



DAILY SCHEDULE - SESSION 1
10-12 REGULAR PROGRAM GROUP #2 - HEAT SKATERS

SUNDAY

2:30 PM	3:15 PM	CHECK-IN
3:15 PM	3:30 PM	ORIENTATION (Lounge)
3:30 PM	4:00 PM	PREP FOR ICE
4:00 PM	4:15 PM	DAILY INSTRUCTIONAL PREVIEW
4:15 PM	5:15 PM	ICE SESSION (Gold)

MONDAY - FRIDAY

7:00 AM	7:30 AM	PREP FOR ICE
7:30 AM	7:45 AM	DAILY INSTRUCTIONAL PREVIEW
7:45 AM	9:00 AM	ICE SESSION (Blue)
9:30 AM	10:15 AM	LECTURE
10:30 AM	10:40 AM	SNACK
10:45 AM	11:30 AM	DRYLAND
11:45 AM	12:30 PM	SKILLS
12:35 PM	1:05 PM	LUNCH
1:15 PM	1:45 PM	PREP FOR ICE
1:45 PM	2:00 PM	DAILY INSTRUCTIONAL PREVIEW
2:00 PM	3:15 PM	ICE SESSION (Blue)

SATURDAY

11:30 AM	12:00 PM	PREP FOR ICE
12:00 PM	12:15 PM	STRETCH
12:15 PM	1:45 PM	GAME AND AWARDS (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