**Calalta Singles and Dance Schedule at COP**

September 6, 2016 to April 23, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:15-8:15 am  Rink C  Dance Teams | 6:15-8:15 am  Rink C  Dance Teams | 6:15-8:15 am  Rink C  Dance Teams | 6:15-8:15 am  Rink C  Dance Teams | 6:15-8:15 am  Rink C  Dance 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 pm  Intermediate  FreeSkate | 4:00-5:00 pm  Int & Senior  FreeSkate | 4:00-5:00 pm  Intermediate  FreeSkate | 4:00-5:00 pm  Int & Senior  FreeSkate | 4:00-4:45 pm  Int & Senior  FreeSkate |
| 5:00-5:45 pm  Int & Senior  FreeSkate | 5:00-5:30 pm  Int & Senior  Stroking | 5:00-5:45 pm  Int & Senior  FreeSkate | 5:00-5:30 pm  Int & Senior  Stroking | 4:45-5:45 pm  Int & Senior  FreeSkate |
| 6:00-7:00 pm  Senior  FreeSkate | 5:45-6:45 pm  Int & Senior  FreeSkate | 6:00-7:00 pm  Senior  FreeSkate | 5:45-6:45 pm  Int & Senior  FreeSkate |  |

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 am  Rinkside Jump Class |  | 7:35-7:55 am  Rinkside Jump Class |  | 7:35-7:55 am  Rinkside Jump Class |
| 3:50-4:50 pm  Ballet @ BNTC  Jenn | 4:00-5:00 pm  Gym  PTC with Ellen | 3:50-4:50 pm  Pilates @ BNTC  Steph | 4:00-5:00 pm  Gym  PTC with Ellen |  |
| 5:10-5:55 pm  Rinkside Jump Class  Intermediate  Spencer |  | 5:10-5:55 pm  Rinkside Jump Class  Intermediate  Kurtis |  |  |
| 6:00-6:45 pm  Rinkside Jump Class  Int & Senior  Spencer |  | 6:00-6:45 pm  Rinkside Jump Class  Int & Senior  Kurtis |  |  |

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.