


















This calendar is subject to change


Teens 2026  
Hockey

STARTS ON WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 6	July 7	July 8	July 9	July 10	July 11	July 12
12:30pm to 4:30pm	Hockey 	Hockey 	Hockey 	Hockey 	Hockey 	Valcartier Water Park 	Time with host family or at residence 
Host Family from 4:30pm	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 		
Residence 4:30pm to 9:30pm	Outdoor Group Game 	Game room  Arts & Crafts 	Games & Activities with the counsellors	Sports  Board Game 	Games & Activities with the counsellors		



This calendar is subject to change

Teens 2026  
Hockey

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 13	July 14	July 15	July 16	July 17	July 18	July 19
12:30pm to 4:30pm	Hockey 	Hockey 	Hockey 	Hockey 	Hockey 	Water Excursion 	
Host Family from 4:30pm	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 	Time with Host Family 		
Residence 4:30pm to 9:30pm	Outdoor Group Game 	Game Room  Arts & Crafts 	Games & Activities with the counsellors	Sports  Board Game 	Games & Activities with the counsellors		