

# CALALTA

## FIGURE SKATING CLUB

2015 Summer Schedule for Jimmie Condon Arena  
June 29 to Aug 14, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weekly or Daily Packages Available for Registration at <a href="http://www.calaltabooking.ca">www.calaltabooking.ca</a></b>				
<b>Juvenile to Pre-Novice Package</b> 7:15 am to 12:35 pm On Ice and Off Ice Sessions Included \$195/week \$39/day	<b>Juvenile to Pre-Novice Package</b> 7:15 am to 12:35 pm On Ice and Off Ice Sessions Included \$195/week \$39/day	<b>Juvenile to Pre-Novice Package</b> 7:15 am to 12:35 pm On Ice and Off Ice Sessions Included \$195/week \$39/day	<b>Juvenile to Pre-Novice Package</b> 7:15 am to 12:35 pm On Ice and Off Ice Sessions Included \$195/week \$39/day	<b>Juvenile to Pre-Novice Package</b> 7:15 am to 12:35 pm On Ice and Off Ice Sessions Included \$195/week \$39/day
<b>Pre-Juv and Jr Competitive Package</b> 8:30-1:35 pm On Ice and Off Ice Sessions Included \$190/week \$38/day	<b>Pre-Juv and Jr Competitive Package</b> 8:30-1:35 pm On Ice and Off Ice Sessions Included \$190/week \$38/day	<b>Pre-Juv and Jr Competitive Package</b> 8:30-1:35 pm On Ice and Off Ice Sessions Included \$190/week \$38/day	<b>Pre-Juv and Jr Competitive Package</b> 8:30-1:35 pm On Ice and Off Ice Sessions Included \$190/week \$38/day	<b>Pre-Juv and Jr Competitive Package</b> 8:30-1:35 pm On Ice and Off Ice Sessions Included \$190/week \$38/day
<b>Jr Prep/High Performance Package</b> 12:45-5:00 pm On Ice and Off Ice Sessions Included \$235/week \$47/day	<b>Jr Prep/High Performance Package</b> 12:45-5:00 pm On Ice and Off Ice Sessions Included \$235/week \$47/day	<b>Jr Prep/High Performance Package</b> 12:45-5:00 pm On Ice and Off Ice Sessions Included \$235/week \$47/day	<b>Jr Prep/High Performance Package</b> 12:45-5:00 pm On Ice and Off Ice Sessions Included \$235/week \$47/day	<b>Jr Prep/High Performance Package</b> 12:45-5:00 pm On Ice and Off Ice Sessions Included \$235/week \$47/day
<b>Star Skate (Star 5 &amp; Higher) Package</b> 1:15pm-5:00pm On Ice and Off Ice Sessions Included \$170/week \$34/day	<b>Star Skate (Star 5 &amp; Higher) Package</b> 1:15pm-5:00pm On Ice and Off Ice Sessions Included \$170/week \$34/day	<b>Star Skate (Star 5 &amp; Higher) Package</b> 1:15pm-5:00pm On Ice and Off Ice Sessions Included \$170/week \$34/day	<b>Star Skate (Star 5 &amp; Higher) Package</b> 1:15pm-5:00pm On Ice and Off Ice Sessions Included \$170/week \$34/day	<b>Star Skate (Star 5 &amp; Higher) Package</b> 1:15pm-5:00pm On Ice and Off Ice Sessions Included \$170/week \$34/day
<b>Individual On Ice Sessions Available for Registration at <a href="http://www.calaltabooking.ca">www.calaltabooking.ca</a> or Drop In</b>				
8:00 am – 9:00 am <b>Free Skate</b> Juvenile to Pre Novice	8:00 am – 9:00 am <b>Free Skate</b> Juvenile to Pre Novice	8:00 am – 9:00 am <b>Free Skate</b> Juvenile to Pre Novice	8:00 am – 9:00 am <b>Free Skate</b> Juvenile to Pre Novice	8:00 am – 9:00 am <b>Free Skate</b> Juvenile to Pre Novice
9:15 am – 10:15 am <b>Free Skate</b> Jr Comp to Pre Juvenile	9:15 am – 10:15 am <b>Free Skate</b> Jr Comp to Pre Juvenile	9:15 am – 10:15 am <b>Free Skate</b> Jr Comp to Pre Juvenile	9:15 am – 10:15 am <b>Free Skate</b> Jr Comp to Pre Juvenile	9:15 am – 10:15 am <b>Free Skate</b> Jr Comp to Pre Juvenile
10:30 am – 11:30 am <b>Free Skate</b> Juvenile to Pre Novice	10:30 am – 11:30 am <b>Free Skate</b> Juvenile to Pre Novice	10:30 am – 11:30 am <b>Free Skate</b> Juvenile to Pre Novice	10:30 am – 11:30 am <b>Free Skate</b> Juvenile to Pre Novice	10:30 am – 11:30 am <b>Free Skate</b> Juvenile to Pre Novice
11:30 am – 12:00 pm <b>Stroking</b> Jr Comp to Pre Novice	11:30 am – 12:00 pm <b>Stroking</b> Jr Comp to Pre Novice	11:30 am – 12:00 pm <b>Stroking</b> Jr Comp to Pre Novice	11:30 am – 12:00 pm <b>Stroking</b> Jr Comp to Pre Novice	11:30 am – 12:00 pm <b>Stroking</b> Jr Comp to Pre Novice
12:15 pm-1:00 pm <b>Free Skate</b> Jr Comp to Pre Juvenile	12:15 pm-1:00 pm <b>Free Skate</b> Jr Comp to Pre Juvenile	12:15 pm-1:00 pm <b>Free Skate</b> Jr Comp to Pre Juvenile	12:15 pm-1:00 pm <b>Free Skate</b> Jr Comp to Pre Juvenile	12:15 pm-1:00 pm <b>Free Skate</b> Jr Comp to Pre Juvenile

