



SUMMER HOCKEY SCHOOL WEEKLY SCHEDULE



Cost is \$375 per Player and Goalies for the week

Week 1 – August 2-6

7-9 YEAR OLDS

8:00-9:15am Ice Session 1 Technical Skills

Snack-Break 30min

9:45-10:45am Ice Session 2 Game Play

11:00-11:30am Lunch/Video

11:30-12:30pm Dryland/Games

10-12 YEAR OLDS

11:15-12:30pm Ice Session 1 Technical Skills

Snack-Break 30min

1:00-2:00pm Ice Session 2 Game Play

2:15-2:45pm Lunch/Video

2:45-3:45pm Dryland/Games

Week 2 – August 9-13

10-12 YEAR OLDS

8:00-9:15am Ice Session 1 Technical Skills

Snack-Break 30min

9:45-10:45am Ice Session 2 Game Play

11:00-11:30am Lunch/Video

11:30-12:30pm Dryland/Games

5-7 YEAR OLDS

11:15-12:15pm Ice Session 1 Technical Skills

Snack-Break 30min

12:45-1:45pm Ice Session 2 Game Play

2:00-2:30pm Lunch/Video

2:30-3:30pm Dryland/Games