Frontier Airlines Holdings, Inc.

Form 4

April 05, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

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January 31, 2005

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OMB APPROVAL

response...

if no longer subject to Section 16. Form 4 or

Check this box

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

	Address of Reporting KI DAVID	2. Issuer Name Symbol Frontier Airlin [FRNT]			_	Issuer	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First) (, , , , , , , , , , , , , , , , , , , ,	of Earliest T /Day/Year) /2006	ransaction		Director X Officer (g below)		% Owner ner (specify	
	(Street)		nendment, D Ionth/Day/Yea		ıl	Applicable Line) _X_ Form filed b	· Joint/Group Fili by One Reporting P y More than One R	erson	
(City)	(State)	(Zip) Ta	ble I - Non-	Derivative	Securities	Acquired, Disposed	of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, 4)	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and Expiration	7. Title and An
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Date	Underlying Sec
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	(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
Reporting Owner Maine / Address	

Director 10% Owner Officer Other

SISLOWSKI DAVID

Vice President

Signatures

David Sislowski 04/05/2006

**Signature of 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).
- The Stock Appreciation Rights become exercisable in five equal installments, with the first installment becoming exercisable on the first (1) 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.
- 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.

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