**Dance**

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| **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**](mailto: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.** |

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| **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)**

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| **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.**