

SKATE & SKILLS / DRYLAND / GOALIE TRAINING

	GROUP 1 2 nd Year Novice & Atom	GROUP 2 PeeWee & Up	GOALIES
September 25/16	5:45 – 7:00 PM	7:15 – 8:30 PM	N/A
October 2/17	5:45 – 7:00 PM	5:15 – 6:15 PM	7:15 – 8:30 PM
October 9/17	Thanksgiving		
October 16/17	5:15 – 6:15 PM	5:45 – 7:00 PM	7:15 – 8:30 PM
October 23/17	5:45 – 7:00 PM	7:15 – 8:30 PM	N/A
October 30/17	5:45 – 7:00 PM	5:15 – 6:15 PM	7:15 – 8:30 PM
November 6/17	5:15 – 6:15 PM	5:45 – 7:00 PM	7:15 – 8:30 PM
November 13/17	5:45 – 7:00 PM	7:15 – 8:30 PM	N/A
November 20/17	5:45 – 7:00 PM	5:15 – 6:15 PM	7:15 – 8:30 PM
November 27/17	5:15 – 6:15 PM	5:45 – 7:00 PM	7:15 – 8:30 PM
December 4/17	5:45 – 7:00 PM	7:15 – 8:30 PM	N/A
December 11/17	5:45 – 7:00 PM	5:15 – 6:15 PM	7:15 – 8:30 PM
December 18/17	5:15 – 6:15 PM	5:45 – 7:00 PM	7:15 – 8:30 PM
December 25/17	Christmas		
January 1/18		New Years Day	
January 8/18	5:45 – 7:00 PM	7:15 – 8:30 PM	N/A
January 15/18	5:45 – 7:00 PM	5:15 – 6:15 PM	7:15 – 8:30 PM
January 22/18	5:15 – 6:15 PM	5:45 – 7:00 PM	7:15 – 8:30 PM
January 29/18	5:45 – 7:00 PM	7:15 – 8:30 PM	N/A
February 5/18	N/A	5:45 – 7:00 PM*	7:15 – 8:30 PM

BLUE – NORVAL (ICE)

YELLOW – HASSEN (DRYLAND)

GREEN – NOTHING SCHEDULED

* CHECKING CLINIC (2nd YR PEEWEE & BANTAM REC ONLY – INVITE ONLY)

These sessions are only available to the players that have registered for Skate & Skills/Dryland Training.

Group 1 – 2nd Year Novice & Atom

Group 2 – Pee Wee & Up

Goalies from Group 1 & 2 – Goalies are welcome to go to their regular group for on ice & dryland sessions. However, if the goalie session falls on the same night as your regular session, it is preferred that you attend the goalie session. You may attend both if you chose.

The following must be brought to all Dryland Training sessions:

- Athletic clothes
- Clean gym shoes
- Water bottle