



Complex Prep~Junior Paul Whintors & Peter Schaefer

July 15-August 19

5 week program~\$900 + GST

Paul Whintors and Peter Schaefer have joined forces to offer a complete program to take your game to the next level. Peter Schaefer will run the dryland/ice portions and Paul and Peter will both run the ice sessions.

July 15-August 12

Sunday: Scrimmage 8:30-9:30pm
Monday: Dryland 4:30-5:30pm, Ice 6:30-7:30pm
Tuesday: Off
Wednesday: Dryland 4:30-5:30pm, Ice 6:30-7:30pm
Thursday: Ice only 6:30-7:30pm
Fri/Sat: Off

August 13-19

Monday: Dryland 6:00-7:00pm, Ice 8:00-9:00pm
Tuesday: Dryland 6:00-7:00pm, Ice 8:00-9:00pm
Wednesday: Dryland 6:00-7:00pm, Ice 8:00-9:00pm
Thursday: Ice only 8:00-9:00pm
Fri/Sat: Off
Sunday: Scrimmage 8:30-9:30pm

Ice: Sportsplex

Registration: complexadmin@shaw.ca

Office 604 882 1611 x715

