



“Atom” Hockey Day Camp

(Maximum 24 players)

- **Wednesday March 18, 2020**
- Cost: \$100
- 5 Hours of ice
- 2 Instructor’s minimum
- 9am – 4pm
- 9am (Power skating)
- 10am (Goal Setting/Planning)
- 11am (Shooting)
- 12pm (Lunch)
- 1pm (Skills)
- 2pm-4pm (3 on 3)

To register contact Jason LaPalm cell (613 847-5455) email (jpalm66@yahoo.ca)