

Overnight Hockey + Camp Program- Sample Weekly Schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up	Rise/ Breakfast/ Cabin Clean-Up
Morning		-Activity #1 (selected during reg.) -Activity #2 (selected during reg.) -Group Games	-Bus to arena -On-ice instruction (2 hours) -Bus to camp -Activity Centre	-Activity #1 (selected during reg.) -Activity #2 (selected during reg.) -Group Games	-Bus to arena -On-ice instruction (2 hours) -Bus to camp -Activity Centre	-Activity #1 (selected during reg.) -Activity #2 (selected during reg.) -Group Games	-Bus to arena -On-ice (<i>Final Game</i>) -Parent check-out at arena -Return to camp for belongings
		Lunch					
Afternoon	-Arrival to camp -Check-In/ Bunk-In	-WellFit Training -Bus to arena -On-ice instruction (2 hours) -Bus to camp	-Showers -WellFit Training -Activity #1 (selected during reg.) -Activity #2 (selected during reg.)	-WellFit Training -Bus to arena -On-ice instruction (2 hours) -Bus to camp	-Showers -WellFit Training -Activity #1 (selected during reg.) -Activity #2 (selected during reg.)	-WellFit Training -Bus to arena -On-ice instruction (2 hours) -Bus to camp	
	Dinner						
Evening	-Orientation -Cabin Time	-Tuck -Showers -Evening Program -Snack & Bedtime	-Evening Program -Snack & Bedtime	-Tuck -Showers -Campfire -Snack & Bedtime	-Evening Program -Snack & Bedtime	-Tuck -Showers -Friday Finale -Snack & Bedtime	