



Summer Conditioning Camp August 19nd – 22th, 2019

Thompson Regional Community Centre Thompson, MB

	ICE SESSION #1	DRYLAND Dress for the weather	ICE SESSION #2
8-10 yrs	1:00-2:15pm	2:30-3:30 pm	5:00-6:15pm
11-14 yrs	2:30-3:45 pm	4:00-5:00 pm	6:30-7:45 pm
15 yrs and OLDER	8:00-10:00 PM	<u>NONE</u>	<u>NONE</u>