

Stick & Puck/Leisure/ Adult Hockey Schedule



April

Mon	Tue	Wed	Thu	Fri
3 <u>Adult Hockey</u> 12:00pm-1:15pm <u>Stick & Puck</u> 9:45am-10:45am 12:00pm-1:00pm	4 <u>Stick & Puck</u> 9:45am-10:45am 11:15am-12:15pm 12:30pm-1:30pm	5 <u>Stick & Puck</u> 9:45am-10:45am 11:45am-12:45pm 3:30pm-4:30pm	6 <u>Stick & Puck</u> 9:45am-10:45am 11:45am-12:45pm	7 <u>Adult Hockey</u> 11:45am-1:00pm <u>Stick & Puck</u> 9:45am-10:45am 12:45pm-1:45pm 2:45pm-3:45pm
10 <u>Adult Hockey</u> 11:45am-1:00pm <u>Stick & Puck</u> 9:15am-10:15am 10:30am-11:30am 11:45am-12:45pm	11 <u>Stick & Puck</u> 9:15am-10:15am 11:15am-12:15pm 12:30pm-1:30pm	12 <u>Stick & Puck</u> 9:15am-10:15am 12:45pm-1:45pm 3:15pm-4:15pm	13 <u>Stick & Puck</u> 9:15am-10:15am 11:45am-12:45pm 3:15pm-4:15pm	14 <i>Good Friday</i> 
17 <u>Adult Hockey</u> 11:45am – 1:00pm <u>Stick & Puck</u> 9:15am-10:15am 10:30am-11:30am 1:15pm-2:15pm 2:30pm-3:30pm	18 <u>Stick & Puck</u> 9:45am-10:45am 12:45pm-1:45pm 3:15pm-4:15pm	19 <u>Stick & Puck</u> 9:45am-10:45pm 12:00pm-1:00pm 3:30pm-4:30pm	20 <u>Stick & Puck</u> 9:45am-10:45am 11:45am-12:45pm 3:15pm-4:15pm	21 <u>Adult Hockey</u> 11:45am – 1:00pm <u>Stick & Puck</u> 10:15am-11:15am 12:15pm-1:15pm

<p>24</p> <p><u>Adult Hockey</u> 11:45am – 1:00pm</p> <p><u>Stick & Puck</u> 9:15am-10:15am 11:45am-12:45pm</p>	<p>25</p> <p><u>Stick & Puck</u> 9:30am-10:30am 10:45am-11:45am 3:15pm-4:15pm</p>	<p>26</p> <p><u>Stick & Puck</u> 9:30am-10:30am 10:45am-11:45am 12:15pm-1:15pm 3:30pm-4:30pm</p>	<p>27</p> <p><u>Stick & Puck</u> 9:30am-10:30am 10:45am-11:45am 3:15pm-4:15pm</p>	<p>28</p> <p><u>Adult Hockey</u> 11:30am-12:45pm</p> <p><u>Stick & Puck</u> 9:30am-10:30am 11:15am-12:15pm</p>
				

Adult Hockey:

Registration opens online the last Thursday of each month at 4:00pm for the following month.

\$10 Register @ www.shop.capitalnewscentre.com

Must be **19+** years to participate, full gear required. All players must register online subject to availability.

VISA DEBIT unfortunately is not accepted

SCROLL DOWN FOR MINI (LEISURE RINK) SCHEDULE

Stick & Puck: Times are subject to change. Find up-to-date schedule at www.capitalnewscentre.com

Stick & puck is an opportunity to work on stick handling and shooting skills. Bring your own stick, gloves, skates, and helmet. Helmets are mandatory for all participants. Please note all participants under the age of 18 are required to wear CSA approved face cage. Due to the minimal equipment requirements scrimmages and goalies are not allowed. No advanced registration necessary.

\$7 per person



Leisure (MINI) RINK – CLOSES March 18

