

Jimmie Condon Arena

September 2, 2025 to Saturday June 20, 2026

Monday ICE	Tuesday ICE	Wednesday ICE	Thursday ICE	Friday ICE	Saturday ICE	Sunday ICE
6:30-8:00 AM FREESKATE JR/INT	7:00-8:00 AM FREESKATE INT/SR	6:30-8:00 AM FREESKATE JR/INT	7:00-8:00 AM FREESKATE INT/SR	6:30-8:00 AM FREESKATE JR/INT	9:30-10:05 AM PRE-CANSKATE *, CANSKATE (4-5yrs), ADULT & TEEN CAN- SKATE * Starts 9:25 AM with a 5 min off-ice warmup	8:00-9:00 AM JR/INT
7:00-8:00 AM FREESKATE JR/INT		7:00-8:00 AM FREESKATE JR/INT		7:00-8:00 AM FREESKATE JR/INT	10:05-10:45 AM CANSKATE (5-11 yrs)	9:15-10:00 AM JR/INT
4:35-5:15 PM CANSKATE & PRE-CANSKATE	4:15-6:00 PM JR/INT (With stroking from 5:00-5:15 & off-ice from 6:10-6:55 PM)	4:35-5:15 PM CANSKATE & PRE-CANSKATE	4:15-6:00 PM JR/INT (With stroking from 5:00-5:15 & off-ice from 6:10-6:55 PM)	2:30-3:30 PM JR/INT (With stroking from 3:15-3:30)	10:45-11:30 AM GROUP STAR (With off-ice from 10:05- 10:35) & TEEN STAR (No off- ice)	10:15-11:45 AM SOLSTICE SYNCHRO JUVENILE
5:15-6:00 PM PRE-STAR (With off-ice from 6:10- 6:30) & PRESTIGE PERFORMANCE (With off-ice from 4:35-5:05)	4:15-5:15 PM JR/INT (With stroking from 5:00-5:15)	5:15-6:00 PM PRE-STAR (With off-ice from 6:10- 6:30) & PRESTIGE PERFORMANCE (With off-ice from 4:35-5:05)	4:15-5:15 PM JR/INT (With stroking from 5:00-5:15)	3:15-4:15 PM JR/INT (With stroking from 3:15-3:30)	11:45-12:45 PM JR/INT (With off-ice from 10:45-11:25 & strok- ing from 12:30-12:45)	12:00-3:15 PM SOLSTICE SYNCHRO GOLD
					11:45-12:30 INTERMEDIATE	
6:15-7:15 PM JR/INT (With stroking from 6:15-6:30)	5:00-6:00 PM JR/INT (With stroking from 5:00-5:15)	6:15-7:15 PM JR/INT (With stroking from 6:15-6:30)	5:00-6:00 PM JR/INT (With stroking from 5:00-5:15)	4:30-5:15 PM INT/SR	12:30-1:30 PM JUNIOR (With off-ice from 11:35-12:15 & strok- ing from 12:30-12:45)	3:30-5:30 PM SOLSTICE SYNCHRO OPEN
7:15-8:15 PM INT/SR	6:15-8:00 PM INT/SR (With off-ice from 5:15-6:00 & stroking from 7:00-7:15)	7:15-8:15 PM INT/SR	6:15-8:00 PM INT/SR (With off-ice from 5:15-6:00 & stroking from 7:00-7:15)	5:15-6:00 PM INT/SR	1:45-2:30 PM & Stroking from 2:30-3:00 INTERMEDIATE (With off-ice from 12:45-1:30)	
	6:15-7:15 PM INT/SR (With stroking from 7:00-7:15)		6:15-7:15 PM INT/SR (With stroking from 7:00-7:15)	6:20-7:00 PM CANSKATE & PRE-CANSKATE	2:30-3:00 PM Strok- ing & 3:15-4:30 INT/SR (With off-ice from 1:30-2:15) NO dance partner	
	7:00-8:00 PM INT/SR (With stroking from 7:00-7:15)		7:00-8:00 PM INT/SR (With stroking from 7:00-7:15)		4:45-5:30 PM Pre Power & Power 1	
8:30-10:15 PM SYNCHRO	8:15-9:45 PM SYNCHRO	8:30-10:30 PM SYNCHRO	8:15-9:45 PM SYNCHRO		5:30-6:15 PM Power 2	

