

## Trio Sportsplex

# SCHEDULE

2026-2027 TRAINING SEASON

## Vaughan Sportsplex

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HOURS/WEEK
Recreational Junior	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		10:00-11:00	1+ hr
Recreational Advanced	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00		10:00-12:00	2+ Hr
Interclub Junior	5:00-8:00		5:00-8:00		5:00-8:00		9hr
Interclub Advanced	5:00-8:00	5:00-8:00	5:00-8:00	5:00-8:00	5:00-8:00	9:00-12:00	9hr
ODP	5:00-8:00		5:00-8:00		5:00-8:00		9hr
Provincial/ National	5:00-9:00	5:00-9:00	5:00-9:00	5:00-9:00	5:00-9:00	9:00-14:00	12hr+