

Sample Itinerary

Summer 2026



Please see below for sample itinerary for our **Full Day Programs**:

FULL DAY PROGRAM	TIME
ARRIVE AT ARENA	8:30am
1 ST ON-ICE SESSION	9:00am – 10:30am
LECTURE & HYDRATE	10:45am – 11:15am
OFF-ICE WORKOUT	11:15am – 12:15pm
LUNCH	12:20pm – 1:00pm
2 ND ON-ICE SESSION	1:30pm – 3:00pm
RECREATION	3:15pm – 4:15pm
PICK UP	4:15pm

Note that times vary depending on the program. Drop off for full day programs will be no earlier than 8:00am, and pick-up no later than 4:45pm.

Please see below for sample itinerary for our **Half Day Programs**: (Could be Morning or Afternoon slots).

Example #1 (Morning)

HALF DAY PROGRAM	TIME
ARRIVE AT ARENA	9:20am
OFF-ICE/RECREATION	9:30am - 10:30am
HOCKEY LECTURE/SNACK	10:35am - 11:05am
ON-ICE SESSION	11:45am - 1:15pm
PICK UP	1:15pm

Example #2 (Afternoon)

HALF DAY PROGRAM	TIME
ARRIVE AT ARENA	12:00pm
OFF-ICE/RECREATION	12:15pm– 1:30pm
HOCKEY LECTURE/SNACK	1:40pm – 2:10pm
ON-ICE SESSION	2:45pm – 4:15pm
PICK UP	4:30pm

Sample Itinerary

Summer 2026



Please see below for ice-slots for our **Evening Programs**:

TYKE PROGRAM – ON-ICE SESSION	4:30pm – 5:30pm
POWER SKATING & SKILLS – ON-ICE SESSION	5:30pm – 7:00pm

Please allow enough time prior to the ice session to allow the camper to get ready.

Note that for all programs, we do not offer additional care outside of camp hours.