



2024-25 Development Program Training Schedule



Development programs start the week of September 22, 2024
 Wednesdays & Saturdays start after Thanksgiving; Wed's start Oct 16, Sat's start Oct 19
 * KIN = denotes practice at Kinsmen (all Wed & Sat practices are at the Kinsmen Sport Centre)

BONNIE DOON

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	5:00-6:30pm KIN*	4:00-5:30pm	OFF	4:00-5:30pm	4:00-5:30pm	10:30-12:30pm KIN*	off
SILVER	off	5:45-7:00pm	4:15-6:30pm at Kinsmen	4:15-5:30pm	5:45-7:00pm	off	off
BRONZE option 1	off	4:00-4:45pm	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	4:00-4:45pm	off	off
BRONZE option 2	off	4:45-5:30pm		off	4:45-5:30pm	off	off
BRONZE option 3	off	5:30-6:15pm		off	5:30-6:15pm	off	off
BRONZE option 4	off	6:15-7:00pm		off	6:15-7:00pm	off	off

CONFEDERATION

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:00-5:30pm	OFF	4:00-5:30pm	4:00-5:30pm	10:30-12:30pm KIN*	off
SILVER	off	4:00-5:15pm	4:15-6:30pm at Kinsmen	4:00-5:15pm	5:30-6:45pm	off	off
BRONZE option 1	4:00-4:45pm	off	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	4:00-4:45pm	off	off
BRONZE option 2	4:45-5:30pm	off	off	off	4:45-5:30pm	off	off

JASPER PLACE

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:00-5:30pm	OFF	5:00-6:30pm KIN*	4:00-5:30pm	10:30-12:30pm KIN*	off
SILVER	off	4:15-5:30pm	4:15-6:30pm at Kinsmen	4:15-5:30pm	4:15-5:30pm	off	off
BRONZE option 1	4:00-4:45pm	off	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	4:00-4:45pm	off	off	off
BRONZE option 2	4:45-5:30pm	off	off	4:45-5:30pm	off	off	off

KINSMEN

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	5:00-6:30pm	6:30-8:00pm	OFF	6:00-7:30am	6:30-8:00pm	10:30-12:30pm KIN*	off

MEADOWS

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:30-6:00pm KIN*	OFF	4:30-6:00pm	4:15-5:45pm	10:30-12:30pm KIN*	off
SILVER	off	4:45-6:00pm	4:15-6:30pm at Kinsmen	4:30-5:45pm	4:30-5:45pm	off	off
BRONZE option 1	off	4:00-4:45pm	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	4:15-5:00pm	off	off
BRONZE option 2	off	5:15-6:00pm	off	off	5:00-5:45pm	off	off

ROYAL GLENORA

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:00-5:30pm	OFF	4:00-5:30 pm	4:00-5:30pm	10:30-12:30pm KIN*	off
SILVER	4:15-5:30pm	off	4:15-6:30pm at Kinsmen	4:15-5:30pm	4:15-5:30pm	off	off
BRONZE	5:30-6:15pm	off	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	5:30-6:15pm	off	off

TERWILLEGAR

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
SILVER option 1	4:00-5:15pm	4:00-5:15pm	4:15-6:30pm at Kinsmen	off	off	off	1:00-2:15pm
SILVER option 2	off	5:15-6:30pm	4:15-6:30pm at Kinsmen	off	4:00-5:15pm	off	2:15-3:30pm
BRONZE option 1	5:30-6:15pm	off	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	4:00-4:45pm	off	off	off
BRONZE option 2	6:15-7:00pm	off		4:00-4:45pm	off	off	off
BRONZE option 3	off	off		off	5:30-6:15pm	off	3:30-4:15pm
BRONZE option 4	off	off		off	6:15-7:00pm	off	4:15-5:00pm