

<b>2023 Summer Sessions for Aug 8-18,</b>	<b>Group A</b>
<b>Skating located at:</b> <b>Rose Kohn Arena</b> <b>502 Heritage Drive SW</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	\$183.20	Aug 8-11	4 day week (Tuesday to Friday)
2	\$229.00	Aug 14-18	5 day week

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

Group A		
Times	Type	Comments
9:00-9:15 am	Edges	Edge Lesson (Coaching Included)
9:15-10:00 am	Free Skate	
10:15-11:00 am	Off Ice	
11:15-12:00 pm	Free Skate	
12:00-12:45 pm	Break	
12:45-1:00 pm	Stroking	Group A & B (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](#)