

| 16-Sep-24 | 17-Sep-24 | 18-Sep-24 | 19-Sep-24 | 20-Sep-24 | 21-Sep-24 | 22-Sep-24 |
|----------------------------|------------------------------------|---------------------------------|--------------------------|------------------------|----------------------------------|-------------------------------------|
| Fuller Lake Arena | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | 6:00 - 7:20am U13 T3 | 6:00 - 7:20am U15 T3 | | | |
| | | | | | | 7:15 - 8:20 am U9 Skating Skills |
| | | | | | 8:00-9:10am U9 | 8:35-9:55am U13 C3 vs C1 |
| | | | | | 9:15-10:25am U8 | 10:10-11:30pm U11 F & U11 C2 |
| | 4:40 - 5:30pm U9 | | | | 10:50-12:00pm U6/7 | 11:45-1:45pm U 18 Imp vs Re |
| | 5:45 - 6:35pm U11 C1 & C2 | | 5:30 - 6:50pm U13 T3 | | 12:20 - 1:15pm P/S | 2:00-3:00 lessons |
| | 6:50 - 7:55pm U11 A | 6:20 - 7:40pm U15 T3 | 7:05 - 7:55pm U13 C3 | 6:45 - 8:00pm P/S | 1:30-3:30pm U15 T3 vs KP | 3:15-4:25pm P/S |
| | 8:10 - 9:15pm U15 T3 | 7:55 - 8:45pm U13 C2 | 8:10 - 9:00pm U15 C1 | | 3:45-5:45pm U18 T3 vs PR | 4:40-6:40pm U21 ex vs PEN |
| | 9:30 - 10:20pm U18 C2 | 9:00 - 10:20pm U18 T3 | | | 6:00 - 7:20pm U18 C2 vs C1 | |
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| Duncan Arena | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | 6:00 - 7:20am U13 Hockey Skills | | 6:00 - 7:20am U11 A | | | |
| | | | | | 7:30-8:20am U11 Hockey Skills | |
| | | | | | 8:30-9:50am U11 F SS | |
| | | | | | 10:00-11:20am U18 F SS | |
| | | | | | 11:30-12:50pm U11 A ex vs COM | 11:30-12:50pm U11 C3 & C1 |
| | 4:30 - 5:20pm U6/7 | 4:30 - 5:20pm U8 | | 5:00 - 6:05pm U11 A | 1:00-2:20pm P/S | 1:00-2:20pm P/S |
| | | 5:30 - 6:20pm U11 F & U11 C3 | | | 2:30-4:20pm U18 PRAC | 2:30-4:20pm U18 T3 vs Vic |
| | 7:00 - 7:50pm U13 C1 | 6:30 - 7:50pm P/S | | CAPS GAME | 4:30-5:50pm U15 F vs U13 C2 | 4:30-5:50pm U15 C2 vs C1 |
| | 8:00 - 8:50pm U15 F | | 8:15 - 9:05pm U15 C2 | | 6:00-7:20pm U15 CHECKING | 6:00-7:20pm Goalie Skills |
| | 9:00 - 9:50pm U18 F | | 9:15 - 10:30pm U18 T3 | | | |
| | | 9:30-10:20pm U18 C1 | | | | |
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| Lake Cowichan Arena | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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