



# Training Times



**NEW Off Ice Training!!** These sessions are mandatory for all age groups from U11 upwards

<b>Tuesday</b>	18:00 >18:30 30min off ice 18:00 >18:50 50mins ½ ice 18:50 >19:40 50mins ½ ice 19:40 >20:30 50mins ½ ice	U11 & U13 Off Ice Training U9 Goalies U11 & U13a+b U15 & U18
<b>Wednesday</b>	18:00 >18:30 30mins ½ ice 18:30 >19:15 45min off ice 18:30 >18:45 15mins ½ ice 18:45 >19:30 45mins full ice 19:30 >19:45 Ice Cut 19:30 >20:15 45min off ice 19:45 >20:45 60mins full ice 20:45 >21:45 60mins full ice	LTP & U9 U15 Off Ice Training U9 & U11 U11 Team Training  U18 Off Ice Training U15 Team Training U18 Team Training
<b>Friday</b>	18:30 >19:45 75mins full ice	U13 a+b Team Training