

# GFL- Newport Recreation Center (2022-2023 Regular Season Ice Schedule)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am-8:00am							Install Boards
8:00am-9:00am							8:00-9:00 U9Dev
9:00am-10:00am							9:00-10:00 U9Int
10:00am-11:00am							Flood 10:10-11:10 U9Adv
11:00am-12:00pm						11:00-12:00 U13C	Boards Remove, Flood
12:00pm-1:00pm						12:10- 13:40 U11B	11:30- 1:00 U11A
1:00pm-2:00pm							1:00- 2:30 U13B
2:00pm-3:00pm						1:40- 3:10 U18C	2:40-4:10 U15A
3:00pm-4:00pm						3:20-4:50 U18A	
4:00pm-5:00pm							
5:00pm-6:00pm							
6:00pm-7:00pm	6:00-6:50 Buy Hour U11A	6:00- 6:50 U7		6:00-6:50 U11B			
7:00pm-8:00pm	7:00-7:50 Buy Hour U11B / U18A	7:00 - 7:50 U13B		7:00-7:50 U11A			
8:00pm-9:00pm	8:00-8:50 Buy Hour U13A / U13B	8:00-8:50 U18C		8:00- 8:50 U15A			
9:00pm-10:00pm							

# West Hants Sports Complex (2022-2023 Regular Season Ice Schedule)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-9:00am						8:30-9:30 U7	
9:00am-10:00am						9:40-10:40 U11C	
10:00am-11:00am						10:50- 12:20 U13A	
11:00am-12:00pm						12:20-1:50 U15AA	
12:00pm-1:00pm							
1:00pm-2:00pm							
2:00pm-3:00pm							
3:00pm-4:00pm							
4:00pm-5:00pm							
5:00pm-6:00pm					5:00- 5:50 Bi-Weekly Goalie Dev		
6:00pm-7:00pm		6:10- 7:00 U9 Shared Schedule	6:00- 6:50 U9 Shared Schedule		6:00- 6:50 WHMHA Rec Program		
7:00pm-8:00pm		7:10- 8:00 U11C U13C	7:00-7:50 Player Development				
8:00pm-9:00pm	8:00 to 8:50 Buy Hour U15A	8:10- 9:00 Buy Hour U15AA	8:00- 8:50 U15AA	7:40 - 8:30 U13A			
9:00pm-10:00pm				8:40-9:30 U18A			