

2019/20 Skate & Skills, Dryland Training and Goalie Skills				
Date	Group 1	Group 2	Goalies	
September 16, 2019	5:45-7pm	7:15-8:30pm		
September 23, 2019	5:45-7pm	5:15-6:15	7:15-8:30pm	
September 30, 2019	5:15-6:15	5:45-7pm	7:15-8:30pm	
October 7, 2019	5:45-7pm	7:15-8:30pm		
October 14, 2019		Thanksgiving		
October 21, 2019	5:45-7pm	5:15-6:15	7:15-8:30pm	
October 28, 2019	5:15-6:15	5:45-7pm	7:15-8:30pm	
November 4, 2019	5:45-7pm	7:15-8:30pm		
November 11, 2019	Rememberance Day			
November 18, 2019	5:45-7pm	5:15-6:15	7:15-8:30pm	
November 25, 2019	5:15-6:15	5:45-7pm	7:15-8:30pm	
December 2, 2019	5:45-7pm	7:15-8:30pm		
December 9, 2019	5:45-7pm	5:15-6:15	7:15-8:30pm	
December 16, 2019	5:15-6:15	5:45-7pm	7:15-8:30pm	
December 23, 2019		Winter Holidays		
December 30, 2019		Winter Holidays		
January 6, 2020	5:45-7pm	7:15-8:30pm		
January 13, 2020	5:45-7pm	5:15-6:15	7:15-8:30pm	
January 20, 2020	5:15-6:15	5:45-7pm	7:15-8:30pm	
January 27, 2020	5:45-7pm	7:15-8:30pm		
February 3, 2020			7:15-8:30pm	5:45-7pm
	Dryland			
	Skate & Skills			
	Goalies			
	Checking Clinic			

Goalies from Group 1 & 2 - Goalies are welcome to go to their regular group for an 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.

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

The following must be brought to all Dryland Training sessions:

- Athletic clothes
- Clean gym shoes
- Water bottle

* CHECKING CLINIC - on ice
(2nd YR Pee Wee & Bantam/Midget REC ONLY - INVITE ONLY)