

## SUNDAY

	Red	Purple	Green	Gold	Black
<b>5:00 PM</b>	Registration				
<b>5:15 PM</b>					
<b>5:30 PM</b>					
<b>5:45 PM</b>					
<b>6:00 PM</b>	Welcome & Opening Announcements at Club				
<b>6:15 PM</b>					
<b>6:30 PM</b>					
<b>6:45 PM</b>	Class - Basement	Class - Bar	Warm up	Class - Banquet	Warm up
<b>7:00 PM</b>			Ice 1-3		Ice 4-6
<b>7:15 PM</b>					
<b>7:30 PM</b>					
<b>7:45 PM</b>	Colour group pictures				
<b>8:00 PM</b>	Camp picture				
<b>8:15 PM</b>	Warm up	Warm up		Warm up	
<b>8:30 PM</b>	Ice 1-2	Ice 3-4	Colour group pictures		
<b>8:45 PM</b>			Class - Bar	Ice 5-6	Class - Banquet
<b>9:00 PM</b>					
<b>9:15 PM</b>					
<b>9:30 PM</b>	Cool down	Cool down		Cool Down	
<b>9:45 PM</b>	Pizza at club				
<b>10:15 PM</b>	Free time at residence				
<b>11:00 PM</b>	In own rooms, doors closed				

**MONDAY**

	<b>Red</b>	<b>Purple</b>	<b>Green</b>	<b>Gold</b>	<b>Black</b>
<b>8:30 AM</b>			Breakfast	Breakfast	
<b>8:45 AM</b>	Breakfast	Breakfast			Breakfast
<b>9:00 AM</b>			Warm Up	Warm Up	
<b>9:15 AM</b>	PE	PE	Ice - (1-3)	Ice - (4-6)	Class - Banquet
<b>9:30 AM</b>					
<b>9:45 AM</b>					
<b>10:00 AM</b>					
<b>10:15 AM</b>					
<b>10:30 AM</b>	Break	Break	Cool Down	Cool Down	
<b>10:45 AM</b>	Warm Up	Warm Up	Break	Break	PE
<b>11:00 AM</b>	Ice 1-3	Ice - (4-6)	Class - Banquet	Class - Bar	
<b>11:15 AM</b>					
<b>11:30 AM</b>					
<b>11:45 AM</b>					
<b>12:00 PM</b>			Lunch	Lunch	Lunch
<b>12:15 PM</b>	Cool Down	Cool Down			
<b>12:30 PM</b>	Lunch	Lunch			
<b>12:45 PM</b>			PE	PE	Warm Up
<b>1:00 PM</b>					Ice (all)
<b>1:15 PM</b>	Class - Basement	Class - Bar			
<b>1:30 PM</b>					
<b>1:45 PM</b>					
<b>2:00 PM</b>			Break	Break	Cool Down
<b>2:15 PM</b>	Break	Break	Warm Up	Class - Bar	Break
<b>2:30 PM</b>	Warm Up	Warm Up	Ice (5-6)		Class - Banquet
<b>2:45 PM</b>	Ice 1-2	Ice 3-4			
<b>3:00 PM</b>					
<b>3:15 PM</b>				Break	
<b>3:30 PM</b>					Break
<b>3:45 PM</b>			Cool Down	Warm Up	Warm Up
<b>4:00 PM</b>	Cool Down	Cool Down	Break	Ice 1-3	Ice 4-6
<b>4:15 PM</b>	Break	Break	Class Banquet		
<b>4:30 PM</b>	Class - Basement	Class Bar			
<b>4:45 PM</b>					
<b>5:00 PM</b>					
<b>5:15 PM</b>				Cool Down	Cool Down
<b>5:30 PM</b>	Guest Speaker - Jill Officer				
<b>6:00 PM</b>	Dinner				
<b>7:00 PM</b>	Electives night				
<b>9:00 PM</b>	Gather in Banquet Hall				
<b>9:15 PM</b>	Coach in Training (CIT) - led Activity (at Residence)				
<b>10:15 PM</b>	Free Time at Residence				
<b>11:00 PM</b>	In own rooms, doors closed				

