

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>U11</b> 5:00 - 6:00	<b>U7</b> 5:15 - 6:00 (no flood)	<b>U11</b> 5:00 - 6:00	<b>U7</b> 5:15 - 6:00 (no flood)		<b>U7</b> 12:00 pm- 12:45 pm	
<b>U13</b> 6:15 - 7:15	<b>U7/U9</b> 6:15 - 7:15	<b>U13</b> 6:15 - 7:15	<b>U7/U9</b> 6:15 - 7:15		<b>U9/U11</b> 1:00 pm- 2:15 pm	
<b>U18</b> 7:30 - 9:00		<b>U18</b> 7:30 - 9:00			<b>U13</b> 2:30 pm - 4:00 pm	
					<b>U18</b> 7:00 pm- 8:30 pm	

15 hours and 30 mins

**During the week only**

U7 - 1st and 2nd years

U7/U9 - 3rd year U7 and U9