

2020 Summer Sessions	Competitive 2
Jimmie Condon Arena 502 Heritage Drive, SE Calgary, AB P: 403-245-2425 Email: info@calalta.net Website: www.calalta.net	This package is for competitive skaters who compete at the Pre-Juvenile U13, Juvenile, 1st year Pre-Novice and STAR 6-9 Levels Pre-Juvenile U11 and STAR 5 skaters must register in Star 3-5 and Pre-Juv U11 package Please speak to your coach PRIOR to registering

The packages are available on the following weeks:

Week #	Cost per Week	Dates Available Monday to Friday unless specified below	
1	\$ 98.00	July 2-3	2 day week - no ice July 1
2	\$245.00	July 6-10	5 day week
3	\$245.00	July 13-17	5 day week
4	\$245.00	July 20-24	5 day week
5	\$196.00	July 27-30	4 day week - no ice July 31 - Wildrose begins Jul 31
6	\$160.00	Aug 4-7	4 day week - no ice Aug 3 Comp 1 & 2 combined this week
7	\$120.00	Aug 10-12	3 day week - no Ice Aug 14 Comp 1 & 2 Combined this week

Book by the week or email info@calalta.net for Day and Single Session rates and availability

Competitive 2 - Daily Schedule Monday/Wednesday/Friday except Weeks 6 & 7		
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 3X/Core 1X/Flexibility 1X
9:45 - 10:30 am	Free Skate	
10:30-11:30 am	60 minute Break	
11:30 - 12:15 pm	Free Skate	
12:30 - 1:15 pm	Fitness	High Fitness/Yoga/Fitness/Ballet/Modern dance
Competitive 2 - Daily Schedule Tuesday/Thursday except Weeks 6 & 7		
Times	Type	Comments
7:30 - 8:15 am	Free Skate	
8:30 - 9:00 am	Off Ice	30 min Jump 3X/Core 1X/Flexibility 1X
9:15 - 10:00 am	Free skate	
10:00 – 10:45 am	Break	
10:45-11:15 am	Stroking	Endurance
11:30 - 12:15 pm	Free Skate	
12:30 - 1:15 pm	Fitness	High Fitness/Yoga/Fitness/Ballet/Modern Dance

If your child is ill, PLEASE inform the office at info@calalta.net and keep them home!
 Calalta will be following all City of Calgary, Alberta Health Services and Skate Canada guidelines.

Registration begins May 15 at 12:00 am!
Go to <https://calalta.uplifterinc.com/> to register!