



Muggy's Hockey Camp 2026 Schedule

U11

Monday, Aug. 10	Tuesday, Aug. 11	Wednesday, Aug. 12	Thursday, Aug. 13
7:30am Arrive	7:30am Arrive	7:45am Arrive	7:30am Arrive
8:00am - 8:30am Off Ice - Team building	8:00am - 8:50am On Ice - Powerskating	8:00am - 8:30am Off Ice - Low organized games in the back parking lot	8:00am - 8:50am On Ice Powerskating
9:00am - 9:50am On Ice - Powerskating	9:00am - 9:15am Snack (provided) ----- 9:15am-9:45am Off Ice - Teambuilding (LCLC parking lot)	9:00am - 9:50am On Ice - Powerskating	9:00am - 9:15am Snack (provided) ----- 9:15am-9:45am Off Ice - Shooting contest (LCLC parking lot)
10:00am - 10:15am Snack (provided)	10:20am - 11:50am On Ice - Puck skills and small area games	10:00am - 11:00am Off Ice - <u>Snack grab and go</u> / Cross fit for kids at 902 athletics	10:20am - 11:50am On Ice Full ice game
10:15am- 11:00am Off Ice Yoga (LCLC, AHL room)	12:00pm-12:20pm Lunch (Bbq provided by Belliveau Veinotte Inc.)	11:30am- 12:50pm On Ice - Puck skills and small area games	12:00pm- 12:30pm Lunch (Pizza party provided)
11:30pm -12:50pm On Ice - Puck skills and small area games ----- 1:00pm-1:20pm - Lunch	12:30pm -1:30pm Michelin gym - fun fitness testing	1:00pm -1:15pm Lunch	12:30pm -1:30pm Off ice - Cheer on U9 full ice game and Active Healthy Living outside
1:20pm - 1:50pm Off ice - shooting instruction (LCLC parking lot)	1:30pm - 1:45pm Snack (provided) and walk back to LCLC	1:15pm - 1:45pm Outside leaders choice	1:30pm - 1:45pm Snack (provided)
2:00pm - 3:00pm Off Ice (LCLC Pool) Swimming	2:00pm - 3:00pm Off Ice (LCLC Pool) Swimming	2:00pm - 3:00pm Off Ice (LCLC Pool) Swimming	2:00pm - 3:00pm Off Ice (LCLC Pool) Swimming
3:00 - Pick up	3:00 - Pick up	3:00 - Pick up	3:00 - Pick up