**Dance**

|  |  |
| --- | --- |
| **2019 Summer Sessions** | **Group NOT Going to Minto** |
| **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 on the program 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.** |

|  |
| --- |
| **The packages are available on the following weeks:** |
| **Week #** | **Cost per Week** | **Dates Available****Monday to Friday unless specified below** |
| **4** | **$235.00** | **July 21-26** |

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

|  |
| --- |
| **Daily Schedule Dance teams (Non Minto)** |
| **Day** | **Times** |
| **Monday July 22** | **7:00AM-1:45PM Off Ice Warm up and walk through (coach billed)** |
|  | **OR (refer to your schedule for weeks 1-3)** |
|  | **8:30AM-3:30PM**  |
| **Tuesday July 23**  | **7:00AM-1:45PM**  |
|  | **OR (refer to your schedule for weeks 1-3)** |
|  | **8:30-3:30PM**  |
| **Wednesday July 24** | **9:15-10:15 AM Ballet** |
|  | **10:30-11:15 PM Ice** |
|  | **11:15-11:45 AM Stroking (coach billed)** |
|  | **12:00-2:15 PM Ice** |
|  | **2:30-3:15 PM Duckett**  |
| **Thursday July 25** | **7:00-7:15AM Off Ice Warm up and walk through (coach billed)** |
|  | **7:30-8:45AM Ice**  |
|  | **9:00-10:45 AM Ice & Stroking (coach billed)** |
|  | **11:00-12:00 PM Off Ice (coach billed)**  |
| **Friday July 26** | **7:00-7:15AM Off Ice Warm up and walk through (coach billed)** |
|  | **7:30-8:45AM Ice** |
|  | **9:00-10:45 AM Ice and coach billed stroking** |
|  | **11:00AM-11:45 AM Off Ice Duckett Center** |

**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.**