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