

Calalta Singles and Dance Schedule at COP September 5, 2017 to June 24, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am Dance Teams
6:30-7:30 am Open Session		6:30-7:30 am Open Session		6:30-7:30 am Open Session
7:45-8:45 am Pairs/Elite Singles	7:45-8:45 am Pairs/Elite Singles	7:45-8:45 am Pairs/Elite Singles	7:45-8:45 am Pairs/Elite Singles	7:45-8:45 am Pairs/Elite Singles
8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams
9:00-10:00 am Pairs/Elite Singles	9:00-10:00 am Pairs/Elite Singles	9:00-10:00 am Pairs/Elite Singles	9:00-10:00 am Pairs/Elite Singles	9:00-10:00 am Pairs/Elite Singles
11:15-12:00 pm FreeSkate	11:15-12:00 pm FreeSkate	11:15-12:00 pm FreeSkate	11:15-12:00 pm FreeSkate	11:15-12:00 pm FreeSkate
12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate	12:00-12:45 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 Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior 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 Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	6:00-7:00 pm Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	
		6:00-7:00 pm Jr Competitive Group Lesson	5:45-6:45 pm Jr Competitive Group Lesson	

Off Ice Sessions September 5, 2017 to June 24, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:35-8:00 am Rinkside Jump Class		7:35-8:00 am Rinkside Jump Class		7:35-8:00 am Rinkside Jump Class
3:50-4:50 pm Pilates @ BNTC Steph Davis	4:00-5:00 pm Gym PTC with Ellen	3:50-4:50 pm Ballet @ BNTC TBD	4:00-5:00 pm Gym PTC with Ellen	
5:10-5:55 pm Rinkside Jump Class Spencer		5:10-5:55 pm Rinkside Jump Class Natasha	5:05-5:35 pm Rinkside Jump- Class Natasha	

Programs and sessions at COP are geared for competitive skaters **ONLY** in both StarSkate and traditional Sectional level athletes. Morning and 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 morning/afternoon ice (any session between 7:45 am to 3:45 pm), please contact the Managing Director at director@calalta.net to check on availability.

Intermediate: Star 5/6 and Up and Pre Juv/Juv	Senior: Juvenile/Pre-Novice/Novice/Star 7-10
The Managing Director has the right to move skaters accordingly based on skill level and numbers on ice. Calalta reserves the right to cancel registered sessions due to low numbers..	