



**2023 Summer Schedule for High Performance Training at Father David Bauer
July 3 to Aug 4, 2023**

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--|--|--|--|--|--|--|--|--|
| Group A 11:00-11:15 pm Edges with Coach | | Group A 11:00-11:15 pm Edges with Coach | | Group A 11:00-11:15 pm Edges with Coach | | Group A 11:00-11:15 pm Edges with Coach | | Group A 11:00-11:15 pm Edges with Coach | |
| Group A 11:15-12:00 pm Free Skate | | Group A 11:15-12:00 pm Free Skate | | Group A 11:15-12:00 pm Free Skate | | Group A 11:15-12:00 pm Free Skate | | Group A 11:15-12:00 pm Free Skate | |
| Flood 12:00-12:15 pm | | | | | | | | | |
| Group A 12:15-1:00 pm Free Skate | | Group A 12:15-1:00 pm Free Skate | | Group A 12:15-1:00 pm Free Skate | | Group A 12:15-1:00 pm Free Skate | | Group A 12:15-1:00 pm Free Skate | |
| Flood 1:00-1:15 pm | | | | | | | | | |
| Group B 1:15-1:30 pm Edges with Coach | | Group B 1:15-1:30 pm Edges with Coach | | Group B 1:15-1:30 pm Edges with Coach | | Group B 1:15-1:30 pm Edges with Coach | | Group B 1:15-1:30 pm Edges with Coach | |
| Group B 1:30-2:15 pm Free Skate | | Group B 1:30-2:15 pm Free Skate | | Group B 1:30-2:15 pm Free Skate | | Group B 1:30-2:15 pm Free Skate | | Group B 1:30-2:15 pm Free Skate | |
| Flood 2:15-2:30 pm | | | | | | | | | |
| Group A/B 2:30-3:00 pm Spins/Stroking with Coach | | Group A/B 2:30-3:00 pm Spins/Stroking with Coach | | Group A/B 2:30-3:00 pm Spins/Stroking with Coach | | Group A/B 2:30-3:00 pm Spins/Stroking with Coach | | Group A/B 2:30-3:00 pm Spins/Stroking with Coach | |
| Flood 3:00-3:15 pm | | | | | | | | | |
| Group B 3:15-4:00 pm Free Skate | | Group B 3:15-4:00 pm Free Skate | | Group B 3:15-4:00 pm Free Skate | | Group B 3:15-4:00 pm Free Skate | | Group B 3:15-4:00 pm Free Skate | |
| Monday Off Ice | | Tuesday Off Ice | | Wednesday Off Ice | | Thursday Off Ice | | Friday Off Ice | |
| Group B Jump/Fitness 12:15-1:00 pm Off Ice | | Group B Jump/Fitness 12:15-1:00 pm Off Ice | | Group B Jump/Fitness 12:15-1:00 pm Off Ice | | Group B Jump/Fitness 12:15-1:00 pm Off Ice | | Group B Jump/Fitness 12:15-1:00 pm Off Ice | |
| Group A Jump/Fitness 1:30-2:15 pm Off Ice | | Group A Jump/Fitness 1:30-2:15 pm Off Ice | | Group A Jump/Fitness 1:30-2:15 pm Off Ice | | Group A Jump/Fitness 1:30-2:15 pm Off Ice | | Group A Jump/Fitness 1:30-2:15 pm Off Ice | |
| Level | | Description | | | | | | | |
| Group A | | Novice/Junior/Senior | | | | | | | |
| Group B | | Juvenile/PreNovice/Star 8 to Gold | | | | | | | |

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.

Prior to registering, session must be confirmed with the Tyler Myles, Director of Skating at director@calalta.net

Register on Uplifter [here](#) or send questions to info@calalta.net

Schedule also available on Calalta's [website](#)