## TUESDAY AUG 8 - Week A Only

	Red	Purple	Green	Gold	Black
8:30 AM	Breakfast		Breakfast	Breakfast	Breakfast
8:45 AM		Breakfast			
9:00 AM	Warm Up		PE F&N	PE F&N	Warm Up
9:15 AM	Ice 1-3	Class - Bar			Ice 4-6
9:30 AM					
9:45 AM					
10:00 AM					
10:15 AM		Break			
10:30 AM	Cool Down	Warm Up			Cool Down
10:45 AM	Break	Ice 1-2	Break	Break	Break
11:00 AM	Class - Basement		Warm Up	Warm Up	Class - Banquet
11:15 AM			Ice 3-4	Ice 5-6	
11:30 AM					
11:45 AM					
12:00 PM		Cool Down			
12:15 PM	Lunch	Lunch	Cool Down	Cool Down	Lunch
12:30 PM			Lunch	Lunch	
12:45 PM					Rock Climbing
1:00 PM	Laurier Gym	Laurier Gym			
1:15 PM			Class Banquet	Class Bar	
1:30 PM					
1:45 PM					
2:00 PM					
2:15 PM			Break	Break	
2:30 PM	Warm Up	Warm Up	Warm Up		
2:45 PM	Break	Break	Ice 1-2	Ice 3-4	Ice 5-6
3:00 PM	Class - Basement	Class Bar			
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM	Break	Break	Cool Down	Cool Down	Cool Down
4:15 PM	Warm Up	Warm Up	Class Banquet	Class Bar	Warm Up
4:30 PM	Ice 1-2	Ice 3-4			Ice 5-6
4:45 PM					
5:00 PM					
5:15 PM					
5:30 PM	Free Time at Club OR Guest Speaker				
6:00 PM	Dinner				
7:00 PM	Swimming		Curling		
9:00 PM	Gather at Banquet Room - Games night in residence common areas - 1-on-1 on-ice sessions with coach (15 mins) - Free time at residence				
11:00 PM	In own rooms, doors closed				

**TUESDAY Aug 15 - Week B Only**

	<b>Red</b>	<b>Purple</b>	<b>Green</b>	<b>Gold</b>	<b>Black</b>	
<b>8:30 AM</b>	Breakfast		Breakfast	Breakfast	Breakfast	
<b>8:45 AM</b>		Breakfast				
<b>9:00 AM</b>	Warm Up		PE F&N	PE F&N	Warm Up	
<b>9:15 AM</b>	Ice 1-3	Class - Bar			Ice 4-6	
<b>9:30 AM</b>						
<b>9:45 AM</b>						
<b>10:00 AM</b>						
<b>10:15 AM</b>	Cool Down	Break			Cool Down	
<b>10:30 AM</b>	Break	Warm Up	Break			
<b>10:45 AM</b>	Class - Basement	Ice 1-2	Break	Break	Class - Banquet	
<b>11:00 AM</b>			Warm Up	Warm Up		
<b>11:15 AM</b>			Ice 3-4	Ice 5-6		
<b>11:30 AM</b>						
<b>11:45 AM</b>						
<b>12:00 PM</b>	Lunch	Cool Down			Lunch	
<b>12:15 PM</b>		Lunch	Cool Down	Cool Down		
<b>12:30 PM</b>			Lunch	Lunch		
<b>12:45 PM</b>	Class Basement	Class Bar			Rock Climbing	
<b>1:00 PM</b>						
<b>1:15 PM</b>			Class Banquet	Warm Up		
<b>1:30 PM</b>				Ice All		
<b>1:45 PM</b>	To Waterloo Gym	To Waterloo Gym				
<b>2:00 PM</b>	Waterloo Gym	Waterloo Gym				
<b>2:15 PM</b>			Break			
<b>2:30 PM</b>			Warm Up	Cool Down		Warm Up
<b>2:45 PM</b>			Ice 1-3	Break		Ice 4-6
<b>3:00 PM</b>				Class Bar		
<b>3:15 PM</b>						
<b>3:30 PM</b>						
<b>3:45 PM</b>	Return from Gym	Return from Gym				
<b>4:00 PM</b>	Break	Break	Cool Down	Break	Cool Down	
<b>4:15 PM</b>	Warm Up	Warm Up	Class Bar	Warm Up	Class Banquet	
<b>4:30 PM</b>	Ice 1-2	Ice 3-4		Ice 5-6		
<b>4:45 PM</b>						
<b>5:00 PM</b>						
<b>5:15 PM</b>						
<b>5:30 PM</b>	Free Time at Club OR Guest Speaker					
<b>6:00 PM</b>	Dinner					
<b>7:00 PM</b>	Swimming		Curling			
<b>9:00 PM</b>	Gather in Banquet Room					
<b>9:05 PM</b>	- Games night in residence common areas - 1-on-1 on-ice sessions with coach (15 mins) - Free time at residence					
<b>11:00 PM</b>	In own rooms, doors closed					

