

Novice

******* GOALIE SESSION 5:00 – 6:00 PM DAILY *******

Monday July 23rd

8:00 – 8:50 am On Ice 1
9:15 – 10:15 am Lecture & Video
10:15 – 11:15 am Recreation/Fitness (Soccer or Ball Hockey)
11:15 – 11:45am Lunch
12:00 – 1:15 pm On Ice 2
1:15 – 1:45 pm Individual Photos (Rink 2)

Tuesday July 24th

9:00 – 9:50 am On Ice 1
10:15 – 11:15 am Lecture & Video
11:15 – 12:15 Recreation/Fitness
12:15 – 12:45 pm Lunch
1:15 – 2:30 pm On Ice 2

Wednesday July 25th

8:00 – 8:50 am On Ice 1
9:30 – 10:30 am **Bowling at Center Bowl** (bus leaves for Bowling at 9:15am, picks up at Center Bowl at 10:30)
10:45 – 11:30 am Lunch
12:00 – 1:15 pm On Ice 2 (GAME)

Thursday July 26th

9:00 – 9:50 am On Ice 1
10:15 – 11:15 am Lecture & Video
11:15 – 12:15 Recreation/Fitness
12:15 – 12:45 pm Lunch
1:15 – 2:30 pm On Ice 2

Friday July 27th

8:00 – 8:50 am On Ice 1
9:30 – 10:30 am **Laser tag** (bus leaves rink at 9:15am, picks up at Laser Tag at 10:30)
10:45 – 11:30 am Lunch (Pizza Party)
12:00 – 1:15 pm On Ice 2 (GAME)

- In younger divisions parents are asked to dress their own children and even do skates. If you cannot help with this you must talk to your group leader.
- Any special needs or concerns must be addressed with your group leader.
- Parents must inform coaches if players are not going on bus.
- Parents are welcome at these outside activities and encouraged to help out coaches.
- These outside activities are only for hockey school participants.
- Strict rules are in place at Bowling and Cyber Zone Laser Tag facility. These rules must be adhered to at all times for safety reasons.

Atom

******* GOALIE SESSION 5:00 – 6:00 PM DAILY *******

Monday July 23rd

9:00 – 9:50 am	On Ice 1
10:15 – 11:15 am	Lecture & Video
11:15 – 12:15	Recreation/Fitness (Soccer in Annex or Field)
12:15 – 12:45 pm	Lunch
1:15 – 2:30 pm	On Ice 2
2:30 – 3:00 pm	Individual Photos (Rink 2)

Tuesday July 24th

8:00 – 8:50 am	On Ice 1
9:15 – 10:15 am	Lecture & Video
10:15 – 11:15 am	Fitness
11:15 – 11:45am	Lunch
12:00 – 1:15 pm	On Ice 2

Wednesday July 25th

9:00 – 9:50 am	On Ice 1
10:40 – 11:40 am	Bowling at Center Bowl (bus leaves for bowling at 10:15am, picks up at bowling at 11:45)
12:00 – 12:45	Lunch
1:15 – 2:30 pm	On Ice 2 (GAME)

Thursday July 26th

8:00 – 8:50 am	On Ice 1
9:15 – 10:15 am	Lecture & Video
10:15 – 11:15 am	Recreation/Fitness
11:15 – 11:45am	Lunch
12:00 – 1:15 pm	On Ice 2

Friday July 27th

9:00 – 9:50 am	On Ice 1
10:40 – 11:40 am	Laser Tag (bus leaves rink at 10:15am, picks up at laser tag at 11:45)
12:00 – 12:45	Lunch (Pizza Party)
1:15 – 2:30 pm	On Ice 2 (Game)

- In younger divisions parents are asked to dress their own children and even do skates. If you cannot help with this you must talk to your group leader.
- Any special needs or concerns must be addressed with your group leader.
- Parents must inform coaches if players are not going on bus.
- Parents are welcome at these outside activities and encouraged to help out coaches.
- These outside activities are only for hockey school participants.
- Strict rules are in place at Bowling and Cyber Zone Laser Tag facility. These rules must be adhered to at all times for safety reasons.

