



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

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday                        |
|---|--|---|--|-------------------------------|
| 6:15-8:15 am &<br>6:45-7:45 am<br>(To Challenge some days)<br>DANCE TEAMS | 6:15-8:15 am<br>DANCE TEAMS                                      | 6:15-8:15 am &<br>6:45-7:45 am<br>(To Challenge some days)<br>DANCE TEAMS | 6:15-8:15 am<br>DANCE TEAMS                                      | 6:15-8:15 am &<br>DANCE TEAMS |
| 6:30-8:00 am<br>STROKING (6:30-7:00)<br>FREESKATE (7-8 am)                |  | 6:30-8:00 am<br>STROKING (6:30-7:00)<br>FREESKATE (7-8 am)                |  | 6:30-8:00 am<br>FREESKATE     |
| 8:30-9:45 am<br>DANCE TEAMS   | 8:30-9:45 am<br>DANCE TEAMS                                      | 8:30-9:45 am<br>DANCE TEAMS   | 8:30-9:45 am<br>DANCE TEAMS                                      | 8:30-9:45 am<br>DANCE TEAMS   |
| 2:00-2:45 pm<br>FREESKATE   | 2:00-2:45 pm<br>FREESKATE  | 2:00-2:45 pm<br>FREESKATE   | 2:00-2:45 pm<br>FREESKATE  | 2:00-2:45 pm<br>FREESKATE     |
| 3:00-3:45 pm<br>FREESKATE   | 3:00-3:45 pm<br>FREESKATE  | 3:00-3:45 pm<br>FREESKATE   | 3:00-3:45 pm<br>FREESKATE  | 3:00-3:45 pm<br>FREESKATE     |
| 4:00-4:45 pm<br>JR/INTERMEDIATE<br>FREESKATE                              | 4:00-4:45 pm<br>INT/SENIOR<br>FREESKATE                          | 4:00-4:45 pm<br>JR/INTERMEDIATE<br>FREESKATE                              | 4:00-4:45 pm<br>INT/SENIOR<br>FREESKATE                          |                               |
| 5:00-6:00 pm<br>INT/SENIOR<br>FREESKATE & STROK-<br>ING                   | 5:00-5:45 pm<br>INT/SENIOR<br>FREESKATE                          | 5:00-6:00 pm<br>INT/SENIOR<br>FREESKATE & STROK-<br>ING                   | 5:00-5:45 pm<br>INT/SENIOR<br>FREESKATE                          |                               |
| 6:15-7:00 pm<br>INT/SENIOR<br>FREESKATE                                   | 6:00-6:45 pm<br>JR PREP/HP/IFS<br>GROUPS AND<br>JR/INT FREESKATE | 6:15-7:00 pm<br>INT/SENIOR<br>FREESKATE                                   | 6:00-6:45 pm<br>JR PREP/HP/IFS<br>GROUPS AND<br>JR/INT FREESKATE |                               |

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

Website: [Calalta.net](http://Calalta.net)  
Email: [info@calalta.net](mailto:info@calalta.net)

Registration: [Calalta.uplifter.com](http://Calalta.uplifter.com)  
Tel: (403) 245-2425

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

| Monday<br>OFF ICE  | Tuesday<br>OFF ICE   | Wednesday<br>OFF ICE  | Thursday<br>OFF ICE   | Friday<br>OFF ICE | Saturday<br>OFF ICE  | Sunday<br>OFF ICE  |
|--|--|---|---|-------------------|--|--|
|  |  |   |   |                   | 9:20-10:05 am<br>INT/SENIOR<br>ZOOM<br>JUMP-CLASS<br>Destiny | 10:00-11:00 AM<br>SYNCHRO OFF ICE  |
| 5:15-5:45 pm<br>JUNIOR<br>ZOOM<br>FLEXIBILITY &<br>PHYSICAL LIT-<br>ERACY<br>Spencer     | 5:15-5:45 pm<br>JUNIOR<br>ZOOM<br>FLEXIBILITY &<br>PHYSICAL LIT-<br>ACY<br>Uschi     | 5:15-5:45 pm<br>JUNIOR<br>ZOOM<br>ROTATION<br>BALLET<br>MODERN<br>JAZZ<br>Destiny             | 5:15-5:45 pm<br>JUNIOR<br>ZOOM<br>JUMP-CLASS<br>Natasha P     |                   | 3:00-3:30 pm<br>JUNIOR<br>ZOOM<br>JUMP-CLASS<br>Destiny      | 10:45-11:30 am<br>INT/SENIOR<br>ZOOM<br>ROTATION OF JUMP,<br>DANCE, CORE, FLEXI-<br>BILITY, FITNESS &<br>SPORTS PSYCHOLOGY<br>CLASSES    |
| 6:00-6:45 pm<br>INT/SENIOR<br>ZOOM<br>FLEXIBILITY &<br>PHYSICAL LIT-<br>ERACY<br>Spencer | 6:00-6:45 pm<br>INT/SENIOR<br>ZOOM<br>FLEXIBILITY &<br>PHYSICAL LIT-<br>ACY<br>Uschi | 6:00-6:45 pm<br>INT/SENIOR<br>ZOOM<br>ZOOM<br>ROTATION<br>BALLET<br>MODERN<br>JAZZ<br>Destiny | 6:00-6:45 pm<br>INT/SENIOR<br>ZOOM<br>JUMP-CLASS<br>Natasha P |                   |  | 1:00-1:45 PM<br>JR/INTERMEDIATE<br>ZOOM<br>ROTATION OF JUMP,<br>DANCE, CORE, FLEXI-<br>BILITY, FITNESS &<br>SPORTS PSYCHOLOGY<br>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.