

Regular Schedule January 6, 2025 >

HP			AGD			13&u Provincial		
Monday	6:00 - 7:30 AM	New West	Monday	6:00 - 7:30 AM	New West	Monday	5:15 - 6:25 pm	New West
	3:30 - 5:30 pm	New West		5:15 - 6:25 pm	New West	Tuesday	4:00 - 5:30 pm	New West
Tuesday	3:15 - 5:35 pm	CCAC	Tuesday	4:00 - 5:30 pm	New West	Wednesday	6:00 - 7:30 AM	CCAC
Wednesday	6:00 - 7:30 AM	New West	Wednesday	6:30 - 7:30 AM	CCAC	Thursday	x	
Thursday	3:00 - 5:30 pm	CCAC		4:00 - 5:45 pm	CCAC	Friday	5:00 - 6:25 pm	New West
Friday	5:45 - 7:15 AM	New West	Thursday	X		Saturday	7:00 - 9:00 AM	CCAC
	3:30 - 5:30 pm	New West	Friday	5:00 - 6:25 pm	New West	Sunday	x	
Saturday	6:30 - 9:00 AM	CCAC	Saturday	6:30 - 9:00 AM	CCAC			
Sunday	x		Sunday	x				

13+ Provincial			Regional			High School		
Monday	4:00 - 5:15 pm	CCAC	Monday	5:15 - 6:45 pm	CCAC	Monday	x	
Tuesday	6:00 - 7:30 AM	CCAC	Tuesday	x		Tuesday	6:45 - 7:45 pm	CCAC
Wednesday	4:00 - 5:15 pm	New West	Wednesday	5:15 - 6:25 pm	New West	Wednesday	x	
Thursday	4:00 - 5:30 pm	New West	Thursday	6:00 - 7:30 AM	CCAC	Thursday	6:45 - 7:45 pm	CCAC
Friday	4:00 - 5:30 pm	CCAC	Friday	5:30 - 7:00 pm	CCAC	Friday	6:30 - 7:30 pm	New West
Saturday	6:30 - 8:30 AM	New West	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	6:15 - 7:30 AM	CCAC
Tuesday	x		Tuesday	x		Tuesday	6:00 - 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	6:30 - 8:00 AM	New West
Sunday	x		Sunday	x		Sunday	x	

OW Black - CCAC GROUP			OW White - CCAC GROUP			LMR - CCAC GROUP		
Monday	6:30 - 7:45 pm	CCAC	Monday	5:30 - 6:30 pm	CCAC	Monday	6:15 - 7:30 AM	CCAC
Tuesday	x		Tuesday	x		Tuesday	5:30 - 6:45 pm	CCAC
Wednesday	5:30 - 6:45 pm	CCAC	Wednesday	6:45 - 7:45 pm	CCAC	Wednesday	x	
Thursday	x		Thursday	x		Thursday	5:30 - 6:45 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	6:30 - 8:00 AM	New West
Sunday	x		Sunday	x		Sunday	x	

Grassroots 1 - New West GROUP			Grassroots - 2 New West GROUP			Stroke improvement- New West Group		
Tuesday	4:00 - 4:45 pm	New West	Tuesday	4:45 - 5:30 pm	New West	Tuesday	6:15 - 7:00 pm	New West
Thursday	4:00 - 4:45 pm	New West	Thursday	4:45 - 5:30 pm	New West	Thursday	6:15 - 7:00 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	Monday	4:00 - 4:45 pm	CCAC
Wednesday	5:00 - 5:45 pm	CCAC	Wednesday	5:45 - 6:30 pm	CCAC	Wednesday	4:00 - 4:45 pm	CCAC

