



COMMUNITY HEALTH & FITNESS CENTER
TEAM CONCEPTS PRACTICES
EFFECTIVE AS OF: SEPTEMBER 2, 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00AM- 7:50AM ADVANCE BROOMBALL	7:00AM-7:50AM POWER SKATING	7:00AM-7:50AM ADULT SKATING	7:00AM-7:50AM ELITE PROGRAM	7:00AM-8:00AM GOALTENDING	
Parental supervision	OPEN FOR RENTAL USE AND PROGRAMS					Parental supervision
11:00AM – 12:00PM BEGINNERS HOCKEY	8:00AM – 12:00PM					11:00AM – 12:00PM BEGINNERS HOCKEY
12:00PM – 1:15PM BROOMBALL U6	12:00PM – 1:00PM SHINNY HOCKEY	12:00PM – 1:00PM SHINNY BROOMBALL	12:00PM – 1:00PM SHINNY HOCKEY	12:00PM – 1:00PM SHINNY BROOMBALL	12:00PM – 1:00PM SHINNY HOCKEY	12:00PM – 1:15PM BROOMBALL U6
1:30PM – 2:45PM PRE-NOVICE HOCKEY	OPEN FOR RENTAL USE AND PROGRAMS					1:30PM – 2:45PM PRE-NOVICE HOCKEY
3:00pm – 4:00pm LEARN TO SKATE WITH PARENT UNDER 11 YRS OLD	1:00PM – 4:00PM					3:00pm – 4:00pm LEARN TO SKATE WITH PARENT UNDER 11 YRS OLD
4:00pm – 5:00pm LEARN TO SKATE WITH PARENT 12 YRS OLD AND UP	4:10PM - 5:00PM BANTAM HOCKEY	4:10PM – 5:00PM BROOMBALL U12	4:10PM - 5:00PM BANTAM HOCKEY	4:10PM – 5:00PM BROOMBALL U12	4:10PM - 5:00PM BANTAM HOCKEY	4:00pm – 5:00pm LEARN TO SKATE WITH PARENT 12 YRS OLD AND UP
5:00PM – 7:00PM PUBLIC SKATING	5:10PM – 6:00PM ATOM HOCKEY	5:10PM – 6:00PM BROOMBALL U10	5:10PM – 6:00PM ATOM HOCKEY	5:10PM – 6:00PM BROOMBALL U10	5:10PM – 6:00PM ATOM HOCKEY	5:00PM – 7:00PM PUBLIC SKATING
7:00PM – 8:00PM OLD TIMERS	6:10PM – 7:00PM PNH/NOVICE HOCKEY	6:10PM – 7:00PM BROOMBALL U6 & U8	6:10PM – 7:00PM GOALIE PROGRAM	6:10PM – 7:00PM BROOMBALL U6 & U8	6:10PM – 7:00PM PNH/NOVICE HOCKEY	7:00PM – 8:00PM REC BROOMBALL 30+
8:00PM – 9:00PM WOMEN'S HOCKEY	7:10PM – 8:00PM PEEWEE HOCKEY	7:10PM – 8:00PM BROOMBALL U15 & U17	7:10PM – 8:00PM PEEWEE HOCKEY	7:10PM – 8:00PM BROOMBALL U15 & U17	7:10PM – 8:00PM PEEWEE HOCKEY	8:00PM – 9:00PM MEN'S BROOMBAL
9:00PM – 10:00PM OPEN REC HOCKEY	8:10PM – 9:00PM MIDGET HOCKEY	8:10PM – 9:00PM GIRLS HOCKEY	8:10PM – 9:00PM MIDGET HOCKEY	8:10PM – 9:00PM GIRLS HOCKEY	8:10PM – 9:00PM MIDGET HOCKEY	9:00PM – 10:00PM CO-ED BROOMBALL
10:00PM – 11:00PM JUNIOR HOCKEY 18-21 YRS OLD	9:10PM – 10:00PM SENIOR HOCKEY PROGRAM	9:10PM – 10:30PM SENIOR BROOMBALL PROGRAM	9:10PM – 10:00PM SENIOR HOCKEY PROGRAM	9:10PM – 10:30PM SENIOR BROOMBALL PROGRAM	9:10PM – 10:00PM SENIOR HOCKEY PROGRAM	10:00PM – 11:00PM JUNIOR BROOMBALL 18-21 TRS OLD

PARENTS, PLEASE TAKE NOTE THAT YOUR CHILD WILL BE SENT HOME IF SHE/HE IS NOT REGISTERED OR PAID