

2018 LATE Summer Sessions	Competitive 1 & 2
Jimmie Condon Arena 502 Heritage Drive, SE Calgary, AB P: 403-245-2425 Email: info@calalta.net Website: www.calalta.net	Please speak to your coach PRIOR to registering You must be registered prior to attending or you will be asked to leave the ice. Medical refunds available with a Doctor's note and an absence of more than a week.

The packages are available on the following weeks:			
Cost per Week	Dates Available		
	Monday to Friday unless specified below		
6	\$96.80	Aug 7-8	Tuesday and Wednesday Ice only due to Quebec Summer Skate competition starting on Thursday August 9
7	\$145.20	Aug 13-15	Mon-Wed ice only due to BC summer Skate starting on Thursday August 16

Daily Schedule		
Times	Type	Comments
7:30 - 8:00 am	Stroking	Edges/Turns/Figures/Spins
8:00 - 8:45 am	Free Skate	
9:00 - 9:30 am	Off Ice	30 min Jump/Core/Flexibility
9:45 - 10:30 am	Free Skate	
10:30-11:30	60 minute Break	
11:30 - 12:15 pm	Free Skate	
12:25 - 1:10 pm	Fitness	45 Min

Please ensure your skater has the necessary gear to make for a successful day:

- Healthy and nutritious snacks and water;
- Proper footwear and clothing for off ice classes

Registration begins April 14 at 12:00 am!
 Go to <https://calalta.uplifterinc.com/> to register!