



## Complex Prep~Midget

**Paul Whintors & Peter Schaefer**  
**July 15-August 29 - 7 week program**  
**Cost: \$1,100 + 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 portion and Paul Whintors will run the ice portion.

### **July 15-August 12**

**Sunday:** Scrimmage 7:15-8:15pm  
**Monday:** Dryland 3:15-4:15pm and Ice 5:15-6:15pm  
**Tuesday:** Off  
**Wednesday:** Dryland 3:15-4:15pm and ice 5:15-6:15pm  
**Thursday:** Ice only 5:15-6:15pm  
**Fri/Sat:** Off

### **August 13-19**

**Monday:** Dryland 4:30-5:30pm and Ice 6:30-7:45pm  
**Tuesday:** Ice only 6:30-7:45pm  
**Wednesday:** Dryland 4:30-5:30pm and Ice 6:30-7:45pm  
**Thursday:** Ice only 6:30-7:45pm  
**Fri/Sat:** Off  
**Sunday:** Ice Scrimmage 7:15-8:15pm

### **August 20-26**

**Mon to Thurs:** Ice 8:15-9:30pm  
**Mon/Wed:** Dryland 6:15-7:15pm  
**Sun Aug 26:** Ice Scrimmage 7:15-8:15pm

### **August 27-29**

**Mon to Wed:** Ice 7:15-8:15pm

Ice: Sportsplex

Registration: [complexadmin@shaw.ca](mailto:complexadmin@shaw.ca)

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