



## Singles Schedule at COP

### February 1, 2021 to March 31, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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
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	4:00-4:45 pm INT/SENIOR	4:00-4:45 pm JR/INTERMEDIATE	4:00-4:45 pm INT/SENIOR	
5:00-6:00 pm INT/SENIOR INCLUDES 15 MIN OF STROKING	5:00-5:45 pm OPEN		5:00-5:45 pm INT/SENIOR	
6:15-7:00 pm INT/SENIOR	6:00-6:45 pm GROUPS AND JR/INT FREESKATE	6:15-7:00 pm INT/SENIOR FREESKATE	6:00-6:45 pm GROUPS AND JR/INT FREESKATE	

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 <a href="mailto:info@calalta.net">info@calalta.net</a> 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	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 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 INT/SENIOR ZOOM JUMP-CLASS Destiny	10:00-11:00 AM SYNCHRO OFF ICE
5:15-5:45 pm JUNIOR ZOOM FLEXIBILITY & PHYSICAL LIT- ERACY Spencer	5:15-5:45 pm JUNIOR ZOOM FLEXIBILITY & PHYSICAL LIT- ACY Uschi	5:15-5:45 pm JUNIOR ZOOM ROTATION BALLET MODERN JAZZ Destiny	5:15-5:45 pm JUNIOR ZOOM JUMP-CLASS Natasha P		3:00-3:30 pm JUNIOR ZOOM JUMP-CLASS Destiny	10:45-11:30 am INT/SENIOR ZOOM ROTATION OF JUMP, DANCE, CORE, FLEXI- BILITY, FITNESS & SPORTS PSYCHOLOGY CLASSES
6:00-6:45 pm INT/SENIOR ZOOM FLEXIBILITY & PHYSICAL LIT- ERACY Spencer	6:00-6:45 pm INT/SENIOR ZOOM FLEXIBILITY & PHYSICAL LIT- ACY Uschi	6:00-6:45 pm INT/SENIOR ZOOM ZOOM ROTATION BALLET MODERN JAZZ Destiny	6:00-6:45 pm INT/SENIOR ZOOM JUMP-CLASS Natasha P			1:00-1:45 PM JR/INTERMEDIATE 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.