

Calalta Singles and Dance Schedule at COP September 3, 2018 to June 21, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am & 6:45-7:45 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & 6:45-7:45 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & Dance Teams
6:30-8:00 am Open		6:30-8:00 am Open		6:30-8:00 am Open
8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams
11:15-12:00 pm Pairs Singles	11:15-12:00 pm Pairs Singles	11:15-12:00 pm Pairs Singles	11:15-12:00 pm Pairs Singles	11:15-12:00 Pairs Singles
12:00-12:45 pm Pairs Singles	12:00-12:45 pm Pairs Singles	12:00-12:45 pm Pairs Singles	12:00-12:45 pm Pairs Singles	12:00-12:45 pm Pairs Singles
1:00-1:45 pm Pairs Singles	1:00-1:45 pm Pairs Singles	1:00-1:45 pm Pairs Singles	1:00-1:45 pm Pairs Singles	1:00-1:45 pm Pairs Singles
2:00-2:45 pm Pairs Singles	2:00-2:45 pm Pairs Singles	2:00-2:45 pm Pairs Singles	2:00-2:45 pm Pairs Singles	2:00-2:45 pm Pairs Singles
3:00-3:45 pm Pairs Singles	3:00-3:45 pm Pairs Singles	3:00-3:45 pm Pairs Singles	3:00-3:45 pm Pairs Singles	3:00-3:45 pm Pairs Singles
4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	
5:00-5:45 pm Int & Senior FreeSkate	5:00-5:30 pm Int & Senior Stroking	5:00-5:45 pm Int & Senior FreeSkate	5:00-5:30 pm Int & Senior Stroking	
6:00-7:00 pm Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	6:00-7:00 pm Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	
	5:45-6:45 pm Jr Competitive			

	Group Lesson			
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**Off Ice Sessions
September 3, 2018 to June 21, 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	
					SAT JCA (TBD) Pairs off ice Ballroom/Ballet 3 hours 1:30-4:30 pm
3:50-4:50 pm Fitness @ PTC with Spencer	4:00-5:00 pm Gym PTC with Ellen	3:50-4:50 pm Ballet @ PTC	4:00-5:00 pm Gym PTC with Ellen		
5:10-5:55 pm Rinkside Jump Class Spencer		5:10-5:55 pm Rinkside Jump Class			

Programs and sessions at COP are geared for competitive skaters **ONLY** in both StarSkate and traditional Sectional level athletes. Morning and afternoon sessions are not designated but are expected to be strong Pre Novice to Elite. If you are Juvenile and would like to register for morning/afternoon ice (any session between 7:45 am to 3:45 pm), please contact the Director of Skating at director@calalta.net to check on availability.

Intermediate: Star4/5 and Up and Pre Juv/Juv	Senior: Juvenile/Pre-Novice/Novice/Star 7-10/Gold
<p>The Managing Director/Director of Skating has the right to move skaters accordingly based on skill level and numbers on ice.</p> <p>Calalta reserves the right to cancel registered sessions due to low numbers.</p>	