

Competitive Dance Teams (July 3 Aug 4)

2023 Summer Sessions	
Ed Whelan SouthInd Arena 2000 Southland Drive SW Calgary, AB P: 403-245-2425 Email: info@calalta.net Website: www.calalta.net	<p>Please talk to Kim Weeks for details and for permission to skate in this program.</p> <p>You must be registered and paid prior to attending or you will be asked to leave the ice.</p>

The packages are available on the following weeks:		
Week #	Cost per Week	Dates Available
		Monday to Friday unless specified below
2	\$208.00	July 3-7 - 5 day week
3	\$208.00	July 10-14 - 5 day week
4	\$208.00	July 17-21 - 5 day week
5	\$208.00	July 24-28 - 5 day week
6	\$208.00	July 31 Aug 4 – 5 Day week

Book by the week on [Uplifter](#) Day and Single Session rates available

Daily Schedule Monday to Friday		
Times	Type	Comments
7:00-7:20 am	Off Ice warm up	Coach billed
7:30-8:00 am	Stroking, Edges & Turns	Coaching is billed directly for stroking
8:00-9:15 am	Ice	
9:30-11:00 am	Ice	

PTC Off Ice WinSport Monday and Wednesday (Separate Registration)		
Times	Type	Comments
4:00-5:00 pm	PTC (WinSport) Off Ice	Monday and Wednesday

PTC Training at WinSport Monday and Wednesday 4-5 pm (Cost of this program will be split evenly between the participants) July 5 to Aug 16 – Non-refundable – Registered as a separate program if this program fills to 10 participants the cost per session would be \$16.00

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.

Martin Lefebvre will be available for private ballroom in the ice

Go to <https://calalta.uplifterinc.com/> to register!