

August 17, 2020 - August 23, 2020

August 2020							September 2020						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

August 17

- 10:15am - ARRIVE AT RINK 🕒
- 10:30am - 11:30am DRY LAND SESSION 1 🕒
- 11:30am - 11:45am CHANGE FOR ICE 🕒
- 11:45am - 12:45pm U15 PRE SEASON CAMP ICE - LANGLEY TWIN RINKS 🕒
- 12:45pm - 1:00pm CHANGE FOR DRY LAND 🕒
- 1:15pm - 2:00pm LUNCH BREAK 🕒
- 2:00pm - 3:00pm DRY LAND 🕒
- 3:00pm - 3:15pm PICK UP - END OF DAY 🕒

August 18

- 10:15am - ARRIVE AT RINK 🕒
- 10:30am - 11:30am DRY LAND SESSION 1 🕒
- 11:30am - 11:45am CHANGE FOR ICE 🕒
- 11:45am - 12:45pm U15 PRE SEASON CAMP ICE - LANGLEY TWIN RINKS 🕒
- 12:45pm - 1:00pm CHANGE FOR DRY LAND 🕒
- 1:15pm - 2:00pm LUNCH BREAK 🕒
- 2:00pm - 3:00pm DRY LAND 🕒
- 3:00pm - 3:15pm PICK UP - END OF DAY 🕒

August 19

- 10:15am - ARRIVE AT RINK 🕒
- 10:30am - 11:30am DRY LAND SESSION 1 🕒
- 11:30am - 11:45am CHANGE FOR ICE 🕒
- 11:45am - 12:45pm U15 PRE SEASON CAMP ICE - LANGLEY TWIN RINKS 🕒
- 12:45pm - 1:00pm CHANGE FOR DRY LAND 🕒
- 1:15pm - 2:00pm LUNCH BREAK 🕒
- 2:00pm - 3:00pm DRY LAND 🕒
- 3:00pm - 3:15pm PICK UP - END OF DAY 🕒

August 20

- 10:15am - ARRIVE AT RINK 🕒
- 10:30am - 11:30am DRY LAND SESSION 1 🕒
- 11:30am - 11:45am CHANGE FOR ICE 🕒
- 11:45am - 12:45pm U15 PRE SEASON CAMP ICE - LANGLEY TWIN RINKS 🕒
- 1:15pm - 2:00pm LUNCH BREAK 🕒
- 2:00pm - 3:00pm DRY LAND 🕒
- 3:00pm - 3:15pm PICK UP - END OF DAY 🕒

August 21

- 10:15am - ARRIVE AT RINK 🕒
- 10:30am - 11:30am DRY LAND SESSION 1 🕒
- 11:30am - 11:45am CHANGE FOR ICE 🕒
- 11:45am - 12:45pm U15 PRE SEASON CAMP ICE - LANGLEY TWIN RINKS 🕒
- 12:45pm - 1:00pm CHANGE FOR DRY LAND 🕒
- 1:15pm - 2:00pm LUNCH BREAK 🕒
- 2:00pm - 3:00pm DRY LAND 🕒
- 3:00pm - 3:15pm PICK UP - END OF DAY 🕒

August 22

August 23