

August 26th – Star 1 & 2 – 5:30 – 6:30 p.m. McArthur Island - NHL
August 27th – Star 3/4 & Masters – 5:15 – 6:45 p.m. McArthur Island - OLY
August 28th – Star 5/6+ - 4:00 – 5:30 p.m. McArthur Island – OLY

[illegible]

Sept. 4 – Open to Star 4 and up
Sept. 11 – Technical Update Seminar
Sept. 18 – PA training
Sept. 25 – PA training

3:30-4:30 Star 1,2,3 Add On
4:30-5:15 Open Star4 and up
5:15 Flood
5:30-6:30 Star 4 and Masters
6:30-7:30 Star 5,6

OFF ICE (Mirror Room Upstairs at Valleyview Arena) / Harness (beside ice surface):

All Star levels will have 2 off ice classes and harness rotations each week.

Please refer to your coaches' emails for accurate dates and times.

Monday	Tuesday	Wednesday	Thursday	Friday