

## Dance

2020 Summer Sessions	Junior and Senior
<p>The Edge School for Athletes 33055 Township Rd 250 Calgary, AB T3Z 1L4</p> <p>P: 403-245-2425 Email: <a href="mailto:info@calalta.net">info@calalta.net</a> Website: <a href="http://www.calalta.net">www.calalta.net</a></p>	<p>Please talk to Kim for details and for permission to skate in this program.</p> <p>You must be registered and paid prior to attending or you will be asked to leave the ice.</p>

The packages are available on the following weeks:

Week #	Cost per Week	Dates Available Monday to Friday unless specified below
1	\$165.00	July 1-3
2	\$275.00	July 6-10
3	\$275.00	July 13-17
4	\$275.00	July 20-24
5	\$275.00	July 27-31

Book by the week or email [info@calalta.net](mailto:info@calalta.net) for Day and Single Session rates and availability

Daily Schedule Monday to Thursday		
Times	Type	Comments
7:00-7:20 am	Off Ice	Warm up and walk through (Coach billed)
7:30-8:00 am	Stroking, Edges & Turns	Stroking (Coach billed)
8:00-9:15 am	Ice	
9:45-10:45 am	Off Ice	Mon: Ballroom or Phys Literacy Wed: Lifts with Ben Tu/Th: Ballet with Teri
11:15-12:45 pm	Ice	
1:00-1:45 pm	Off Ice	Duckett Fitness Centre
Friday – Includes Novice, Junior & Senior		
Times	Type	Comments
7:00-7:20 am	Off Ice	Warm up and walk through (Coach billed)
7:30-8:00 am	Stroking, Edges & Turns	Stroking (Coach billed)
8:00-9:15 am	Ice	
9:30-11:00 am	Ice	
11:15-12:15 pm	Off Ice	Sports Psych or Nutrition
1:00-1:45 pm	Off Ice	Duckett Fitness Centre

If your child is ill, PLEASE inform the office at [info@calalta.net](mailto: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!