



**AUGUST 16 - AUGUST 20, 2010**  
**10-12 YEAR OLD REGULAR PROGRAM**  
**HEAT SKATERS**



**MONDAY**

<b>START</b>	<b>END</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
8:00 AM	8:20 AM	Register	Centre Ice
8:20 AM	8:30 AM	Orientation	Centre Ice
8:30 AM	9:00 AM	Get Dressed	Dressing Room
9:00 AM	10:15 AM	Ice Session	Rink
10:45 AM	11:45 AM	Dryland	Field
12:00 PM	12:30 PM	Lecture	Lecture Room
12:30 PM	1:00 PM	Lunch	Cafeteria
1:00 PM	1:30 PM	Get Dressed	Dressing Room
1:30 PM	1:45 PM	Daily Preview	Dressing Room
1:45 PM	3:00 PM	Ice Session	Rink

**TUESDAY - FRIDAY**

<b>START</b>	<b>END</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
8:30 AM	9:00 AM	Get Dressed	Dressing Room
9:00 AM	10:15 AM	Ice Session	Rink
10:45 AM	11:45 AM	Dryland	Field
12:00 PM	12:30 PM	Lecture	Lecture Room
12:30 PM	1:00 PM	Lunch	Cafeteria
1:00 PM	1:30 PM	Get Dressed	Dressing Room
1:30 PM	1:45 PM	Daily Preview	Dressing Room
1:45 PM	3:00 PM	Ice Session	Rink

**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-Abbotsford Heat and 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