

High Performance Training Camp (PW & Bantam)

| | <u>ON ICE</u> | <u>OFF ICE Training</u> |
|---------------|----------------|-------------------------|
| Friday Sept 5 | 5:45 - 6:45 pm | 7:00-8:00 pm |
| Sat Sept 6 | 9:00-10:00 am | 10:15-11:15 am |
| Mon Sept 8 | 5:45 - 6:45 pm | 7:00-8:00 pm |
| Wed Sept 10 | 5:45 - 6:45 pm | 7:00-8:00 pm |
| Thur Sept 11 | 4:00 - 5:00 pm | 5:15-6:15 pm |
| Frid Sept 12 | 5:45 - 6:45 pm | 7:00-8:00 pm |

Modern Techniques of Hockey Skating

| | <u>Ages 8-13 - ON ICE</u> |
|----------------------|---------------------------|
| Sept 15-19 (Mon-Fri) | 4:30-6:00 pm |
| Sept 20 (Sat) | 8:00-9:30 am |

Skating & Puck Skills Camp

| | <u>Ages 8-13 - ON ICE</u> |
|----------------------|---------------------------|
| Sept 15-19 (Mon-Fri) | 6:15-7:45 pm |
| Sept 20 (Sat) | 9:45-11:15 am |