

| 22-Jan-24 | 23-Jan-24 | 24-Jan-24 | 25-Jan-24 | 26-Jan-24 | 27-Jan-24 | 28-Jan-24 |
|----------------------------|--------------------------|--------------------------|-------------------------|------------------------------|-----------------------------------|------------------------------------|
| Fuller Lake Arena | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | 6:00 - 7:20am U13 T3 | 6:00 - 7:20am U13 T4 | | | 7:15 - 8:10 am U 6/7 skills |
| | | | | | | 8:25 - 9:45 am U13 C1 ex vs Vic |
| | | | | | 8:00-9:10am U 8 C2 vs C1 | 10:00 - 11:00 am 1st Shift |
| | | | | | 9:15-10:25am U6 | 11:15 - 12:35 pm U 18 F vs Nan |
| | 4:35 - 5:25pm U9 X2 | | | | 10:50-12:00pm U9 C2 vs KP | 12:50 - 1:45 pm U 11 C3 scrimm |
| | 5:40 - 6:40pm U11 A | | 5:30 - 6:20pm U11 C3 | | 12:20-1:15pm P/S | 2:00 - 4:25 pm P/S |
| | 6:55 - 7:55pm U13 T4 | 6:20 - 7:10pm U11 A | 6:35 - 7:25pm U11 C1 | 6:50 - 8:05pm P/S | 1:30 - 2:50pm U9 C1 vs VRC | 4:40 - 6:00 pm U15 T3 Prac |
| | 8:10 - 9:10pm U15 T3 | 7:25 - 8:15pm U15 C1 | 7:40 - 9:00pm U13 T3 | 8:20-9:20pm teen skate | 3:05 - 4:25pm U13 T3 Prac | |
| | 9:25 - 10:15pm U18 C4 | 8:30 - 9:20pm U18 C1 | | | 4:40 - 6:00pm U11 C1 prac | |
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| Duncan Arena | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 6:30 - 7:20am U13 C2 | | 6:00 - 7:20am U15 T3 | | | |
| | | | | | | |
| | | | | | 7:30-8:20am U11 C2 skate skill | |
| | | | | | 8:30-9:50am U11C1 ex vs N2 | |
| | | | | | 10:00-11:20am U11 C3 vs AV | |
| | 4:30 - 5:20pm U8 X 2 | 4:30 - 5:20pm U 6 & 7 | | 5:00 - 5:50pm U 13 Female | 11:30-12:50pm U11 A ex vs JDF | 11:30-12:50pm U11 C1 vs OS C1 |
| | | 5:30 - 6:20pm U11 C2 | | | 1:00-2:20pm P/S | 1:00-2:20pm P/S |
| | 7:00 - 7:50pm U 13 C1 | 6:30 - 7:50pm P/S | | 6:30 - 7:50 P/S | 2:30-3:50pm U 15 C 2 vs Lake | 3:00-4:20pm U11 C2 ex vs N5 |
| | 8:00 - 8:50pm U18 F | | 8:15 - 9:05pm U15 C2 | | 4:00-5:20pm U 18 C2 vs C3 | 4:30-5:50pm U18 C1 vs AV 1 |
| | 9:00 - 9:50pm U 18 C3 | | | | 5:30-6:50pm U18 C1 vs C 4 | 6:00-7:20pm Referee Dev |
| | | 9:30-10:20pm U18 C2 | | | | |
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| Lake Cowichan Arena | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | | | | |
| | 4:10-5:30pm U13 T4 | | 6:00 - 7:20pm U11 A | | | |
| 7:50-9:10pm U15 T3 | | | | | | |
| 22-Jan-24 | 23-Jan-24 | 24-Jan-24 | 25-Jan-24 | 26-Jan-24 | 27-Jan-24 | 28-Jan-24 |