



## Complex Prep~Midget

**Paul Whintors & Peter Schaefer**

Summer Dryland and Ice Program

**July 15-August 27 - 7 week program**

**Cost: \$1,100**

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. Details from July 16 - Aug 9 are as follows:

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

**Sunday:** Scrimmage 7:15-8:15pm  
**Monday:** Drylands 3:15-4:15pm and Ice 5:15-6:15pm  
**Tuesday:** Off  
**Wednesday:** Drylands 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 6:30-7:30pm  
**Tuesday:** Ice 6:30-7:30pm  
**Wednesday:** Drylands 4:30-5:30pm and ice 6:30-7:30pm  
**Thursday:** Ice only 6:30-7:30pm  
**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  
**Sunday August 26:** Ice Scrimmage 7:15-8:15pm

### **August 27-29**

Monday to Wednesday: Ice 7:15-8:15pm  
Ice: Sportsplex

Registration: [complexadmin@shaw.ca](mailto:complexadmin@shaw.ca), 604 882 1611 x715

Paul Whintors: 604 329 6736

