



AUGUST 16 - AUGUST 20, 2010
7-9 YEAR OLD REGULAR PROGRAM
JR HEAT SKATERS



MONDAY

START	END	ACTIVITY	LOCATION
6:30 AM	6:50 AM	Register	Centre Ice
6:50 AM	7:00 AM	Orientation	Centre Ice
7:00 AM	7:30 AM	Get Dressed	Dressing Room
7:30 AM	8:45 AM	Ice Session	Rink
9:15 AM	10:15 AM	Dryland	Field
10:30 AM	11:00 AM	Lecture	Lecture Room
11:00 AM	11:30 AM	Lunch	Cafeteria
11:30 AM	12:00 PM	Get Dressed	Dressing Room
12:00 PM	12:15 PM	Daily Preview	Dressing Room
12:15 PM	1:30 PM	Ice Session	Rink

TUESDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:00 AM	7:30 AM	Get Dressed	Dressing Room
7:30 AM	8:45 AM	Ice Session	Rink
9:15 AM	10:15 AM	Dryland	Field
10:30 AM	11:00 AM	Lecture	Lecture Room
11:00 AM	11:30 AM	Lunch	Cafeteria
11:30 AM	12:00 PM	Get Dressed	Dressing Room
12:00 PM	12:15 PM	Daily Preview	Dressing Room
12:15 PM	1:30 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