

RAB 2023-24 Proposed Weekday Practice Schedule

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

RAB 2023-24 Weekend Ice

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