



ICE HOUSE TRAINING SCHEDULE

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
HOLIDAY 2	3	4	5	6	7	8
9	OPEN TRAINING SESSION 10	11	12	13	LEARN TO PUSH 14	15
16	OPEN TRAINING SESSION 17	18	19	20	OPEN TRAINING SESSION 21	22
23	LEARN TO PUSH 24	25	26	27	LEARN TO PUSH 28	29
BCS National Skeleton Program CAMP July 30- Aug 3 30	OPEN TRAINING SESSION 31					

DETAILS

Ice House Sessions
 Tuesdays 7-8pm
 Saturdays 2-3:30pm
 Please arrive 30min early for warm up

LEARN TO PUSH
 Please arrive 30 min early for all LTP sessions
 Wear long sleeves, long pants/tights, running shoes and bring light gloves
 LTP sessions are free to attend!

Email info@albertaskelton.ca to register for Learn to Push sessions



ICE HOUSE TRAINING SCHEDULE August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 BCS National Skeleton Program CAMP July 30-Aug 3	2	3	4	5
6 HOLIDAY	7 LEARN TO PUSH	8	9	10	11 BCS recruitment camp: Edmonton OPEN SESSION	12
13	14 OPEN TRAINING SESSION	15	16	17	18 RIDE TO CONQUER CANCER AT WINSFORT	19
20	21 OPEN TRAINING SESSION	22	23	24	25 LEARN TO PUSH	26
27 LEARN TO PUSH	28	29	30	31		

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ICE HOUSE TRAINING SCHEDULE September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 HOLIDAY	4 OPEN TRAINING SESSION	5	6	7	8 LEARN TO PUSH	9
10	11 OPEN TRAINING SESSION	12	13	14	15 OPEN TRAINING SESSION	16
17	18 LEARN TO PUSH	19	20	21	22 OPEN TRAINING SESSION	23
24	25 LEARN TO PUSH	26	27	28	29 OPEN TRAINING SESSION	30

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ICE HOUSE TRAINING SCHEDULE October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 BCS National Skeleton Program CAMP Oct 1-5	2 OPEN TRAINING SESSION	3	4	5 TENTATIVE USED EQUIPMENT SALE	6 TENTATIVE PUSH COMPETITION	7
8	9 CALGARY TRACK SLIDING BEGINS	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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