Pee Wee

******* GOALIE SESSION 5:00 – 6:00 PM DAILY *******

Monday July 23rd

10:00 – 11:00 am	On Ice 1
11:15 – 12:15	Lecture & Video
12:15 – 1:15	Recreation/Fitness (Soccer)
1:15 – 2:00 pm	Lunch
2:30 – 3:45	On Ice 2
3:45- 4:15	Individual Photos (Rink 2)

Tuesday July 24th

11:00 – 12:00	On Ice 1
12:15 – 1:15	Lecture & Video
1:30 – 2:30	Recreation/Fitness
2:30 – 3:15	Lunch
3:45 – 5:00	On Ice 2

Wednesday July 25th

10:00 – 11:00 am	On Ice 1
11:45 -12:45	Bowling at Center Bowl (bus leaves for bowling at 11:25 am, picks up at bowling at 12:45)
1:00 – 2:00	Lunch
2:30 – 3:45	On Ice 2 (GAME)

Thursday July 26th

11:00 – 12:00	On Ice 1
12:15 – 1:00	Lecture & Video or Fitness
1:15 – 2:15	Recreation
2:15 – 3:15	Lunch
3:45 – 5:00	On Ice 2

Friday July 27th

10:00 – 11:00 am	On Ice 1
11:45 -12:45	Laser Tag (bus leaves rink at 11:25 am, picks up at laser tag at 12:45)
1:00 – 2:00	Lunch (Pizza Party)
2:30 – 3:45	On Ice 2 (GAME)

- In younger divisions parents are asked to dress their own children and even do skates. If you cannot help with this you must talk to your group leader.
- Any special needs or concerns must be addressed with your group leader.
- Parents must inform coaches if players are not going on bus.
- Parents are welcome at these outside activities and encouraged to help out coaches.
- These outside activities are only for hockey school participants.
- Strict rules are in place at Bowling and Cyber Zone Laser Tag facility. These rules must be adhered to at all times for safety reasons.

Ban/Mid

******* GOALIE SESSION 5:00 –6:00 PM DAILY *******

Monday July 23rd

11:00 – 12:00 On Ice 1
12:15 – 1:15 Lecture & Video
1:30 – 2:30 Recreation/Fitness (Soccer)
2:30 – 3:15 Lunch
3:45 – 5:00 On Ice 2
5:00 – 5:30 Individual Photos (Rink 2)

Tuesday July 24th

10:00 – 11:00 am On Ice
11:15 – 12:15 Lecture & Video
12:15 – 1:15 Recreation/Fitness
1:15 – 2:00 pm Lunch
2:30 – 3:45 On Ice 2

Wednesday July 25th

11:00 – 12:00 On Ice 1
12:00 – 12:45 Lunch
1:15 – 2:15 **Bowling at Center Bowl** (bus leaves for bowling at 1:00, picks up at bowling at 2:15)
2:30 – 3:30 Fitness
3:45 – 5:00 On Ice 2 (GAME)

Thursday July 26th

10:00 – 11:00 am On Ice
11:15 – 12:00 Lecture and Video or Fitness
12:15 – 1:15 Recreation
1:15 – 2:00 Lunch
2:30 – 3:45 On Ice 2

Friday July 27th

11:00 – 12:00 On Ice 1
12:00 – 12:45 Lunch (Pizza Party)
1:15 – 2:15 **Laser Tag** (bus leaves rink at 1:00, picks up at laser tag at 2:15)
2:30 – 3:30 Fitness
3:45 – 5:00 On Ice 2

- In younger divisions parents are asked to dress their own children and even do skates. If you cannot help with this you must talk to your group leader.
- Any special needs or concerns (learning disabilities, allergies, etc) must be addressed with your group leader.
- Parents must inform coaches if players are not going on bus.
- Parents are welcome at these outside activities and encouraged to help out coaches.
- These outside activities are only for hockey school participants.
- Strict rules are in place at Bowling and Cyber Zone Laser Tag facility. These rules must be adhered to at all times for safety reasons.