

These sessions are for players who have pre-registered for the Skate & Skills / Dryland / Goalie Program

Group 1 – Second Year U9 and all U11 Players

Group 2 – U13 and Older Players

We have an exciting new Coach for our Dryland Training sessions this season.

We would like to welcome Lorraine Painchaud of Swanson Mountain Fitness to NOMHA!

Dryland sessions will sometimes be at the Hassen Arena; and sometimes at Swanson Mountain Fitness located at 3530 Okanagan Street.

Please see the schedule below for the dates and locations.

Please bring the following to all **Dryland Training sessions**:

- Athletic clothing
- Clean gym shoes
- Water

Goalies are welcome to attend the Skate & Skills and Dryland portions; 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 choose.

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Group 2 – U13 and Older Players

Dryland Training
Skate & Skills
Goalies

2021/22 Skate & Skills, Dryland Training and Goalie Skills				
DATE	GROUP 1	GROUP 2	GOALIES	DRYLAND TRAINING LOCATION
October 4, 2021	5:45 – 7:00 pm	7:15 – 8:30 pm		
October 11, 2021	THANKSGIVING			
October 18, 2021	5:45 – 7:00 pm	5:15 – 6:15 pm	7:15 – 8:30 pm	Swanson Mountain Fitness
October 25, 2021	5:15 – 6:15 pm	5:45 – 7:00 pm	7:15 – 8:30 pm	Hassen Memorial Arena
November 1, 2021	5:45 – 7:00 pm	7:15 – 8:30 pm		
November 8, 2021	5:45 – 7:00 pm	5:15 – 6:15 pm	7:15 – 8:30 pm	Hassen Memorial Arena
November 15, 2021	5:15 – 6:15 pm	5:45 – 7:00 pm	7:15 – 8:30 pm	Swanson Mountain Fitness
November 22, 2021	5:45 – 7:00 pm	7:15 – 8:30 pm		
November 29, 2021	5:45 – 7:00 pm	5:15 – 6:15 pm	7:15 – 8:30 pm	Hassen Memorial Arena
December 6, 2021	5:15 – 6:15 pm	5:45 – 7:00 pm	7:15 – 8:30 pm	Hassen Memorial Arena
December 13, 2021	5:45 – 7:00 pm	7:15 – 8:30 pm		
December 20, 2021	WINTER HOLIDAYS			
December 27, 2021	WINTER HOLIDAYS			
January 3, 2022	5:45 – 7:00 pm	5:15 – 6:15 pm	7:15 – 8:30 pm	Swanson Mountain Fitness
January 10, 2022	5:15 – 6:15 pm	5:45 – 7:00 pm	7:15 – 8:30 pm	Swanson Mountain Fitness
January 17, 2022	5:45 – 7:00 pm	7:15 – 8:30 pm		
January 24, 2022	5:45 – 7:00 pm	5:15 – 6:15 pm	7:15 – 8:30 pm	Hassen Memorial Arena
January 31, 2022	5:15 – 6:15 pm	5:45 – 7:00 pm	7:15 – 8:30 pm	Hassen Memorial Arena
February 7, 2022	5:45 – 7:00 pm	7:15 – 8:30 pm		
February 14, 2021	5:45 – 7:00 pm	5:15 – 6:15 pm	7:15 – 8:30 pm	Swanson Mountain Fitness
February 21, 2021	FAMILY DAY			
February 28, 2021	5:15 – 6:15 pm	5:45 – 7:00 pm	7:15 – 8:30 pm	Swanson Mountain Fitness