

**NATIONAL  
CHRISTMAS BREAK TRAINING SCHEDULE**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
December 28th  9:15am - Activation 9:30am - 10:30am Kinsmen DSM	December 29th  5:30am - 7:30am Kinsmen DSM 7:45am - 8:45am LIFT	December 30th  5:30am - Activation 5:45am - 7:45am Kinsmen DSM  4:30pm - Activation 4:45pm - 6:45pm Kinsmen DSM	December 31st  12:45pm - 1:45pm LIFT 2:00pm to 4:00pm 10 Lanes LCM DSM	January 1st  OFF	January 2nd  6:30am - Activation 6:45am to 8:45am Kinsmen TP  4:15pm - Activation 4:30pm - 6:30pm Kinsmen DSM	January 3rd  7:30am - 8:30am LIFT 8:30am - Activation 8:45am - 10:45am 10 Lanes Kinsmen DSM

**SENIOR COMPETITIVE  
CHRISTMAS BREAK TRAINING SCHEDULE**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
December 28th  OFF	December 29th  5:30am - 7:30am Kinsmen DSM  3:45pm - Activation 4:00pm - 6:00pm Kinsmen DSM	December 30th  5:30am - Activation 5:45am - 7:45am Kinsmen DSM 8:00am - 9:00am LIFT	December 31st  5:30am - Activation 5:45am - 7:45am Kinsmen DSM  1:45pm - Activation 2:00pm to 4:00pm Kinsmen DSM	January 1st  OFF	January 2nd  3:00pm - 4:00pm LIFT 4:15pm - Activation 4:30pm - 6:30pm Kinsmen DSM	January 3rd  7:30am - 8:30am LIFT 8:30am - Activation 8:45am - 10:45am Kinsmen DSM

**PROVINCIAL  
CHRISTMAS BREAK TRAINING SCHEDULE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 28th OFF	December 29th OFF	December 30th OFF	December 31st OFF	January 1st OFF	January 2nd 5:30am - 7:30am Kinsmen DSM  4:15pm - Activation 4:30pm - 6:30pm Kinsmen DSM	January 3rd 8:30am - Activation 8:45am - 10:45am 10 Lanes Kinsmen DSM

**REGIONAL CHRISTMAS BREAK TRAINING SCHEDULE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 28th OFF	December 29th  3:45pm - Activation 4:00pm - 6:00pm Kinsmen DSM	December 30th 5:30am - Activation 5:45am - 7:45am Kinsmen DSM 8:00am - 9:00am DL	December 31st 5:30am - Activation 5:45am - 7:45am Kinsmen DSM	January 1st OFF	January 2nd 5:30am - 7:30am Kinsmen DSM  4:15pm - Activation 4:30pm - 6:30pm Kinsmen TP	January 3rd 7:30am - 8:30am DL 8:30am - Activation 8:45am - 10:45am Kinsmen DSM