

HIGH PERFORMANCE TRAINING PROGRAM

2023 PTC Sessions for July & August	PTC Training 2 times a week this summer
PTC located at: 88 Canada Olympic Road SE Calgary, AB	Novice, Junior & Senior Competitive Maximum of 10 athletes Cost will be split between skaters If program sells out the cost will be \$16 per session - \$224.00 for the whole summer
P: 403-245-2425 Email: info@calalta.net Website: www.calalta.net	WinSport charges \$160.00 per session for a max of 10 athletes

The packages are available on the following weeks:

Week #	Cost per Week	Dates Available	
		Monday and Wednesday unless specified below	
1	TBD	July 3 & 5	Monday and Wednesday
2	TBD	July 10 & 12	Monday and Wednesday
3	TBD	July 17 & 19	Monday and Wednesday
4	TBD	July 24 & 26	Monday and Wednesday
5	TBD	July 31 & Aug 2	Monday and Wednesday
6	TBD	Aug 8 & 9	Monday and Tuesday
7	TBD	Aug 14 & 16	Monday and Wednesday

Book by the entire program on [Uplifter](#)

PTC High Performance Training		
Times	Type	Comments
4:00-5:00 pm		Group training

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