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| **2019 Summer Sessions** | | | | | **Pre-Juvenile** |
| **Jimmie Condon Arena**  **502 Heritage Drive, SE**  **Calgary, AB**  **P: 403-245-2425**  **Email:** [**info@calalta.net**](mailto:info@calalta.net)  **Website: www.calalta.net** | | | | | **Pre-Juvenile**  **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.** |
| **The packages are available on the following weeks:** | | | | | |
| **Week #** | **Cost per Week** | | **Dates Available**  **Monday to Friday unless specified below** | | |
| **1** | | **$131.00** | **July 2-5**  **(4 days)** | **No ice July 1 for Canada day** | |
| **2** | | **$162.75** | **July 8-12** | **5 day week** | |
| **3** | | **$162.75** | **July 15-19** | **5 day week** | |
| **4** | | **$162.75** | **July 22-26** | **5 day week** | |
| **5** | | **$131.00** | **July 29-Aug 1**  **(4 days)** | **Wildrose begins Aug 1 so no skating on Aug 2** | |
| **6** | | **$131.00** | **Aug 6-9**  **(4 days)** | **No ice August 5 due to long weekend Pre Juv will sign up for STAR 3-5 for this week** | |
| **7** | | **$162.75** | **Aug 12-16** | **Pre Juv will sign up for STAR 3-5 for this week – 5 day 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**

**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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| --- | --- | --- |
| **Pre-Juv - Daily Schedule Monday/Wednesday/Friday** | | |
| **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** |

|  |  |  |
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| **Pre – Juv Daily Schedule Tuesday/Thursday** | | |
| **Times** | **Type** | **Comments** |
| **7:30 - 8:15 am** | **Free Skate** |  |
| **8:30 - 9:00 am** | **Off Ice** | **30 min Jump/Core/Flexibility** |
| **9:15 - 10:00 am** | **Free Skate** |  |
| **10:45-11:15** | **Stroking** | **Endurance** |
| **or** |  |  |
| **9:15 - 10:00 am** | **Free Skate** |  |
| **10:45-11:15** | **Stroking** | **Endurance** |
| **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:**

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