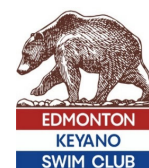




## 2023-24 Development Program Training Schedule



\* Please Note that all Wed PM practices are at the Kinsmen Sport Centre.  
 Wednesdays start after Thanksgiving; First Wednesday practice is Wednesday, October 11.  
 Bronze practices are as per the Lead Development Coach (mbowkowy@eksc.com)... age group is a starting guideline.

BONNIE DOON							
	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
<b>GOLD</b>	5:00-6:30pm Kin	4:00-5:30pm	4:15-6:30pm at Kinsmen	4:00-5:30pm	4:00-5:30pm	off	off
<b>SILVER</b>	off	4:00-5:15pm	4:30-6:30pm at Kinsmen	4:00-5:15pm	4:00-5:15pm	off	off
<b>BRONZE option 1</b>	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
<b>BRONZE option 2</b>	off	4:45-5:30pm	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	4:45-5:30pm	off	off
<b>BRONZE option 3</b>	off	5:30-6:15pm	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	5:30-6:15pm	off	off

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

JASPER PLACE							
	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
<b>GOLD</b>	4:00-5:30pm	4:00-5:30pm	4:15-6:30pm at Kinsmen	4:00-5:30pm	4:00-5:30pm	off	off
<b>SILVER</b>	off	4:15-5:30pm	4:30-6:30pm at Kinsmen	4:15-5:30pm	4:15-5:30pm	off	off
<b>BRONZE option 1</b>	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
<b>BRONZE option 2</b>	4:45-5:30pm	off	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	4:45-5:30pm	off	off	off

KINSMEN							
	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
<b>GOLD</b>	5:00-6:30pm	6:30-8:00pm	4:15-6:30pm at Kinsmen	6:00-7:30am	6:30-8:00pm	off	off

MEADOWS							
	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
<b>GOLD</b>	4:00-5:30pm	4:30-6:00pm	4:15-6:30pm at Kinsmen	off	4:15-5:45pm	11:00-12:30pm (Kins)	off
<b>SILVER</b>	off	4:30-5:45pm	4:30-6:30pm at Kinsmen	4:30-5:45pm	off	11:00-12:15pm (Kins)	off
<b>BRONZE option 1</b>	off	4:30-5:15pm	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	4:15-5:00pm	off	off
<b>BRONZE option 2</b>	off	5:15-6:00pm	9&u 4:30-5:30pm at Kinsmen 10&o 5:30-6:30pm at Kinsmen	off	5:00-5:45pm	off	off

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