



WINTER SCHEDULE

September 5, 2023 to March 15, 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Off ice	Off ice	Off ice	Off ice	Off ice
6:30-7:00am INT ELITE / SR / SR ELITE (PR)	6:30-7:00am INT A / SR ELITE (PR)	6:30-7:00am INT ELITE / SR / SR ELITE (PR)	6:30-7:00am INT A / SR ELITE (PR)	6:30-7:00am INT ELITE / SR / SR ELITE (PR)
Ice session	Ice session	Ice session	Ice session	Ice session
7:15-8:00am INT ELITE / SR / SR ELITE (PR)	7:15-8:00am INT A / SR ELITE (PR)	7:15-8:00am INT ELITE / SR / SR ELITE (PR)	7:15-8:00am INT A / SR ELITE (PR)	7:15-8:00am INT ELITE / SR / SR ELITE (PR)

Ice session
8:10-9:00am INT ELITE / SR ELITE (IS)
9:00-9:45am Enhancement (IS) INT B / INT A / SR / ELITE
9:45-9:55am FLOOD
9:55-10:40am JR / INT B / INT A (IS)
10:40-11:25am INT ELITE / SR / SR ELITE (IS)
11:25-12:10pm CANSKATE / PRE-JR (IS)

Ice session	Ice session	Ice session	Ice session
3:30-4:15pm INT ELITE / SR / SR ELITE (IS)	3:30-4:15pm INT ELITE / SR / SR ELITE (IS)	3:30-4:15pm INT ELITE / SR / SR ELITE (IS)	3:30-4:15pm INT ELITE / SR / SR ELITE (IS)
4:15-5:00pm JR / INT B / INT A (IS)	4:15-5:00pm JR / INT B / INT A (IS)	4:15-5:00pm CANSKATE / PRE-JR (IS)	4:15-5:00pm JR / INT B / INT A (IS)

Off ice	Off ice	Off ice	Off ice	Off ice	Off-ice
4:30-5:15pm INT ELITE / SR / SR ELITE (IS)	4:30-5:15pm INT ELITE / SR / SR ELITE (IS)		4:30-5:15pm INT ELITE / SR / SR ELITE (IS)		10:00-10:30am INT ELITE / SR / SR ELITE (IS)
5:15-5:45pm JR / INT B / INT A (IS)	5:10-5:40pm JR / INT B / INT A (IS)		5:10-5:40pm JR / INT B / INT A (IS)		11:00-11:30am JR / INT B / INT A (IS)

Training Locations: Uvic Ian Stewart Complex (IS)
Pearkes recreation Centre (PR)