

Monday July 31, 2022	
8:00	8:45am to 5:15pm @ NHL
8:15	
8:30	
8:45	8:45am-9:45am
9:00	U7 Skating with Nina
9:15	
9:30	
9:45	
10:00	10:00am to 11:15am
10:15	U9 Skating with Nina
10:30	
10:45	
11:00	
11:15	
11:30	11:30am-12:30pm
11:45	OSG Power Skating Group 1
12:00	
12:15	12:30pm-1:30pm
12:30	OSG Power Skating Group 2
12:45	
1:00	
1:15	1:45pm-2:45pm
1:30	Body Checking Clinic
1:45	Mark Chase
2:00	
2:15	
2:30	3pm-4pm
2:45	OSG Practice Group 1
3:00	
3:15	
3:30	
3:45	
4:00	4:15pm-5:15pm
4:15	OSG Practice Group 2
4:30	
4:45	
5:00	
5:15	
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6:00	
6:15	
6:30	
6:45	
7:00	
7:15	
7:30	

Tuesday August 1, 2022	
8:00	8:45am to 5:15pm @ NHL
8:15	
8:30	
8:45	8:45am-9:45am
9:00	U7 Skating with Nina
9:15	
9:30	
9:45	
10:00	10:00am to 11:15am
10:15	U9 Skating with Nina
10:30	
10:45	
11:00	
11:15	
11:30	11:30am-12:30pm
11:45	OSG Power Skating Group 1
12:00	
12:15	12:30pm-1:30pm
12:30	OSG Power Skating Group 2
12:45	
1:00	
1:15	1:45pm-2:45pm
1:30	Body Checking Clinic
1:45	Mark Chase
2:00	
2:15	
2:30	3pm-4pm
2:45	OSG Practice Group 1
3:00	
3:15	
3:30	
3:45	
4:00	4:15pm-5:15pm
4:15	OSG Practice Group 2
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7:00	
7:15	
7:30	

Wednesday August 2, 2022	
8:00	8:45am to 5:15pm @ NHL
8:15	
8:30	
8:45	8:45am-9:45am
9:00	U7 Skating with Nina
9:15	
9:30	
9:45	
10:00	10:00am to 11:15am
10:15	U9 Skating with Nina
10:30	
10:45	
11:00	
11:15	
11:30	11:30am-12:30pm
11:45	OSG Power Skating Group 1
12:00	
12:15	12:30pm-1:30pm
12:30	OSG Power Skating Group 2
12:45	
1:00	
1:15	1:45pm-2:45pm
1:30	Body Checking Clinic
1:45	Mark Chase
2:00	
2:15	
2:30	3pm-4pm
2:45	OSG Practice Group 1
3:00	
3:15	
3:30	
3:45	
4:00	4:15pm-5:15pm
4:15	OSG Practice Group 2
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7:00	
7:15	
7:30	

Thursday August 3, 2022	
8:00	8:45am to 5:15pm @ NHL
8:15	
8:30	
8:45	8:45am-9:45am
9:00	U7 Skating with Nina
9:15	
9:30	
9:45	
10:00	10:00am to 11:15am
10:15	U9 Skating with Nina
10:30	
10:45	
11:00	
11:15	
11:30	11:30am-12:30pm
11:45	OSG Power Skating Group 1
12:00	
12:15	12:30pm-1:30pm
12:30	OSG Power Skating Group 2
12:45	
1:00	
1:15	1:45pm-2:45pm
1:30	Body Checking Clinic
1:45	Mark Chase
2:00	
2:15	
2:30	3pm-4pm
2:45	OSG Practice Group 1
3:00	
3:15	
3:30	
3:45	
4:00	4:15pm-5:15pm
4:15	OSG Practice Group 2
4:30	
4:45	
5:00	
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7:00	
7:15	
7:30	

Friday August 4, 2022	
8:00	8:45am to 5:15pm @ NHL
8:15	
8:30	
8:45	8:45am-9:45am
9:00	U7 Skating with Nina
9:15	
9:30	
9:45	
10:00	10:00am to 11:15am
10:15	U9 Skating with Nina
10:30	
10:45	
11:00	
11:15	
11:30	11:30am-12:30pm
11:45	OSG Power Skating Group 1
12:00	
12:15	12:30pm-1:30pm
12:30	OSG Power Skating Group 2
12:45	
1:00	
1:15	1:45pm-2:45pm
1:30	Body Checking Clinic
1:45	Mark Chase
2:00	
2:15	
2:30	3pm-4pm
2:45	OSG Practice Group 1
3:00	
3:15	
3:30	
3:45	
4:00	4:15pm-5:15pm
4:15	OSG Practice Group 2
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4:45	
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