



DAILY SCHEDULE - SESSIONS 1-3
10-12 REGULAR PROGRAM - MAPLE LEAF SKATERS

SUNDAY

1:15 PM	2:00 PM	CHECK-IN
2:00 PM	2:15 PM	ORIENTATION (Lounge)
2:15 PM	2:45 PM	PREP FOR ICE
2:45 PM	3:00 PM	DAILY INSTRUCTIONAL PREVIEW
3:00 PM	4:00 PM	ICE SESSION (Gold)

MONDAY - FRIDAY

9:00 AM	9:30 AM	PREP FOR ICE
9:30 AM	9:45 AM	DAILY INSTRUCTIONAL PREVIEW
9:45 AM	11:00 AM	ICE SESSION (Gold)
11:30 AM	11:40 AM	SNACK
11:40 AM	12:25 PM	LECTURE
12:30 PM	1:15 PM	SKILLS
1:30 PM	2:15 PM	DRYLAND
2:30 PM	3:00 PM	LUNCH
3:15 PM	3:45 PM	PREP FOR ICE
3:45 PM	4:00 PM	DAILY INSTRUCTIONAL PREVIEW
4:00 PM	5:15 PM	ICE SESSION (Gold)

SATURDAY

9:45 AM	10:15 AM	PREP FOR ICE
10:15 AM	10:30 AM	STRETCH
10:30 AM	12:00 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