**Calalta Singles and Dance Schedule at COP**

September 6, 2016 to April 23, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:15-8:15 amRink CDance Teams | 6:15-8:15 amRink CDance Teams | 6:15-8:15 amRink CDance Teams | 6:15-8:15 amRink CDance Teams | 6:15-8:15 amRink CDance Teams |
| **6:30-7:30am****Int & Senior****FreeSkate** | **6:30-7:30am****Int & Senior****FreeSkate** | **6:30-7:30am****Int & Senior****FreeSkate** | **6:30-7:30am****Int & Senior****FreeSkate** | **6:30-7:30am****Int & Senior****FreeSkate** |
| **8:30-9:45 am****Rink C****Dance Teams** | **8:30-9:45 am****Rink C****Dance Teams** | **8:30-9:45 am****Rink C****Dance Teams** | **8:30-9:45 am****Rink C****Dance Teams** | **8:30-9:45 am Rink C****Dance Teams** |
| **11:45-12:45 pm****FreeSkate** | **11:45-12:45 pm****FreeSkate** | **11:45-12:45 pm****FreeSkate** | **11:45-12:45 pm****FreeSkate** | **11:45-12:45 pm****FreeSkate** |
| **1:00-1:45 pm****FreeSkate** | **1:00-1:45 pm****FreeSkate** | **1:00-1:45 pm****FreeSkate** | **1:00-1:45 pm****FreeSkate** | **1:00-1:45 pm****FreeSkate** |
| **2:00-2:45 pm****FreeSkate** | **2:00-2:45 pm****FreeSkate** | **2:00-2:45 pm****FreeSkate** | **2:00-2:45 pm****FreeSkate** | **2:00-2:45 pm****FreeSkate** |
| **3:00-3:45 pm****FreeSkate** | **3:00-3:45 pm****FreeSkate** | **3:00-3:45 pm****FreeSkate** | **3:00-3:45 pm****FreeSkate** | **3:00-3:45 pm****FreeSkate** |
| 4:00-5:00 pmIntermediateFreeSkate | 4:00-5:00 pmInt & SeniorFreeSkate  | 4:00-5:00 pmIntermediateFreeSkate | 4:00-5:00 pmInt & Senior FreeSkate | 4:00-4:45 pmInt & SeniorFreeSkate |
| 5:00-5:45 pmInt & SeniorFreeSkate | 5:00-5:30 pmInt & SeniorStroking | 5:00-5:45 pmInt & SeniorFreeSkate | 5:00-5:30 pmInt & SeniorStroking | 4:45-5:45 pmInt & SeniorFreeSkate |
| 6:00-7:00 pmSeniorFreeSkate | 5:45-6:45 pmInt & SeniorFreeSkate | 6:00-7:00 pmSeniorFreeSkate | 5:45-6:45 pmInt & SeniorFreeSkate |  |

Please read the definitions – Sessions marked Senior are for Juvenile/Pre-Novice/Novice/Star 7-10 and Sessions marked Int & Sr are for Pre-Juv/Juvenile/Pre-Novice/Novice skaters

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| Intermediate: Star 5/6 and Up and Pre Juve/Juve | Senior: Juvenile/Pre-Novice/Novice/Star 7-10 |
| Intermediate & Senior: Pre-Juve/Juvenile/Pre-Novice/Novice | **The Director of Skating has the right to move skaters accordingly based on skill level and numbers on ice.** |

Off Ice Sessions

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 7:35-7:55 amRinkside Jump Class |  | 7:35-7:55 amRinkside Jump Class |  | 7:35-7:55 amRinkside Jump Class |
| 3:50-4:50 pmBallet @ BNTCJenn | 4:00-5:00 pmGymPTC with Ellen | 3:50-4:50 pmPilates @ BNTCSteph | 4:00-5:00 pmGymPTC with Ellen |  |
| 5:10-5:55 pmRinkside Jump ClassIntermediateSpencer |  | 5:10-5:55 pmRinkside Jump ClassIntermediateKurtis |  |  |
| 6:00-6:45 pmRinkside Jump ClassInt & SeniorSpencer |  | 6:00-6:45 pmRinkside Jump ClassInt & SeniorKurtis |  |  |

Programs and sessions at COP are geared for competitive skaters ONLY in both StarSkate and traditional Sectional level athletes. The intention is to have Monday’s and Wednesdays open to both tracks of skaters. Afternoon sessions are not designated but are expected to be strong Pre Novice to Elite. If you are Juvenile and would like to register for afternoon ice (any session between 10:45 am to 3:45 pm), please contact the Managing Director to check on availability.