



COP Arena

September 1, 2025 to June 19, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 AM DANCE TEAMS	6:15-8:15 AM DANCE TEAMS	6:15-8:15 AM DANCE TEAMS	6:15-8:15 AM DANCE TEAMS	6:15-8:15 AM DANCE TEAMS
8:30-9:45 AM DANCE TEAMS/SOLO with approval from GM/Dance lead	8:30-9:45 AM DANCE TEAMS/SOLO with approval from GM/Dance lead	8:30-9:45 AM DANCE TEAMS/SOLO with approval from GM/Dance lead	8:30-9:45 AM DANCE TEAMS/SOLO with approval from GM/Dance lead	8:30-9:45 AM DANCE TEAMS/SOLO with approval from GM/Dance lead
6:30-7:45 AM JR STROKING (coach billed)				6:30-7:45 AM INT/SR STROKING (coach billed)
2:00-2:45 PM SENIOR FREESKATE	2:00-2:45 PM INT/SENIOR FREESKATE/SKILLS & DANCE	2:00-2:45 PM SENIOR FREESKATE	2:00-2:45 PM INT/SENIOR FREESKATE/SKILLS & DANCE	
3:00-3:45 PM INT/SENIOR FREESKATE	3:00-3:45 PM SENIOR FREESKATE	3:00-3:45 PM INT/SENIOR FREESKATE	3:00-3:45 PM SENIOR FREESKATE	1:00-1:45 PM INT/SENIOR FREESKATE
4:00-4:45 PM INT/SENIOR FREESKATE	4:00-5:00 PM INT/SENIOR FREESKATE (With stroking from 4:45-5:00 pm)	4:00-4:45 PM INT/SENIOR FREESKATE	4:00-5:00 PM INT/SENIOR FREESKATE (With stroking from 4:45-5:00 pm)	2:00-2:45 PM INT/SENIOR FREESKATE
4:45-5:45 PM INT/SENIOR FREESKATE	4:45-5:45 PM INT/SENIOR FREESKATE (With stroking from 4:45-5:00 pm)	4:45-5:45 PM INT/SENIOR FREESKATE	4:45-5:45 PM INT/SENIOR FREESKATE (With stroking from 4:45-5:00 pm)	3:00-3:45 PM INT/SENIOR FREESKATE
	4:00-5:45 pm INT/SENIOR FREESKATE + Stroking & PTC 6:00-7:00 pm (BEST VALUE)		4:00-5:45 pm INT/SENIOR FREESKATE + Stroking & PTC 6:00-7:00 pm (BEST VALUE)	3:45-4:45 PM JUNIOR FREESKATE/SKILLS & DANCE (With stroking from 4:30 - 4:45)
6:00-7:00 PM JUNIOR FREESKATE/SKILLS & DANCE (With stroking from 6:45 - 7:00) Off-ice 5:15-5:45 PM (BEST VALUE)	6:00-7:00 PM JUNIOR FREESKATE/SKILLS & DANCE (With stroking from 6:45 - 7:00)	6:00-7:00 PM JUNIOR FREESKATE/SKILLS & DANCE (With stroking from 6:45 - 7:00) Off-ice 5:15-5:45 PM (BEST VALUE)	6:00-7:00 PM JUNIOR FREESKATE/SKILLS & DANCE (With stroking from 6:45 - 7:00) Off-ice 5:15-5:45 PM	

CALALTA

FIGURE SKATING CLUB

			6:15-7:00 PM PRESTAR- PERFORMANCE (With off-ice from 5:45-6:05 PM)	
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JUNIOR/ PRESTAR PER- FORMANCE	Star 1-5 Freeskate/Dance/Skills test levels- May not have higher than Star 5 assessment to be on Junior Sessions. PSP is invite only under age 9 as of July 1, 202. *No Ints/SRS	The General Manager 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.
INTERMEDIATE/SENIOR	Must have passed the Complete Star 6 FreeSkate Or Star 7 Dance/Skills/Artistic assessments- *No JRs	
SENIOR	Must have passed the Complete Star 8 FreeSkate assessment , Star 8 Skills/Dance or Artistic OR competed at the Star 9/JuvU14 level or higher. *No JRS or INTS	

COP Off Ice Sessions

Monday OFF ICE	Tuesday OFF ICE	Wednesday OFF ICE	Thursday OFF ICE
JR 5:15-5:45 Off-Ice (part of the 6:00-7:00 pm session)	6:00-7:00 PM INT/SR FITNESS PTC at WinSport (Part of the 4:00-7:00 pm session)	JR 5:15-5:45 Off-Ice (Part of the 6:00-7:00 pm session)	JR 5:15-5:45 Off-Ice (part of the 6:00-7:00 pm session) 5:45-6:05 PSP off-ice rink side (Part of the Prestar program) 6:00-7:00 PM INT/SR FITNESS PTC at WinSport (Part of the 4:00-7:00 pm session)

Registration: <https://calalta.uplifterinc.com/> Email: info@calalta.net
 Website: <http://calalta.net/> Phone: 403-245-2425