

# CALALTA

FIGURE SKATING CLUB

2018 Late Summer Sessions	Competitive 3 & Pairs
<p>Calalta FSC                      502 Heritage Drive SW                      P: 403-245-2425                      Email: <a href="mailto:info@calalta.net">info@calalta.net</a>                      Website: <a href="http://www.calalta.net">www.calalta.net</a></p>	<p>Novice to Senior &amp; Pairs</p> <p>Please speak with your coach BEFORE you register your skater.</p> <p>Medical refunds available with a Doctor's note and an absence of more than a week.</p>

The above package is available on the following weeks:

Week #	Cost per Week	Dates Available	
Monday to Friday unless specified below			
6	\$90.80	Aug 7-8	Tuesday and Wednesday Ice only due to Quebec Summer Skate competition starting on Thursday August 9. Pick up ice only Aug 9 & 10 (2 day week)
7	\$136.20	Aug 13-15	Mon-Wed ice only due to BC summer Skate starting on Thursday August 16 . Pick up ice Aug 16 no ice Aug 17 (3 day week)

Must book by the week

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	

**Registration begins April 14 at 12:00 am!**

Go to <https://calalta.uplifterinc.com/> to register!