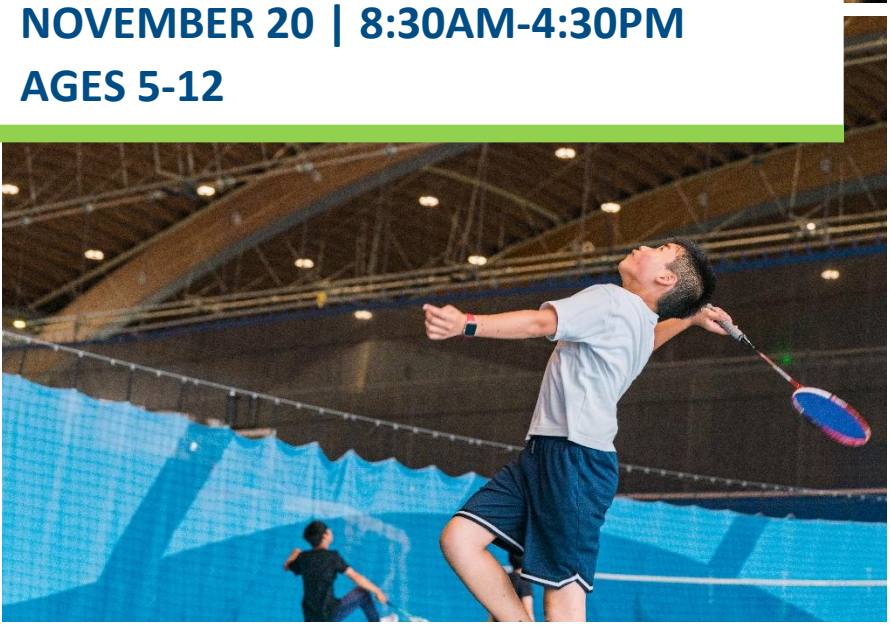
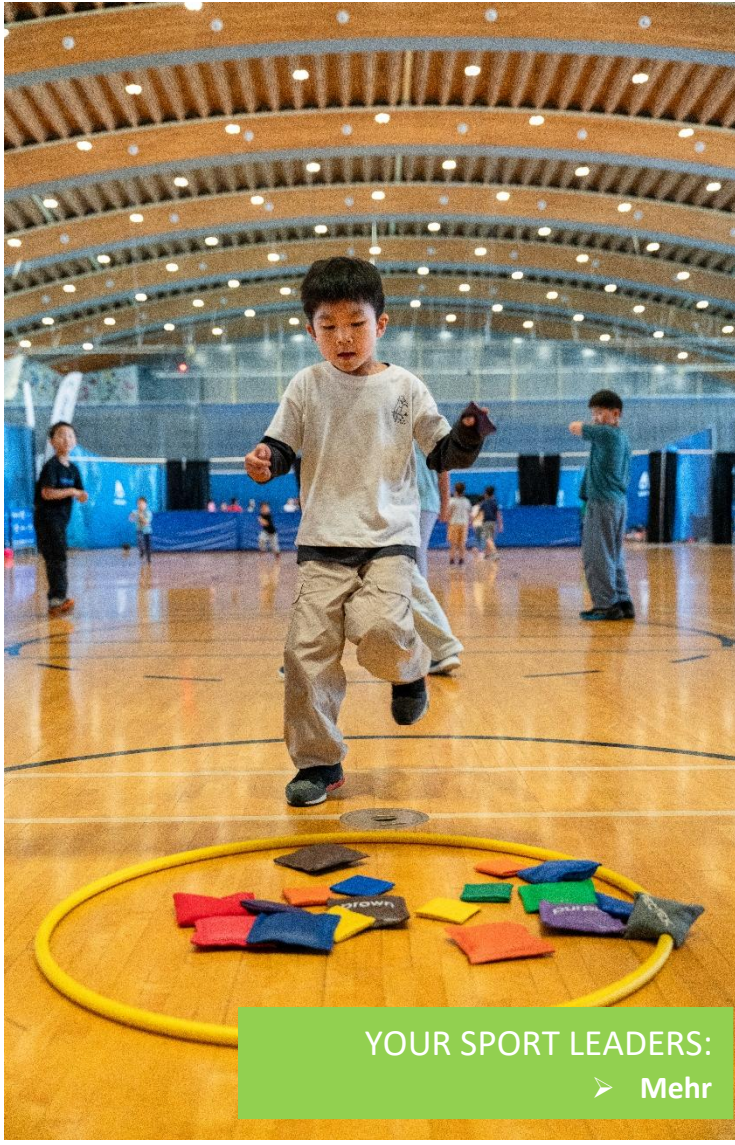


GET SKILLS PRO D DAY

NOVEMBER 20 | 8:30AM-4:30PM

AGES 5-12





YOUR SPORT LEADERS:

- **Mehr**

SCHEDULE OF ACTIVITIES:

8:30 – Sign in in the lobby
8:45 – Warm up
9:00 – Skating
10:00 – Snack
10:15 – Parachute
10:30 – Badminton
11:15 – Volleyball
12:00 – Lunch
12:45 – Soccer
1:30 – Pickleball
2:30 – Snack
2:45 – Obstacle Course
3:30 – Floorball
4:30 – Sign out in the lobby

ITEMS TO BRING TO CAMP:

- Athletic wear and running shoes.
- Warm clothes including gloves for skating. Skates and helmets will be provided but campers may bring their own.
- Water bottle, snacks and lunch.

THINGS TO NOTE:

- Sign in/out will take place in the lobby.

