

CALALTA

FIGURE SKATING CLUB

2018 Summer Sessions	Competitive 1
<p>Jimmie Condon Arena 502 Heritage Drive, SE Calgary, AB P: 403-245-2425 Email: info@calalta.net Website: www.calalta.net</p>	<p>2nd Yr Pre-Novice/Novice/Junior</p> <ul style="list-style-type: none"> Please note that 1st year Pre-Novice must register in Competitive 2 Please speak to your coach PRIOR to registering You must be registered prior to attending or you will be asked to leave the ice. <p>Medical refunds available with a Doctor's note and an absence of more than a week.</p>

The packages are available on the following weeks:

Week #	Cost per Week	Dates Available	
		Monday to Friday unless specified below	
1	\$181.60	July 3-6	No ice July 2 for Canada day (4 day week)
2	\$227.00	July 9-13	5 day week
3	\$227.00	July 16-20	5 day week
4	\$227.00	July 23-27	5 day week
5	\$181.60	July 30-Aug 2	Wildrose begins Aug 3 so no skating on Aug 3 (4 day week)
6	\$90.80	Aug 7-8 (2 days)	No ice August 6 due to long weekend Comp 1 & 2 combined this week on Comp 2 schedule. Pick up ice only Aug 9 & 10 (2 day week)
7	\$136.20	Aug 13-15 (3 days)	Comp 1 & 2 Combined this week on Comp 2 schedule. Pick up ice Aug 16 no ice Aug 17 (3 day week)

Must book by the week. (Day and single session pick up rates are available; email info@calalta.net)

Daily Schedule		
Times	Type	Comments
7:30 - 8:00 am	Stroking	Edges/Turns/Figures/Spins
8:15 - 8:45 am	Off Ice	30 min Jump/Core/Flexibility
9:00 - 9:45 am	Free Skate	
9:45-10:45 am	60 min break	
10:45 - 11:30 am	Free Skate	
11:35 - 12:20 pm	Fitness	45 min
12:30 - 1:15 pm	Free Skate	

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!