

GHC U11 **SPRING** **SKILLS**

WHEN

April 18 to June 10, 2023

COST

\$750

**INCLUDES • 8- On-Ice Skills Sessions • 2- Jamboree Games •
10- Dryland Sessions • 7- Multisport Sessions • Shooting Clinic •
2- Nutrition Sessions • Goal Setting Session • Camp Jersey & T-shirt**

[CLICK HERE](#) FOR MORE INFORMATION

CAMP COMPONENTS

ON-ICE

Tuesdays or Thursdays

6:15-7:15pm

Wednesdays—Goalies Only

7:30-8:30pm

Stew Hendry Arena

DRYLAND

Tuesdays or Thursdays

5:30-6:00pm

Colonel MacLeod Aux Gym

MULTISPORT

Wednesdays

6:30-7:30pm

Location TBA

3X3 JAMBOREE

Sat., June 10, 2023

9:15am to 2:15 pm

Stew Hendry Arena