



DAILY SCHEDULE - SESSIONS 3
7-8 OHS DEVELOPMENT CAMP SKATERS

NOTES: SCHEDULE SUBJECT TO CHANGE

OFF-ICE ACTIVITY WILL CHANGE DAILY

SUNDAY

| | | |
|----------|----------|----------------------|
| 12:00 PM | 12:45 PM | CHECK-IN |
| 12:45 PM | 1:00 PM | ORIENTATION (Lounge) |
| 1:00 PM | 1:30 PM | PREP FOR ICE |
| 1:30 PM | 2:30 PM | ICE SESSION (Blue) |

**If the drop off and pick up times conflict with your schedule please
contact the OHS office (888-844-6611) to discuss a potential solution**

MONDAY - FRIDAY

| | | |
|----------|----------|--------------------|
| 7:10 AM | 7:45 AM | PREP FOR ICE |
| 7:45 AM | 9:00 AM | ICE SESSION (Blue) |
| 9:30 AM | 10:15 AM | DRYLAND |
| 10:30 AM | 10:45 AM | SNACK |
| 11:00 AM | 11:45 AM | SKILLS |
| 11:55 AM | 12:25 PM | MEAL |
| 12:30 PM | 1:00 PM | OFF-ICE ACTIVITY |
| 1:10 PM | 1:40 PM | PREP FOR ICE |
| 1:40 PM | 1:45 PM | D.I.P. |
| 1:45 PM | 3:00 PM | ICE SESSION (Blue) |

RULES AND REGULATIONS:

- #1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Rule-Do Not leave valuables in locker room-OHS is not responsible for lost or stolen items.
- #3 Rule-Do Not take or use other students equipment or property.
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellors permission