

SESSIONS: Camp Day runs 9 AM - 3:30 PM

Session I - July 9 - 13 Session II - July 16 - 20 Session III - July 23 - 27 Session IV - July 30 - Aug 3 Session V - Aug 6 - 10 Session VI - Aug 13 - 17 Session VII - Aug 20 - 24 Session VIII - Aug 27 - 31

COST:

\$325 Per Session with Rec. Card \$365 Per Session without Rec. Card

3-HOURS OF ICE TIME **Sample Daily Itinerary:** 9:00 AM – Warm-Up 9:30 – 11:30 AM – On Ice

11:45 AM – Lunch

12:30 – 1:30 PM – On Ice Games

1:45 – 3:15 PM – Off-Ice / Pool

3:30 PM - Dismissal

<u>On – Ice</u>

Stick Handling Puck Control **Skating Technique** Game Play Full Equipment

Off <u>– Ice</u> Strength Training Chalk Talk Games

Great for all levels!!! There will be isolated time for travel and recreational players. All counselors are midget / junior players.