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1:15 pm – 1:45 pm <b>Stroking</b> Jr Prep, HP, Star Skate	1:15 pm – 1:45 pm <b>Stroking</b> Jr Prep, HP, Star Skate	1:15 pm – 1:45 pm <b>Stroking</b> Jr Prep, HP, Star Skate	1:15 pm – 1:45 pm <b>Stroking</b> Jr Prep, HP, Star Skate	1:15 pm – 1:45 pm <b>Stroking</b> Jr Prep, HP, Star Skate
3:00 pm – 4:00 pm <b>Free Skate</b> Open	3:00 pm – 4:00 pm <b>Free Skate</b> Open	3:00 pm – 4:00 pm <b>Free Skate</b> Open	3:00 pm – 4:00 pm <b>Free Skate</b> Open	3:00 pm – 4:00 pm <b>Free Skate</b> Open
4:00 pm – 5:00 pm <b>Free Skate</b> Open	4:00 pm – 5:00 pm <b>Free Skate</b> Open	4:00 pm – 5:00 pm <b>Free Skate</b> Open	4:00 pm – 5:00 pm <b>Free Skate</b> Open	4:00 pm – 5:00 pm <b>Free Skate</b> Open
	6:30 pm – 7:30 pm <b>Free Skate</b> Open		6:30 pm – 7:30 pm <b>Free Skate</b> Open	
	7:30 pm – 8:30 pm <b>Free Skate</b> Open		7:30 pm – 8:30 pm <b>Free Skate</b> Open	

**Off Ice Sessions are only available to skaters that register for packages (weekly or daily).  
No Drop Ins Permitted**

7:15 am – 7:45 am <b>Tai Chi</b>	7:15 am – 7:45 am <b>Tai Chi</b>	7:15 am – 7:45 am <b>Tai Chi</b>	7:15 am – 7:45 am <b>Tai Chi</b>	7:15 am – 7:45 am <b>Tai Chi</b>
8:30 am – 9:00 am <b>Tai Chi</b>	8:30 am – 9:00 am <b>Tai Chi</b>	8:30 am – 9:00 am <b>Tai Chi</b>	8:30 am – 9:00 am <b>Tai Chi</b>	8:30 am – 9:00 am <b>Tai Chi</b>
9:30 am – 10:15 am <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	9:30 am – 10:15 am <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	9:30 am – 10:15 am <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	9:30 am – 10:15 am <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	9:30 am – 10:15 am <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop
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12:15 pm – 12:35 pm <b>Meditation</b>	12:15 pm – 12:35 pm <b>Meditation</b>	12:15 pm – 12:35 pm <b>Meditation</b>	12:15 pm – 12:35 pm <b>Meditation</b>	12:15 pm – 12:35 pm <b>Meditation</b>
12:45 pm – 1:05 pm <b>Meditation</b>	12:45 pm – 1:05 pm <b>Meditation</b>	12:45 pm – 1:05 pm <b>Meditation</b>	12:45 pm – 1:05 pm <b>Meditation</b>	12:45 pm – 1:05 pm <b>Meditation</b>
1:15 pm – 1:35 pm <b>Meditation</b>	1:15 pm – 1:35 pm <b>Meditation</b>	1:15 pm – 1:35 pm <b>Meditation</b>	1:15 pm – 1:35 pm <b>Meditation</b>	1:15 pm – 1:35 pm <b>Meditation</b>
2:00 pm – 2:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	2:00 pm – 2:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	2:00 pm – 2:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	2:00 pm – 2:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	2:00 pm – 2:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop
3:00 pm – 3:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	3:00 pm – 3:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	3:00 pm – 3:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	3:00 pm – 3:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop	3:00 pm – 3:45 pm <b>M/W Gymnastics</b> T/Th Physical Literacy Friday Hip Hop



