

## RAB 2023-24 Weekday Practice Schedule

	Monday	Tuesday	Wednesday	
4:00				4:00
4:30				4:30
5:00	5:00pm - 6:00pm Mountainside Recreation Centre <b>FUN 1/2</b>	5:00pm - 6:00pm Nelson Recreation Centre <b>U12B</b>		5:00
5:30			5:30pm - 6:30pm Mainway Recreation Centre <b>FUN3</b>	5:30
6:00	6:00pm - 7:00pm Mountainside Recreation Centre <b>U12A</b>	6:00pm - 7:00pm Nelson Recreation Centre <b>U14B</b>		6:00
6:30			6:30pm - 7:30pm Mainway Recreation Centre <b>U14AA</b>	6:30
7:00		7:00pm - 8:00pm Nelson Recreation Centre <b>U14AA</b>		7:00
7:30	7:30pm - 8:30pm Mainway Recreation Centre <b>U16AA</b>		7:30pm - 8:30pm Mainway Recreation Centre <b>U16B</b>	7:30
8:00		8:00pm - 9:00pm Nelson Recreation Centre <b>U16AA</b>		8:00
8:30	8:30pm - 9:30pm Mainway Recreation Centre <b>U19AA</b>		8:30pm - 9:30pm Mainway Recreation Centre <b>U19B</b>	8:30
9:00		9:00pm - 10:00pm Nelson Recreation Centre <b>U19AA</b>		9:00
9:30				9:30

## RAB 2023-24 Weekend Ice

	Saturday	Sunday
10:00		10:00am - 11:00am Nelson Recreation Centre <b>FUN 1/2</b>
10:30		
11:00		11:00am - 12:00pm Nelson Recreation Centre <b>GAME ICE 7</b>
11:30		
12:00		12:00pm - 1:00pm Nelson Recreation Centre <b>GAME ICE 8</b>
12:30	12:30pm - 1:30pm Mainway Recreation Centre <b>GAME ICE 1</b>	
1:00		
1:30	1:30pm - 2:30pm Mainway Recreation Centre <b>GAME ICE 2</b>	
2:00		
2:30	2:30pm - 3:30pm Mainway Recreation Centre <b>GAME ICE 3</b>	
3:00		
3:30	3:30pm - 4:30pm Mainway Recreation Centre <b>GAME ICE 4</b>	
4:00		
4:30	4:30pm - 5:30pm Mainway Recreation Centre <b>GAME ICE 5</b>	
5:00		
5:30	5:30pm - 6:30pm Mainway Recreation Centre <b>GAME ICE 6</b>	
6:00		6:00pm - 7:00pm Appleby Ice Centre <b>DEVELOPEMENT ICE</b>
6:30		
7:00		7:00pm - 8:00pm Appleby Ice Centre <b>DEVELOPEMENT ICE</b>
7:30		
8:00		