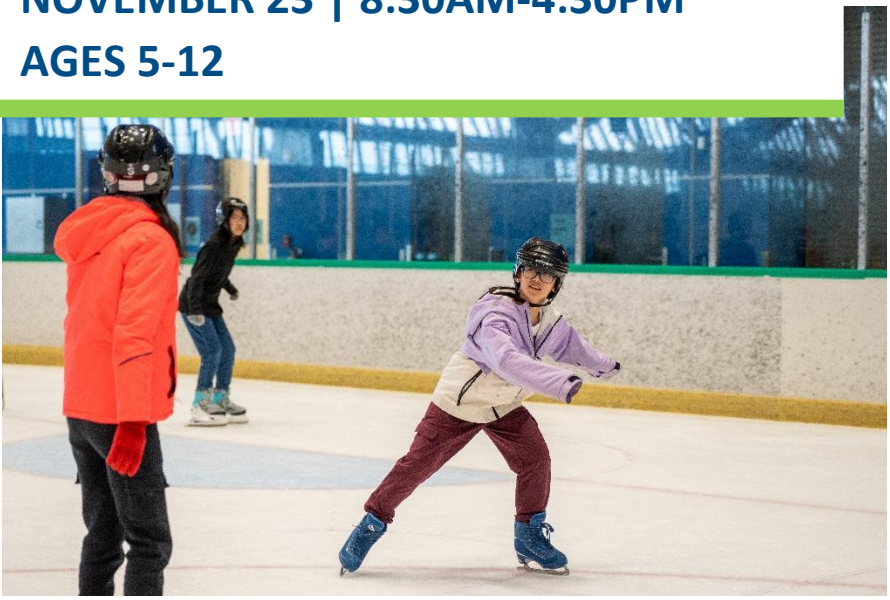
RICHMOND OLYMPIC OVAL
6111 River Road, Richmond B.C.
778.296.1400 | info@richmondoval.ca
richmondoval.ca



GET SKILLS PRO D DAY

NOVEMBER 23 | 8:30AM-4:30PM

AGES 5-12





YOUR SPORT LEADERS:

- **Ella**

SCHEDULE OF ACTIVITIES:

8:30 – Sign in in the lobby
8:45 – Warm up
9:00 – Skating
10:00 – Snack
10:15 – Parachute
10:30 – Basketball
11:15 – Handball
12:00 – Lunch
12:45 – Soccer
1:30 – Pickleball
2:30 – Snack
2:45 – Obstacle Course
3:30 – Floorball
4:30 – Sign out in the lobby

ITEMS TO BRING TO CAMP:

- Athletic wear and running shoes.
- Warm clothes including gloves for skating. Skates and helmets will be provided but campers may bring their own.
- Water bottle, snacks and lunch.

THINGS TO NOTE:

- Sign in/out will take place in the lobby.

schedule subject to change

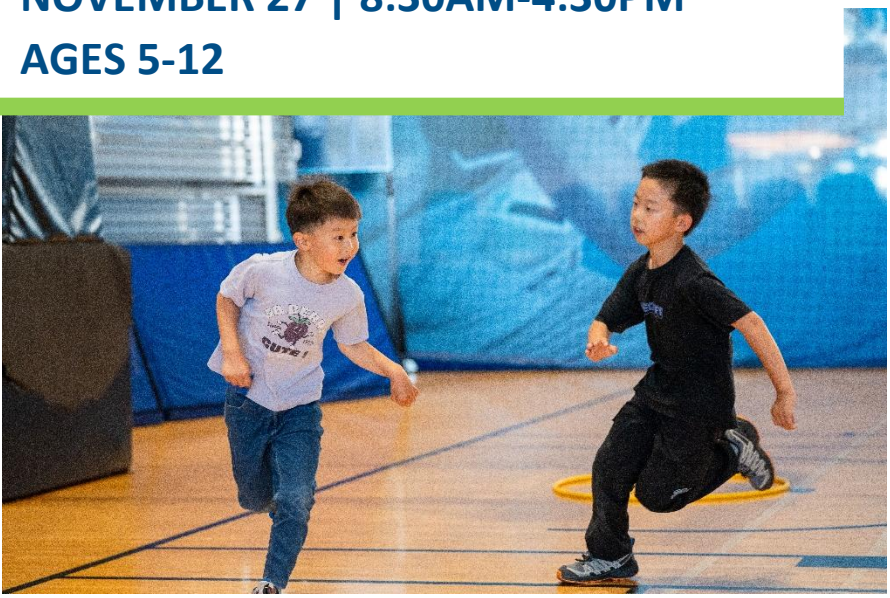
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GET SKILLS PRO D DAY

NOVEMBER 27 | 8:30AM-4:30PM

AGES 5-12





YOUR SPORT LEADERS:

- **Tori and Noah J**

SCHEDULE OF ACTIVITIES:

8:30 – Sign in in the lobby
8:45 – Warm up
9:00 – Skating
10:00 – Snack
10:15 – Parachute
10:30 – Basketball
11:15 – Handball
12:00 – Lunch
12:45 – Soccer
1:30 – Pickleball
2:30 – Snack
2:45 – Floorball
3:30 – Gagaball
4:30 – Sign out in the lobby

ITEMS TO BRING TO CAMP:

- Athletic wear and running shoes.
- Warm clothes including gloves for skating. Skates and helmets will be provided but campers may bring their own.
- Water bottle, snacks and lunch.

THINGS TO NOTE:

- Sign in/out will take place in the lobby.

schedule subject to change

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