

**Singles and Dance Schedule at COP
September 3, 2019 to June 21, 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am & 6:45-7:45 am (To Chal- lenge) Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & 6:45-7:45 am (To Chal- lenge) Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & Dance Teams
6:30-8:00 am Stroking (6:30-7:00) FreeSkate (7-8 am)		6:30-8:00 am Stroking (6:30-7:00) FreeSkate (7-8 am)		6:30-8:00 am FreeSkate
8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams
12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate	12:00-12:45 pm FreeSkate
2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate
3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate
4:00-5:00 pm Int/Senior FreeSkate	4:00-4:45 pm Int/Senior FreeSkate	4:00-4:45 pm Jr/Intermediate FreeSkate	4:00-4:45 pm Int/Senior FreeSkate	
5:00-5:45 pm Jr/Intermediate FreeSkate	4:45-5:30 pm Int/Senior FreeSkate	4:45-5:30 pm Int/Senior FreeSkate	4:45-5:30 pm Int/Senior FreeSkate	
6:00-7:00 pm Int/Senior FreeSkate	5:45-6:45 pm Jr Prep/HP Groups	5:30-6:00 pm Stroking	5:45-6:45 pm Jr Prep/HP Groups	
		6:15-7:00 pm Int/Senior FreeSkate		

COP Off Ice Sessions September 3, 2019 to June 21, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:50 pm Off Ice Spencer	4:45-5:30 pm Junior Prep/HP Off Ice	3:50-4:35 Dance (Ballet, Modern, Jazz rotation)	4:45-5:30 pm Junior Prep/HP Off Ice Natasha Taylor	
6:00-6:45 pm Off Ice Spencer	5:45-6:45 pm Off Ice PTC Strength and Conditioning		5:45-6:45 pm Off Ice PTC Strength and Conditioning	

Morning and afternoon sessions at COP are not designated but are expected to be strong Pre Novice/Star 8 to Senior/Gold FreeSkate sessions. If you are Juvenile/Star 6 and would like to register for morning/afternoon ice (any session between 6:30 am to 3:45 pm), please contact the Director of Skating at director@calalta.net to check on availability.

Junior Prep/High Performance	Registered group program skaters only
Junior	Star 1 – Star 3 No Intermediate or Senior skaters on Junior sessions
Intermediate	Must have competed or tested at a minimum of Star 4 level No Senior skaters allowed on Junior or Intermediate sessions
Senior	Must have completed a Senior Silver test OR min TES (technical elements score) of 10.0 points No Junior or Intermediate skaters on Senior sessions
Adult	Any skater over the age of 18
Open	Open to any skater

The Director of Skating has the right to move skaters accordingly based on skill level and numbers on ice. Calalta reserves the right to cancel registered sessions due to low numbers.

Dance Partnering on any session may be restricted based on # of registered skaters