



**DAILY SCHEDULE - SESSIONS 1-3**  
**7-9 REGULAR PROGRAM - FLAMES GOALIES**

**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	1:45 PM	DAILY INSTRUCTIONAL PREVIEW
1:45 PM	2:45 PM	ICE SESSION (Gold)

**MONDAY - FRIDAY**

7:30 AM	8:00 AM	PREP FOR ICE
8:00 AM	8:15 AM	DAILY INSTRUCTIONAL PREVIEW
8:15 AM	9:30 AM	ICE SESSION (Gold)
10:00 AM	10:45 PM	LECTURE
10:50 AM	11:35 AM	SKILLS
11:40 AM	12:05 PM	LUNCH
12:05 PM	12:30 PM	PREP FOR ICE
12:30 PM	1:45 PM	GOALIE ICE SESSION (Blue)
1:50 PM	2:05 PM	SNACK
2:05 PM	2:30 PM	PREP FOR ICE
2:30 PM	3:45 PM	ICE SESSION (Gold)
4:00 PM	4:45 PM	DRYLAND

**SATURDAY**

8:00 AM	8:30 AM	PREP FOR ICE
8:30 AM	8:45 AM	STRETCH
8:45 AM	10:15 AM	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