

## COP Arena

**September 5, 2022 to June 23, 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
				1:00-1:45 pm INT/SENIOR FREESKATE
2:00-2:45 pm INT/SENIOR FREESKATE	2:00-2:45 pm INT/SENIOR FREESKATE	2:00-2:45 pm INT/SENIOR FREESKATE	2:00-2:45 pm INT/SENIOR FREESKATE	2:00-2:45 pm INT/SENIOR FREESKATE
3:00-3:45 pm INT/SENIOR FREESKATE	3:00-3:45 pm INT/SENIOR FREESKATE	3:00-3:45 pm INT/SENIOR FREESKATE	3:00-3:45 pm INT/SENIOR FREESKATE	3:00-3:45 pm INT/SENIOR FREESKATE
4:00-4:45 pm INT/SENIOR FREESKATE	4:00-4:45 pm INT/SENIOR FREESKATE	4:00-4:45 pm INT/SENIOR FREESKATE	4:00-4:45 pm INT/SENIOR FREESKATE	4:00-4:45 pm OPEN FREESKATE
4:45-5:45 PM INT/SENIOR FREESKATE	4:45-5:45 PM OPEN FREESKATE	4:45-5:45 PM INT/SENIOR FREESKATE	4:45-5:45 PM OPEN FREESKATE	
6:00-7:00 PM OPEN FREESKATE		6:00-7:00 PM OPEN FREESKATE	6:00-7:00 SYNCHRONIZED	

<b>JUNIOR</b>	Star 1 – Star 4 No Intermediate or Senior skaters on Junior sessions
<b>INTERMEDIATE</b>	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
<b>SENIOR</b>	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
<b>OPEN</b>	Open to any skater

## COP Off Ice Sessions

Monday OFF ICE	Tuesday OFF ICE	Wednesday OFF ICE	Thursday OFF ICE
6:00-6:45 pm INT/SENIOR FITNESS PTC		6:00-6:45 pm INT/SENIOR FITNESS PTC	

Each session has a minimum number of skaters required to run a session. If the number is not met, the ice session may be cancelled.

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.