

2010 Benoit Barbeau Summer Hockey School SCHEDULE

Time	B	A-1	C+ / C	A-2
7:30-8:00	Arrival			
8:00-8:30	Locker Room		Arrival C+	
8:30-9:00	Ice		Phys. Training	
9:00-9:30	Ice	Arrival	Phys. Training	
9:30-10:00	Ice	Theory	Phys. Training	
10:00-10:30	Ice	Locker Room	Phys. Training	Arrival
10:30-11:00	Locker Room	Ice	Lunch C+	Activities
11:00-11:30	Lunch	Ice	Entrée C	Activities
11:30-12:00	Activities	Ice	Theory	Activities
12:00-12:30	Activities	Ice	Locker Room	Lunch
12:30-1:00	Activities	Locker Room	Ice	Activities
1:00-1:30	Activities	Lunch	Ice	Activities
1:30-2:00	Theory	Activities	Ice	Theory
3:00-2:30		Activities	Ice	Locker Room
2:30-3:00		Activities	Locker Room	Ice
3:00-3:30		Activities		Ice
3:30-4:00		Locker Room		Ice
4:00-4:30				Ice
4:30-5:00				Locker Room
5:00-5:30				

NOTE: Participants can arrive from 7:30 AM and stay until 5:30 PM to help working parents manage their commuting schedule. Our supervised game rooms will be made available to them while they wait.