



Sport & Spirit Retreats and Hockey Opportunity Camp presents...

## Women's Retreat - Hockey Program

September 12-14, 2025

[www.sportandspirit.ca](http://www.sportandspirit.ca)

Planning ahead to next winter's hockey season? Why not kick it off with this amazing hockey focused weekend away with your friends and teammates. We have designed this retreat program as the perfect mix of hockey training, scrimmage play and fun women's weekend.

This picturesque lakefront summer camp is where you can call home for a few days in the fall, gather with other amazing women, not only enjoy hockey, but experience a wide variety of unique sporty and wellness activities that revitalize your body and soul.

The all-inclusive weekend includes all your delicious and healthy meals and snacks, comfortable camp cabins (to share with your friends only), first-class program facilitation, evening entertainment, all surrounded by nature's beautiful lakeside beachfront and forest. You will not be disappointed with this uniquely curated experience...just for you!



### Hockey Program

- 2 (1.5 hr) skills + drills/scrimmage sessions with qualified and experienced instructors.
- Additional skills & drills/scrimmage session (1.25 hr) (if chosen as breakout activity).
- Individual registration accepted (team not required).
- Want to share the weekend with someone who doesn't play hockey? Women's retreat offers a Wellness Program.

### Sport and Spirit Activities

- Registration includes a choice of four (4) activity time blocks offering a selection of unique sport and spirit activities including.
  - Sport activities - waterskiing, mountain biking, wall climbing, paddle sports, pickleball, etc.
  - Spirit Activities - restorative yoga, suspension yoga, meditation and gentle yoga, sauna/lake dip, etc.



### All-Inclusive Weekend at Camp

Leave your wallet at home as you will be treated to this all-inclusive hockey retreat weekend experience.

- Developmental on ice hockey sessions and scrimmage.
- 6 exceptional meals suited to special dietary needs.
- On-site camp cabin accommodation. Participants can request bunk mates and will be assigned to your group's very own cabin.
- Fun, relaxing and unique activity programming.
- Entertaining speakers, cocktail reception, evening activities/campfire.
- Enjoy a fun weekend away with friends who join for either the Hockey Program or the Wellness Program.