

Singles and Dance Schedule at COP September 8, 2020 to June 20, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am & 6:45-7:45 am (To Challenge some days) DANCE TEAMS	6:15-8:15 am DANCE TEAMS	6:15-8:15 am & 6:45-7:45 am (To Challenge some days) 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
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
4:00-4:45 pm JR/INTERMEDIATE 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	
5:00-6:00 pm Int/Senior FreeSkate & Stroking	5:00-5:45 pm Int/Senior FreeSkate	5:00-6:00 pm Int/Senior FreeSkate & Stroking	5:00-5:45 pm Int/Senior FreeSkate	
6:15-7:00 pm INT/SENIOR FREESKATE	6:00-6:45 pm JR PREP/HP INTRO TO FS	6:15-7:00 pm INT/SENIOR FREESKATE	6:00-6:45 pm JR PREP/HP INTRO TO FS	

HP (High Performance), JR PREP (Junior Prep), IFS (Introduction to Figure Skating), GROUPSTAR, JUNIORSTAR, CAN-SKATE, SYNCHRO & POWERSKATING	Registered group program skaters only – fully coached Email info@calalta.net for more information
JUNIOR	Star 1 – Star 4 No Intermediate or Senior skaters on Junior sessions
INTERMEDIATE	Must have competed or tested at a minimum of Star 5-Star 8 OR Pre Juvenile to-Juvenile levels. No Senior skaters allowed on Junior or Intermediate sessions
SENIOR	Must have completed a Star 9 test and higher OR competed at the Star 9/Pre Novice or higher No Junior or Intermediate skaters on Senior sessions
ADULT OPEN	Any skater over the age of 18 Open to any skater

COP Off Ice Sessions
September 8, 2019 to June 21, 2020

Monday OFF ICE	Tuesday OFF ICE	Wednesday OFF ICE	Thursday OFF ICE	Friday OFF ICE	Saturday OFF ICE	Sunday OFF ICE
					9:20-10:05 am INTERMEDIATE & SENIOR ZOOM JUMP CLASS	10:00-11:00 AM SYNCHRO OFF ICE
5:15-5:45 pm JUNIOR ZOOM FLEXIBILITY & PHYSICAL LIT- ERACY	5:15-5:45 pm JUNIOR ZOOM FLEXIBILITY & PHYSICAL LITER- ACY	5:15-5:45 pm JUNIOR ZOOM ROTATION OF BALLET, MOD- ERN & JAZZ	5:15-5:45 pm JUNIOR ZOOM JUMP CLASS		3:00-3:30pm JUNIOR ZOOM JUMP CLASS	10:45-11:30 am INTERMEDIATE & SEN- IOR ZOOM ROTATION OF JUMP, DANCE, CORE, FLEXI- BILITY, FITNESS & SPORTS PSYCHOLOGY CLASSES
6:00-6:45 pm INTERMEDIATE & SENIOR ZOOM FLEXIBILITY & PHYSICAL LIT- ERACY	6:00-6:45pm INTERMEDIATE & SENIOR ZOOM FLEXIBILITY & PHYSICAL LITER- ACY	6:00-6:45 pm INTERMEDIATE & SENIOR ZOOM ROTATION OF BALLET, MOD- ERN & JAZZ	6:00-6:45 pm INTERMEDIATE & SENIOR ZOOM JUMP CLASS			1:00-1:45PM JUNIOR & INTERMEDI- ATE ZOOM ROTATION OF JUMP, DANCE, CORE, FLEXI- BILITY, FITNESS & SPORTS PSYCHOLOGY CLASSES

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 for any reason

Please note that Calalta is committed to the health and safety of our coaches, skaters, members and volunteers and adheres to all health guidelines and protocols issued by the Alberta Government, City of Calgary, Skate Canada and Skate Canada: AB/NUN/NWT as well as the facility operator as required. You will be required to follow all rules when skating with Calalta.