

Calalta Singles and Dance Schedule at COP May 8, 2017 to June 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 Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	6:00-7:00 pm Int & Senior FreeSkate HP Supplement	5:45-6:45 pm Int & Senior FreeSkate HP Supplement	

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

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

Off Ice Sessions

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 Natasha		
6:00-6:45 pm Rinkside Jump Class Int & Senior Spencer		6:00-6:45 pm Rinkside Jump Class Int & Senior Natasha		

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.