



DAILY SCHEDULE - SESSIONS 1-3
7-9 REGULAR PROGRAM - FLAMES SKATERS

SUNDAY

11:45 AM	12:30 PM	CHECK-IN
12:30 PM	12:45 PM	ORIENTATION (Lounge)
12:45 PM	1:15 PM	PREP FOR ICE
1:15 PM	1:30 PM	DAILY INSTRUCTIONAL PREVIEW
1:30 PM	2:30 PM	ICE SESSION (Blue)

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 AM	DRYLAND
10:50 AM	11:00 AM	SNACK
11:00 AM	11:45 AM	SKILLS
12:00 PM	12:30 PM	LUNCH
12:45 PM	1:30 PM	LECTURE
1:45 PM	2:15 PM	PREP FOR ICE
2:15 PM	2:30 PM	DAILY INSTRUCTIONAL PREVIEW
2:30 PM	3:45 PM	ICE SESSION (Gold)

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