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1. To register on-line, go to [www.calaltabooking.ca](http://www.calaltabooking.ca)
2. Select your sessions. These can be packages – either daily or weekly or select the individual session (under the General session area in the booking system) you want to register in.
  - a. For example, you may want to skate on the 10:30 am Free Skate session and then stay for stroking at 11:30 am for every Monday of the summer. You can do this as long as you are at the Juvenile to Pre Novice level for the Free Skate at 10:30 am. The stroking session is a combination of Juvenile to Pre-Novice skaters and Jr Competitive to Pre Juvenile skaters. You are not permitted to register for the Meditation class at 12:15 pm as you did not sign up for the daily package (remember Off Ice sessions are only available to those skaters that book the weekly or daily package).
3. Ensure the skater is registered at the right level. If you don't know, call the office at 403-245-2425 and speak with Natalie or Dianne. Exceptions can be made but only in writing by the Director of Skating and the Director of Group Programs.
4. You will be asked to pay by credit card at time of booking your sessions. You cannot save or hold onto a session until a later date.
5. If you plan on dropping into sessions, the regular pick up rate of \$16 for members will apply. Non-members can drop in as well but will be charged \$18 per session. You must pay before getting on the ice – no exceptions. Cash or cheque (payable to Calalta FSC) is accepted.
6. If a session is full, no drop ins will be permitted. Each session has a maximum number allowed on the ice (depending on session and skill level). In general, the higher the skill level of the session, the less skaters permitted on the ice. Stroking sessions are different and can accommodate up to 40 skaters.
7. Please ensure your skater comes to the arena fully prepared with all of the necessary gear to make for a successful day. This should include healthy nut-free snacks, a water bottle (water fountain available for refilling), proper clothing for skating, stroking and the different off ice sessions. A warm sweater is great idea to bring along for the meditation class. Bug spray, proper footwear (boots, sandals, Toms, Keds are not proper footwear for running and jumping), a hat if going outside and sun protection are should also be brought.
8. Label everything if you want to see it again. Kids have a tendency to leave things behind (skates included). We have a lost and found in the change room but we can't guarantee your child will get their item back if they forget it or lose it. Please don't send electronics with your child. They will have plenty of time to play with their devices when they get home.
9. Skaters registered in the Junior Prep and High Performance programs will be supervised the entire time they are in our care. We will ensure they get their skates on and off, get to the session they need to get to and basically help make it a more successful and productive day for them. We expect them to follow our Skater Code of Conduct and use their manners while in our care.
10. Before and after session care is **NOT** provided. Please ensure your skater is dropped off 15 minutes prior to the session starting and picked up no later than 15 minutes after the session ends.
11. Please note that if you miss a session (s), you cannot make it up on another day. Please schedule your appointments appropriately.
12. Refunds will only be provided for medical reasons and upon receipt of a doctor's note. The time away must be 5 days or greater to apply for a refund

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Level	Description
<b>Junior Prep</b>	The Jr Prep level is suited for skaters that have successfully completed the CanSkate program and who wish to continue in group lessons. This group is fully supervised from the time there are dropped off to when they are picked up.
<b>High Performance (HP)</b>	The High Performance level is suited for skaters that have successfully completed the Junior Prep program and have shown the commitment, enthusiasm and potential to excel. This group is fully supervised from the time there are dropped off to when they are picked up.
<b>StarSkate</b>	The StarSkate level is suited for skaters that have completed the HP or Jr Prep program or have equivalent skills. They have completed competing at the Star 5 level and plan to move onto to compete at Senior Bronze, Jr Silver, Sr Silver and Gold levels.
<b>Jr Competitive</b>	The Jr Competitive level is suited for skaters that have successfully completed the HP or Jr Prep or have equivalent skills and plan to compete at the Pre-Juvenile level at upcoming competitions.
<b>Pre-Juvenile</b>	This level is for skaters that have completed Star 5 and plan to compete at the Pre-Juvenile level at upcoming competitions.
<b>Juvenile</b>	This level is for skaters that are skating at the Juvenile level (as per Skate Canada definitions) and plan to compete at the Juvenile level at upcoming competitions.
<b>Pre-Novice</b>	This level is for skaters that are skating at the Pre-Novice level (as per Skate Canada definitions) and plan to compete at the Pre-Novice level at upcoming competitions.

Revised April 17, 2015