

**HIGH PERFORMANCE TRAINING PROGRAM**

<b>2023 Summer Sessions for July</b>	<b>Group A</b>
<b>Skating located at:</b> <b>Father David Bauer Arena</b> <b>2424 University Drive NW</b> <b>Calgary, AB</b>  <b>P: 403-245-2425</b> <b>Email: <a href="mailto:info@calalta.net">info@calalta.net</a></b> <b>Website: <a href="http://www.calalta.net">www.calalta.net</a></b>	<b>Novice, Junior &amp; Senior Competitive</b>  <b>Please speak with your coach who will confirm with Tyler Myles, Director of Skating at <a href="mailto:director@calalta.net">director@calalta.net</a> PRIOR to registering</b>

**The packages are available on the following weeks:**

Week #	Cost per Week	Dates Available	
Monday to Friday unless specified below			
1	\$270.00	July 3-7	5 day week
2	\$270.00	July 10-14	5 day week
3	\$270.00	July 17-21	5 day week
4	\$270.00	July 24-28	5 day week
5	\$270.00	July 31-Aug 4	5 day week

**New schedule for August 7-18 at Rose Kohn**

Book by the week, day or session on [Uplifter](#)

Group A - Daily Schedule Monday-Friday Father David Bauer		
Times	Type	Comments
11:00-11:15 pm	Edges	Group Lesson (Coaching Included)
11:15-12:00 pm	Free Skate	
12:15-1:00 pm	Free Skate	
1:00-1:30 pm	Break	
1:30-2:15 pm	Off Ice	Jump/Fitness Class
2:30-3:00 pm	Spins & Stroking	Group Lesson (Coaching Included)

Please ensure your skater has the necessary gear to make for a successful day:

- Healthy and nutritious snacks and water
- Proper footwear and clothing for off ice classes
- Skaters should be on time and warmed up for sessions

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.

Register on Uplifter [here](#) or send questions to [info@calalta.net](mailto:info@calalta.net)  
 Schedule also available on Calalta's [website](#)