



Half - Day Camp Itinerary

Half - Day Morning

8: 15 AM : Check - in

8: 30 AM - 8: 50 AM: Dynamic warm up

9:00 AM - 11:00 AM: On ice

11:00 AM - 12:00 PM: Off ice training speed and explosive/
mobility / recovery

12:00 PM -12: 45 PM > Lunch

**Pick up for half day morning campers **

Half - Day Afternoon

(Campers can join lunch if want)

1:00 PM - 3:00 PM: On ice session

3:00 PM - 4:00 PM: Off ice training training speed and
explosive/ mobility/recovery

4: 00 PM: Checkout and pick up