



**VHG Summer '26 Camp 8 Schedule;
Group 1 (Aug 17-21)**

August 17th

- 8am Arrival (Early Check in First day of Camp)**
- 9am On-Ice - 9:50am**
- 10:10am Conditioning - 10:45am**
- 10:50am Shooting Bins - 11:35am**
- 11:40am Lunch - 12:30pm**

- 12:45pm On - Ice - 1:35pm

- 2pm Field Trip (Battery Hike) - 4:20pm

- 4:30pm Pickup

August 18th

- 8:30am Arrival

- 9am On-Ice - 9:50am

- 10:10am Conditioning - 10:45am

- 10:50am Shooting Bins - 11:35am

- 11:40am Lunch - 12:30pm

- 12:45pm On - Ice - 1:35pm

- 2pm Field Trip (Mai Thai) - 4:20pm

- 4:30pm Pickup

August 19th

- 8:45am Arrival

- 9am On-Ice - 9:50am

- 10:10am Conditioning - 10:45am

- 10:50am Shooting Bins - 11:35am

- 11:40am Lunch - 12:30pm

- 12:45pm On - Ice - 1:35pm

- 2pm Field Trip (Ball Hockey Goulds Arena) - 4:20pm

- 4:30pm Pickup

August 20th

- 8:45am Arrival

- 9am On-Ice - 9:50am

- 10:10am Conditioning - 10:45am

- 10:50am Shooting Bins - 11:35am

- 11:40am Lunch - 12:30pm

- 12:45pm On - Ice - 1:35pm

**- 2pm Field Trip (FrontLine LaserTag) -
4:20pm**

- 4:30pm Pickup

August 21st

- 8:45am - Arrival

- 9am On Ice - 9:50am

- 10:10am Conditioning - 10:50am

- 11am Shooting Bins - 11:50am

- 12pm LUNCH HALFTIME SHOW - 1pm

- 1pm On Ice- 1:50

**- 2:10pm Conditioning / Games - 2:50pm
(Outside)**

**- 3pm Camp Presentation / Wrap up -
4:15pm**

- 4:30pm Pickup