

**Speed**

**Edges**

**Turns**

**STROKING**

**Junior & Intermediate**  
8:00-9:00 am SET Stroking  
9:15-10:15 am Jump Class  
10:30-11:30 am Ice Session  
11:45-12:30 pm Flexibility

**Jr Competitive, Senior & Elite**  
9:00-10:00 am SET Stroking  
10:15-11:15 am Off Ice Class  
11:30-12:30 am Ice Session  
12:45-1:30 pm Flexibility



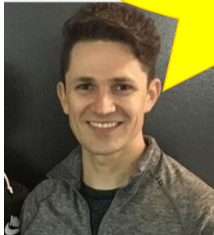
**SET for SUCCESS**

**Stroking Focused on  
Speed + Edges + Turns  
National Level Coach  
Alison Bonney-Gregson plus  
expert coaches each week!**



**Seminars with Sports  
Psychologist Clare Fewster  
and Performance Dietician  
Kelly Anne Erdman**

*Did you know that a skater has  
to land a jump on the ground  
before they can do it on the  
ice?*



**Jump Class with  
Dustin Sheriff-Clayton  
Sr Men's Competitor**

**Sarah Arcuri from HIGH  
Fitness & AFLCA  
certified  
Guaranteed high  
energy and hard work**



**Fitness & Endurance with  
Spencer Hunt from Calgary  
Gymnastic Centre**



**Great day for skating!  
Drop off the kids and  
enjoy your Sunday  
morning! Stroking, off  
ice, ice and flexibility  
classes!**



**Flexibility and Stretch with  
Louisa Armstrong Level III  
Fascial Stretch Therapist**

**Add SET Sundays to your schedules!  
These classes go towards your 6 clicks and  
20% discount. Offer expires Sunday September 16!  
Email the office to make this happen!  
info@calalta.net**