CALALTA

FIGURE SKATING CLUB

Monday OFF-ICE	Tuesday OFF-ICE	Wednesday OFF-ICE	Thursday OFF-ICE	Friday OFF-ICE	Saturday OFF-ICE	Sunday OFF-ICE
4:35-5:05 PM PRESTIGE PERFORMANCE OFF-ICE	5:15-6:00 PM INT/SR OFF-ICE (As part of the 6:15-8:00 PM ice session)	4:35-5:05 PM PRESTIGE PERFORMANCE OFF-ICE	5:15-6:00 PM INT/SR OFF-ICE (As part of the 6:15-8:00 PM ice session)		10:05-10:35 PM GROUPSTAR OFF-ICE	10:15-11:15 With Coach Mercedes
6:10-6:30 PM PRESTAR OFF-ICE	6:10-6:55 PM JR/INT OFF-ICE (As part of the 4:15-6:00 PM ice session)	6:10-6:30 PM PRESTAR OFF-ICE	6:10-6:55 PM JR/INT OFF-ICE (As part of the 4:15-6:00 PM ice session)		10:45-11:25 PM JR/INT OFF-ICE (As part of the 11:45- 12:45 PM ice session)	
					11:35-12:15 PM JUNIOR OFF-ICE (As part of the 12:30- 1:30 PM ice session)	
					12:45-1:30 PM INTERMEDIATE OFF-ICE (As part of the 1:45- 3:00 PM ice session)	
					1:30-2:15 PM INT/SR OFF-ICE (As part of the 2:30- 4:30 PM ice session)	

<p>PSP (Pre-Star Performance), PP (Prestige Performance), GROUP STAR, TEEN STAR, CANSKATE, PRE-CANSKATE, ADULT & TEEN CANSKATE, & POWER SKATING - These programs are fully coached. Email info@calalta.net for more information</p>	<p>JR/INT: Skaters must meet at least one of the following criteria</p> <ul style="list-style-type: none"> - STAR 1-6 Freeskate or Pre-Juv U10/Juv U12 level - STAR 1-7 Dance, Skills, or Artistic
<p>JR: Star 1 – Star 5 Skaters in the STAR 1-5 Freeskate, Dance, & Skills test levels must not have a STAR 5 assessment or higher to qualify for Junior Sessions</p>	<p>INT/SR: Skaters must meet at least one of the following criteria</p> <ul style="list-style-type: none"> - Pass the complete STAR 6 FreeSkate assessment - Complete STAR 8 Dance, Skills, or Artistic assessments - Compete at the Pre-Juv U10 or Juv U12 level
<p>INT: Skaters MUST meet at least one of the following criteria</p> <ul style="list-style-type: none"> - Successfully pass the complete STAR 5 FreeSkate assessment - Complete STAR 6 Skills or Dance - Compete at the Pre-Juv U10 or Juv U12 levels 	<p>An ADULT skater is anyone over the age of 18. They must participate in the session that best aligns with their skill level. If they did not follow the previous Skate Canada Test Stream, they should use the STAR Assessment requirements to accurately determine their level</p>
<p>SR: Skaters MUST meet at least one of the following criteria,</p> <ul style="list-style-type: none"> - Pass the complete STAR 8 FreeSkate assessment - Complete STAR 9 Skills, Dance, or Artistic - Compete at the STAR 9 or Juv U14 level or higher (Double Axel & Triple jumps occur on these sessions.) <p>*Junior & Intermediate skaters are NOT permitted on these sessions</p>	
<p>OFF ICE will be on a rotational basis to ensure variety and proper cross training</p>	<p>Register on Uplifter here or send questions to info@calalta.net. Schedule also available on Calalta's website</p>