

JK HOCKEY AUG 31-SEPT 4 1 WEEK
1/2 DAY CAMP SCHEDULE

U11 DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Drop off: 8-815am	Drop off: 8-825am	Drop off: 8-815am	Drop off: 8-825am	Drop off: 8-815am
Ice: 845-1015am	Mobility: 830-9am	Ice: 845-1015am	Mobility: 830-9am	Ice: 845-1015am
Dryland: 1030-1130am	Dryland: 9-10am	Dryland: 1030-1130am	Dryland: 9-10am	Dryland: 1030-1130am
Recovery: 1130am-12pm	Ice: 1030-12	Recovery: 1130am-12pm	Ice: 1030-12	Off ice games: 1130am-12pm
Pick up: 12pm	Pick up: 12pm	Pick up: 12pm	Pick up: 12pm	Pick up: 12pm

U13 DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Drop off: 8-825am	Drop off: 8-815am	Drop off: 8-825am	Drop off: 8-815am	Drop off: 8-825am
Mobility: 830-9am	Ice: 845-1015am	Mobility: 830-9am	Ice: 845-1015am	Off ice Games: 830-9am
Dryland: 9-10am	Dryland: 1030-1130am	Dryland: 9-10am	Dryland: 1030-1130am	Dryland: 9-10am
Ice: 1030-12	Recovery: 1130am-12pm	Ice: 1030-12	Recovery: 1130am-12pm	Ice: 1030-12
Pick up: 12pm	Pick up: 12pm	Pick up: 12pm	Pick up: 12pm	Pick up: 12pm

U15 DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Drop off: 1130-12	Drop off: 1130-12	Drop off: 1130-12	Drop off: 1130-12	Drop off: 1130-12
Ice: 1215-145pm	Mobility: 12-1230	Ice: 1215-145pm	Mobility: 12-1230	Ice: 1215-145pm
Dryland: 2-3pm	Dryland: 1230-130pm	Dryland: 2-3pm	Dryland: 1230-130pm	Dryland: 2-3pm
Recovery: 3-30pm	Ice: 2-330pm	Recovery: 3-30pm	Ice: 2-330pm	Off ice Games: 3-30pm
Pick up: 330pm	Pick up: 330pm	Pick up: 330pm	Pick up: 330pm	Pick up: 330pm

U18 DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Drop off: 1130-12	Drop off: 1130-12	Drop off: 1130-12	Drop off: 1130-12	Drop off: 1130-12
Mobility: 12-1230	Ice: 1215-145pm	Mobility: 12-1230	Ice: 1215-145pm	Off ice Games:12-1230
Dryland: 1230-130pm	Dryland: 2-3pm	Dryland: 1230-130pm	Dryland: 2-3pm	Dryland: 1230-130pm
Ice: 2-330pm	Recovery: 3-30pm	Ice: 2-330pm	Recovery: 3-30pm	Ice: 2-330pm
Pick up: 330pm	Pick up: 330pm	Pick up: 330pm	Pick up: 330pm	Pick up: 330pm