

# DANGLER HOCKEY OFF-ICE TRAINING 2025-2026

All sessions at Ardrossan Recreation Complex Hall

Date	5:30pm-6:30pm	6:30pm-7:30pm	7:30pm-8:30pm
Monday October 6th	U-9 ST304	U-9 ST308	U-9 ST301
Monday October 27th	U-9 ST306	U-9 ST305	U-9 ST302
Monday November 3rd	U7 MAJOR 1	U-9 ST307	U-9 ST303
Monday November 10th	U-7 MAJOR 2	U-7 MAJOR 3	U-9 ST301
Monday November 17th	U-7 MAJOR 4	U-7 MINOR 1	U-9 ST302
Monday November 24th	U-7 MINOR 2	U-7 MINOR 3	U-9 ST303
Monday December 1st	U-7 MINOR 4	U-9 ST308	U-9 ST304
Monday December 8th	U-7 MAJOR 1	U-9 ST307	U-9 ST305
Monday December 15th	U-7 MAJOR 3	U-7 MAJOR 2	U-9 ST306
Monday December 22nd	U-7 MINOR 1	U-7 MAJOR 4	U-9 ST301
Monday January 5th	U-7 MINOR 3	U-7 MINOR 2	U-9 ST302
Monday January 12th	U-7 MAJOR 3	U-7 MINOR 4	U-9 ST303
Monday January 19th	U-7 MAJOR 4	U-7 MAJOR 2	U-9 ST304
Monday January 26th	U-7 MINOR 2	U-7 MAJOR 1	U-9 ST308
Monday February 2nd	U-7 MINOR 4	U-7 MINOR 3	U-9 ST307
Monday February 9th	U-7 MINOR 1	U-9 ST305	U-9 ST306

All players to come in dryland apparel and bring a helmet, gloves & stick