

# MARCH BREAK 2019

Week of: **March 11**

	3/11 MONDAY	3/12 TUESDAY	3/13 WEDNESDAY	3/14 THURSDAY	3/15 FRIDAY
<b>8:00 AM</b>	ARRIVE	ARRIVE	ARRIVE	ARRIVE	ARRIVE
<b>8:30-9:30</b>	TRX	MINI TRAMPOLINE	YOGA	cardio	pilates
<b>9:30 AM</b>	SNACK	SNACK	SNACK	SNACK	SNACK
<b>9:45 AM</b>	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP
<b>10:50-11:35</b>	ON-ICE	ON-ICE	ON-ICE	ON-ICE	ON-ICE
<b>12:30 PM</b>	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>1-2:30</b>	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING
<b>3:30-4:30</b>	on-ice	on-ice	on-ice	on-ice	on-ice
<b>4:30 PM</b>	CLEAN-UP	CLEAN-UP	CLEAN-UP	CLEAN-UP	CLEAN-UP
<b>5:00 PM</b>	GOOD-BYE	GOOD-BYE	GOOD-BYE	GOOD-BYE	GOOD-BYE

## NOTES

Please pack a peanut free lunch, re-fillable water bottle, skating attire, Swim suit, workout clothing, running shoes.

Hockey players only need skates helmets and gloves.

Pick up time is 5:00. Late pickup will be charged \$5.00 per 15 minutes.

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