

Edgar Filing: Frontier Airlines Holdings, Inc. - Form 4

| (Instr. 3) | Price of Derivative Security | (Month/Day/Year) | (Instr. 8) | Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | Code | V | (A) | (D) | Date Exercisable | Expiration Date | Title |
|---------------------------|------------------------------|------------------|------------|--|------|---|-----|-----|---------------------------|---------------------------|--------------|
| Stock Appreciation Rights | \$ 7.42 | 04/03/2006 | A | 7,028 | | | | | 04/03/2007 ⁽¹⁾ | 04/02/2016 | Common Stock |
| Restricted Stock Units | \$ 0 | 04/03/2006 | A | 2,183 | | | | | 04/03/2011 | 01/01/2050 ⁽³⁾ | Common Stock |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|--------------------------------|---------------|-----------|----------------|-------|
| | Director | 10% Owner | Officer | Other |
| SISLOWSKI DAVID | | | Vice President | |

Signatures

David Sislowksi 04/05/2006

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
 - ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The Stock Appreciation Rights become exercisable in five equal installments, with the first installment becoming exercisable on the first anniversary of the grant date, and each subsequent installment becoming exercisable on each of the next four anniversaries of the grant date.
 - (2) The actual number of shares of common stock that will be issued at the time of exercise will be based on the appreciation of the common stock from the strike price to the market price at the time of exercise and is unknown at this time.
 - (3) Once exercisable, there is no expiration date for the Restricted Stock Units. The date referenced has no relevance and was inserted due to Edgar system requirements.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.