

# CALALTA

FIGURE SKATING CLUB

2018 Summer Sessions	Pre-Juvenile
<p>Jimmie Condon Arena                      502 Heritage Drive, SE                      Calgary, AB                      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>Pre-Juvenile</p> <p>Please speak to your coach PRIOR to registering</p> <p>You must be registered prior to attending or you will be asked to leave the ice.</p> <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	\$124.00	July 3-6	No ice July 2 for Canada day
2	\$155.00	July 9-13	
3	\$155.00	July 16-20	
4	\$155.00	July 23-27	
5	\$124.00	July 30-Aug 2	Wildrose begins Aug 3 so no skating on Aug 3
6	\$124.00	Aug 7-10	No ice August 6 due to long Pre Juv will sign up for STAR 2-5 for this week
7	\$155.00	Aug 13-17	Pre Juv will sign up for STAR 2-5 for this week

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

Pick one of two options below

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	
or		
9:00 - 9:30 am	Off Ice	30 min Jump/Core/Flexibility
9:45 - 10:30 am	Free Skate	
10:30-11:30	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!**

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