**Dance**

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| **2019 Summer Sessions** | **Group 1 Weeks 1, 2, 3** |
| **The Edge School for Athletes****33055 Township Rd 250****Calgary, AB T3Z 1L4****Shane Homes Rocky Ridge YMCA****Registration:** [**http://calalta.uplifterinc.com/**](http://calalta.uplifterinc.com/)**P: 403-245-2425****Email:** **info@calalta.net****Website: www.calalta.net** | **Please see Kim or Chantelle for details and for permission to skate in this program.****You must be registered and paid 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 one 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** | **$313.00** | **July 1-5 Includes Nutrition Seminar July 5** |
| **2** | **$313.00** | **July 8-12 Includes Sport Psychology July 12** |
| **3** | **$313.00** | **July 15-19 Includes Sport Psychology July 19** |

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

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| **Full Daily Schedule Group 1** |
| **Times** | **Type** | **Comments** |
| **7:00-7:15 am** | **Off Ice** | **Warm up and walk through (Coach billed)** |
| **7:30-8:45 am** | **Ice** |  |
| **9:15-10:15 am** | **Off Ice** | **Tue/Thu/Fri (Coach billed)** |
| **9:15-10:15 am** | **Ballet** | **Monday/Wednesday** |
| **10:30-12:00 pm** | **Ice** | **Ice** |
| **12:00-12:30** | **Stroking** | **Coach billed** |
| **1:00-1:45 pm** | **Off Ice** | **Duckett Fitness Centre** |

**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.**