

GFL- Newport Recreation Center (2023-2024 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 U9 Dev
9:00am-10:00am						9:20-10:20 U13C	9:00-10:00 U9 Int
10:00am-11:00am							Flood
11:00am-12:00pm						10:30-12:00 U15C	10:10-11:10 U9 Girls
12:00pm-1:00pm						12:00- 1:30 U18C	11:10-12:10 U9 Adv
1:00pm-2:00pm							Boards Remove, Flood
2:00pm-3:00pm						1:40-3:10 U15A	12:30-1:30 U11C
3:00pm-4:00pm						3:20-4:50 U18A	1:40- 3:00 U11A
4:00pm-5:00pm							
5:00pm-6:00pm							
6:00pm-7:00pm	6:00- 6:50 U7	6:00-6:50 U11B		6:00- 6:50 U9 Int / U9 Adv			
7:00pm-8:00pm	7:00- 7:50 U9 Shared	7:00 - 7:50 U13B		7:00-7:50 U11A			
8:00pm-9:00pm	8:00-8:50 Buy Hour U13AA / U11A	8:00-8:50 U18C		8:00- 8:50 U15A			
9:00pm-10:00pm							

West Hants Sports Complex (2023-2024 Regular Season Ice Schedule)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-9:00am						8:00-9:00 U7	
9:00am-10:00am						9:10- 10:40 U11B	
10:00am-11:00am						10:40- 12:10 U13AA	
11:00am-12:00pm						12:20-1:50 U13B	
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 U7/ Goalie Dev		
6:00pm-7:00pm		6:10- 7:00 U9 Dev / U9 Girls	6:00-6:50 Player Development		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 U13B/U11B	8:10- 9:00 U15C		7:40 - 8:30 U13AA			
9:00pm-10:00pm		9:10-10:00 Buy Hour U15A/U18A		8:40-9:30 U18A			