

			Regular Schedule October 6, 2025 >					
	HP			AGD			13&u Provincial	
Monday	6:00 - 7:30 AM	New West	Monday	5:00 - 6:30 pm	New West	Monday	5:00 - 6:30 pm	New West
	3:30 - 5:00 pm	New West	Tuesday	6:00 - 7:30 AM	CCAC	Tuesday	4:00 - 5:45 pm	New West
Tuesday	3:15 - 5:15 pm	CCAC	Wednesday	4:00 - 5:30 pm	New West	Wednesday	6:30 - 7:30 AM	CCAC
Wednesday	6:00 - 7:30 AM	New West	Thursday	6:00 - 7:30 AM	CCAC		5:30 - 6:30 pm	New West
Thursday	3:00 - 5:15 pm	CCAC		4:00 - 5:45 pm	New West	Thursday	x	
Friday	5:45 - 7:30 AM	New West	Friday	5:00 - 6:30 pm	New West	Friday	5:00 - 6:30 pm	New West
	3:30 - 5:00 pm	New West	Saturday	7:00 - 9:00 AM	CCAC	Saturday	7:30 - 9:00 AM	CCAC
Saturday	6:30 - 8:00 AM	New West	Sunday	x		Sunday	x	
Sunday	x							
	13+ Provincial			Regional			High School	
Monday	4:00 - 5:30 pm	CCAC	Monday	5:30 - 6:45 pm	CCAC	Monday	6:45 - 7:45 pm	CCAC
Tuesday	6:00 - 7:30 AM	CCAC	Tuesday	4:00 - 5:45 pm	New West	Tuesday	x	
Wednesday	4:00 - 5:30 pm	CCAC	Wednesday	6:30 - 7:30 AM	CCAC	Wednesday	6:30 - 7:45 pm	CCAC
Thursday	6:00 - 7:30 AM	CCAC	Thursday	x		Thursday	x	
Friday	4:00 - 5:30 pm	CCAC	Friday	6:30 - 7:30 pm	New West	Friday	5:30 - 7:00 pm	CCAC
Saturday	7:30 - 9:00 AM	CCCA	Saturday	7:30 - 9:00 AM	New West	Saturday	x	
Sunday	x		Sunday	X		Sunday	x	
OW Black - New West GROUP			OW White - New West GROUP			LMR - New West GROUP		
Monday	6:15 - 7:30 pm	New West	Monday	6:30 - 7:30 pm	New West	Monday	6:30 - 7:30 AM	CCAC
Tuesday	x		Tuesday	x		Tuesday	5:45 - 7:00 pm	New West
Wednesday	6:15 - 7:30 pm	New West	Wednesday	6:30 - 7:30 pm	New West	Wednesday	x	
Thursday	x		Thursday	x		Thursday	5:45 - 7:00 pm	New West
Friday	x		Friday	x		Friday	x	
Saturday	8:15 - 10:00 AM	New West	Saturday	7:00 - 8:00 AM	New West	Saturday	6:15 - 7:30 AM	CCAC
Sunday	x		Sunday	x		Sunday	x	
OW Black - CCAC GROUP			OW White - CCAC GROUP			LMR - CCAC GROUP		
Monday	x		Monday	5:30 - 6:30 pm	CCAC	Monday	6:30 - 7:30 AM	CCAC
Tuesday	5:15 - 6:30 pm	CCAC	Tuesday	x		Tuesday	6:30 - 7:45 pm	CCAC
Wednesday	x		Wednesday	5:30 - 6:30 pm	CCAC	Wednesday	x	
Thursday	5:15 - 6:30 pm	CCAC	Thursday	x		Thursday	6:30 - 7:45 pm	CCAC
Friday	x		Friday	x		Friday	x	
Saturday	8:15 - 10:00 AM	New West	Saturday	7:00 - 8:00 AM	New West	Saturday	6:15 - 7:30 AM	CCAC
Sunday	x		Sunday	x		Sunday	x	
Grassroots 1 - New West GROUP			Grassroots - 2 New West GROUP			Stroke Improvement- New West Group		
Tuesday	5:15 - 6:00 pm	New West	Tuesday	6:15 - 7:00 pm	New West	Beginning of October 14		
Thursday	5:15 - 6:00 pm	New West	Thursday	6:15 - 7:00 pm	New West	Tuesday	4:15 - 5:00 pm	New West
						Thursday	4:15 - 5:00 pm	New West
Grassroots 1 - CCAC GROUP			Grassroots - 2 CCAC GROUP			Stroke Improvement - CCAC Group		
Monday	4:00 - 4:45 pm	CCAC	Monday	4:45 - 5:30 pm	CCAC	Beginning of October 13		
Wednesday	4:00 - 4:45 pm	CCAC	Wednesday	4:45 - 5:30 pm	CCAC	Monday	4:00 - 4:45 pm	CCAC
						Wednesday	4:00 - 4:45 pm	CCAC