

2024 Summer Sessions July 2-Aug 2	Group A
<b>Skating located at:</b> <b>Jimmie Condon/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 to Senior &amp; Star 9 and up</b> <b>Pre-Novice may be permitted at the discretion of the Group Director</b>  <b>Please speak with your coach 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	\$216.00	July 2-5	4 day week
2	\$270.00	July 8-12	5 day week
3	\$270.00	July 15-19	5 day week
4	\$270.00	July 22-26	5 day week
5	\$270.00	July 29-Aug 2	5 day week
New schedule for August 6-16			

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

Group A July 2 – Aug 2		
Times	Type	Comments
9:00-10:00 am	Stroking/Edges/Free Skate	Group Lesson (Coaching Included) 9:00-9:15 am & Free skate 9:15-10:00 am <u>Rose Kohn</u>
10:30-11:15 am	Off Ice	Jump class, Fitness, Stretching/Flexibility
11:30-12:15 pm	Free Skate	Self practice + opportunity for private lesson
12:15-1:15	Break	
1:15-1:45 pm	Off Ice	Jump class, Fitness, Stretching/Flexibility
1:45-2:30 pm	Break	
2:30-3:15 pm	Free Skate	Self practice + opportunity for private lesson

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 Group Director 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](#)