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| **2019 Summer Sessions** | **Competitive 1**  |
| **Jimmie Condon Arena****502 Heritage Drive, SE****Calgary, AB****P: 403-245-2425****Email:** **info@calalta.net****Website: www.calalta.net** | **2nd Yr Pre-Novice/Novice/Junior*** **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.**

**Medical refunds available with a Doctor’s note and an absence of more than a week.** |

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| **The packages are available on the following weeks:** |
| **Week #** | **Cost per Week** | **Dates Available****Monday to Friday unless specified below** |
| **1** | **$196.00** | **July 2-5****(4 days)** | **No ice July 1 for Canada day (4 day week)** |
| **2** | **$245.00** | **July 8-12** | **5 day week** |
| **3** | **$245.00** | **July 15-19** | **5 day week** |
| **4** | **$245.00** | **July 22-26** | **5 day week** |
| **5** | **$196.00** | **July 29-Aug 1****(4 days)** | **Wildrose begins Aug 1 - no skating Aug 2 (4 day week)** |
| **6** | **$136.00** | **Aug 6-9** **(4 days)** | **No ice Aug 5 due to long weekend. Comp 1 & 2 combined this week on new schedule** |
| **7** | **$136.00** | **Aug 12-15** **(4 days)** | **No Ice Aug 16 Comp 1 & 2 Combined this week on new schedule.**  |

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

**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/**](https://calalta.uplifterinc.com/) **to register!**

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| **Competitive 1 - Daily Schedule Monday/Wednesday/Friday** |
| **Times** | **Type** | **Comments** |
| **7:30 - 8:00 am** | **Stroking** | **Edges/Turns/Figures/Spins** |
| **8:15 - 8:45 am** | **Off Ice** | **30 min Jump3X/Core 1X/Flexibility 1X** |
| **9:00 - 9:45 am** | **Free Skate** |  |
| **9:45-10:45 am** | **60 min break** |  |
| **10:45 - 11:30 am** | **Free Skate** |  |
| **11:40 - 12:25 pm** | **Off Ice** | **High Fitness/Yoga/Fitness/Ballet/Modern dance** |
| **12:30 - 1:15 pm** | **Free Skate** |  |

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| **Competitive 1 - Daily Schedule Tuesday/Thursday** |
| **Times** | **Type** | **Comments** |
| **7:30 - 8:00 am** | **Off Ice** | **30 min Jump3X/Core 1X/Flexibility 1X** |
| **8:15 - 9:00 am** | **Free Skate** |  |
| **9:00 – 10:00 am** | **60 min break** |  |
| **10:00-10:45 am** | **Free Skate** |  |
| **10:45-11:15 am** | **Stroking** | **Endurance** |
| **11:20 - 12:05 pm** | **Off Ice** | **High Fitness/Yoga/Fitness/Ballet/Modern dance** |
| **12:15 - 1:00 pm** | **Free Skate** |  |

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**Proper footwear and clothing for off ice classes**

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