### WEDNESDAY

	Red	Purple	Green	Gold	Black
9:15 AM			Breakfast	Breakfast	
9:30 AM	Breakfast	Breakfast			Breakfast
9:45 AM			Warm Up	Warm Up	
10:00 AM	Class - Basement	Class - Bar	Ice 1-3	Ice 4-6	PE
10:15 AM					
10:30 AM					
10:45 AM					
11:00 AM					
11:15 AM			Cool Down	Cool Down	
11:30 AM	Break	Break	Break	Break	
11:45 AM		Warm Up	Class - Banquet	Class - Bar	Break
12:00 PM	Warm Up	Ice 3-4			Warmup
12:15 PM	Ice 1-2				Ice 5-6
12:30 PM					
12:45 PM					
1:00 PM		Cool Down			
1:15 PM	Cool Down	Lunch	Lunch	Lunch	Cool Down
1:30 PM	Lunch				Lunch
1:45 PM			Leave for Disc Golf		
2:00 PM	PE	PE	Disc Golf	Disc Golf	Class - Banquet
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM					
3:15 PM					Break
3:30 PM	Break	Break			Warm Up
3:45 PM	Warm Up	Class Bar			Ice 4-6
4:00 PM	Ice 1-3				
4:15 PM			Return from Disc Golf		
4:30 PM			Mini Class - Banquet	Mini Class - Lounge	
4:45 PM					
5:00 PM	Cooldown	Break			Cool down
5:15 PM	Free Time at Club OR Guest Speaker				
5:45 PM	Dinner				
6:45 PM	Prep for Curling / Swimming				
7:00 PM	Curling		Swimming		
9:00 PM	Gather in Banquet Room				
9:05 PM	- Games night in residence common areas - 1-on-1 on-ice sessions with coach (15 mins) - Free time at residence				
11:00 PM	In own rooms, doors closed				

## THURSDAY

	Red	Purple	Green	Gold	Black
8:30 AM	Breakfast	Breakfast			Breakfast
8:45 AM			Breakfast	Breakfast	
9:00 AM	Warm Up	Warm Up			Warm Up
9:15 AM	Ice 1-2	Ice 3-4	Class Banquet	Class Bar	Ice 5-6
9:30 AM					
9:45 AM					
10:00 AM					
10:15 AM	Cool Down	Cool Down			Cool Down
10:30 AM	Break	Break	Break	Break	Break
10:45 AM	Class Basement	Class Bar	Warm Up	Warm Up	Class Banquet
11:00 AM			Ice 1-3	Ice 4-6	
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM	Lunch	Lunch	Cool Down	Cool Down	Lunch
12:15 PM			Lunch	Lunch	
12:30 PM					
12:45 PM	Water Day	Water Day	Water Day	Warm Up	Warm Up
1:00 PM				Ice 1-3	Ice 4-6
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM				Cool Down	Cool Down
2:15 PM	Break	Break	Break	Break	Break
2:30 PM	Warm Up	Warm Up	Class Banquet	Water Day	Water Day
2:45 PM	Ice 1-3	Ice 4-6			
3:00 PM					
3:15 PM					
3:30 PM					
3:45 PM	Cool Down	Cool Down	Break		
4:00 PM	Break	Break	Warm Up	Break	Break
4:15 PM	Class Basement	Ice 1-3	Ice 4-6	Class Bar	Class Banquet
4:30 PM					
4:45 PM					
5:00 PM					
5:15 PM		Cool Down	Cool Down		
5:30 PM	Dinner				
6:15 PM	Shoot Out Preparation				
6:45 PM	The Great Shoot Out!!				
8:30 PM	Dance and Pizza				
10:30 PM	Return to Residence, Free Time				
11:00 PM	In Own Rooms, Doors Closed				

**FRIDAY**

	<b>Red</b>	<b>Purple</b>	<b>Green</b>	<b>Gold</b>	<b>Black</b>
<b>8:30 AM</b>				Breakfast	Breakfast
<b>8:45 AM</b>	Breakfast	Breakfast	Breakfast		
<b>9:00 AM</b>				Warm Up	Warm Up
<b>9:15 AM</b>	Class - Basement	Class - Bar	Class - Banquet	Ice 1-3	Ice 4-6
<b>9:30 AM</b>					
<b>9:45 AM</b>					
<b>10:00 AM</b>	Break	Break	Break	Cool Down	Cool Down
<b>10:15 AM</b>	Warm Up	Warm up	Warm up	Break	Break
<b>10:30 AM</b>	Ice 1-2	Ice 3-4	Ice 5-6	Class - Bar	Class - Banquet
<b>10:45 AM</b>					
<b>11:00 AM</b>					
<b>11:15 AM</b>	Cool down	Cool down	Cool down		
<b>11:30 AM</b>	Pack Up At Club				
<b>11:45 AM</b>	Lunch				
<b>12:15 AM</b>	Closing Ceremonies				
<b>1:00 PM</b>	Pick-ups and Farewells				