30a-8:30a 3:15-4:15p 4:15p-5:15p	26 3:15-4:15p 4:15p-5:15p 5:30-6:30p CL	27 6:30a-7:30a 7:30a-8:30a 3:15-4:15p 4:15p-5:15p	28 3:00-4:00p 4:00p-5:00p 5:15p-6:15p	29 8:30a-9:30a 9:30a-10:30a
30	31 3:15-4:15p 4:15p-5:15p					

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Salt Lake County Parks and Recreation Freestyle, Stick and Puck, Drop in Rink Rules.

Acord Ice Center Salt Lake County Ice Center Salt Lake City Sports Complex

FREESTYLE SESSION RULES

- 1) Freestyle sessions are open to skaters to train specific figure skating skills such as jumps, choreography, dance and (Skating Skills).
- 2) Freestyle skater patrons must yield to other skaters' jumping patterns and to skaters whose program is playing.
- 3) At the discretion of Ice Rink personnel during a busy session, skaters skating in program may be required to wear a sash.
- 4) Stopping or standing is not allowed on the ice, however, skaters and coaches may stop and stand next to ice rink boards.
- 5) Coaching may only be done by Salt Lake County licensed coaches.
- 6) Salt Lake County licensed coaches and skaters must pay for freestyle sessions before entering the ice.
- 7) Headphones may not be worn on the ice, however coaches working on choreography may use headphones for that limited purpose.
- 8) Skaters must practice their skills in designated zones. Corners of the ice are designated as Lutz zones. The center of the ice is the designated spinning zone.
- 9) Parents and spectators may view freestyle sessions from the lobby or bleachers.
- 10) No more than 25 skaters/coaches during a freestyle session.
- 11) Food or beverages are prohibited on the ice.
- 12) Group lessons of more than 2 skaters per coach are allowed on designated "clinic" freestyle sessions.
- 13) Skaters must wait their turn to have their program played. Programs shall be played according to the order they are left in the box. If there is a line, a skater in lesson is allowed to bump every other skater in line. Skaters may play their music once per session or until all skaters have played their own music. All programs shall be played from start to finish.

STICK AND PUCK SESSION RULES

- 1) No more than 25 skaters/goalies/coaches.
- 2) Scrimmaging is not allowed during Stick and Puck sessions.
- 3) Skaters, goalie, and coaches must wear helmets, hockey skates and gloves. Skaters and goalies under age 18 must wear a face mask. Full hockey equipment is recommended but not required.
- 4) Coaching may only be done by Salt Lake County licensed coaches.
- 5) Skaters or lessons during stick and puck cannot dominate a section of the ice.

DROP-IN HOCKEY SESSION RULES

- 1) No more than 30 skaters and up to three goalies, age 15 and older of any ability.
- 2) The first three goalies are free per session. Additional goalies may register and pay for a player spot if one is available.
- 3) Full hockey equipment is required; however, face masks are not required for skaters ages 18 and older.
- 4) No coaching or instruction is allowed during Drop-in Hockey sessions.