



DAILY SCHEDULE - SESSIONS 2
7-8 OHC DEVELOPMENT 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