

Skating Schedule

(March 18-April 2, 2023)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Over 40 Duffer Hockey 8:30-10:15am (Mar 27 Only)	Over 50 Duffer Hockey 8:30-9:45am (Mar 28 Only)	Over 40 Duffer Hockey 8:30-10:15am (Mar 29 Only)	Over 50 Duffer Hockey 8:30-9:45am (Mar 30 Only)	Over 40 Duffer Hockey 8:30-10:15am (Mar 31 Only)		Family Skate 1:30-2:45pm
Over 60 Duffer Hockey 10:30-11:45am (Mar 27 Only)	Adult Skate 10:00-11:30am (Mar 28 Only)		Adult Skate 10:00-11:30am (Mar 30 Only)	Duffer Hockey Lunchtime 11:45am-1:15pm		Everyone Welcome 3:00-4:15pm
Spring Break NHL Camp March 20-24 All morning public sessions cancelled.	Duffer Hockey Lunchtime 11:45am-1:15pm (Ends May 16)	Spring Break Everyone Welcome 1:30-3:00pm	Duffer Hockey Lunchtime 11:45am-1:15pm	Spring Break Everyone Welcome 1:30-3:00pm	Everyone Welcome 7:45-9:00pm	Parent & Child Hockey 4:30-5:30pm
	Everyone Welcome \$3 6:30-7:45pm			Everyone Welcome and Stick & Puck 8:15-9:30pm		

Descriptions

Adult Skate (for 18 years and up)

Come out and skate Tuesday and Thursday mornings!

Everyone Welcome

Skating for all ages.

Everyone Welcome \$3

What a deal, anyone can skate! Rentals only \$2.

Everyone Welcome Stick and Puck

Shared ice to practice your skills. Players must bring a stick and wear a helmet and gloves. Sponge pucks only \$2 (deposit required). No games.

Family Skate

A great personal time for families to have fun. Enjoy a special beginner's corner for preschoolers. Strollers are allowed on the ice with permission.

Parent and Child Hockey

Sponge puck hockey with a special area for beginners. Parents must be on the ice with children. Helmet with a mask must be worn by children. Admission includes one adult and up to two children and children's rentals. Sponge pucks only \$2 (deposit required).

Over 60, Over 50, Over 40 and Lunchtime Duffer Hockey

Co-ed Hockey for players and goalies of all skills and abilities.

Spring Break Pre-Registered Group Fitness Class Schedule

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 6:15-7:00am		Indoor Cycling 6:15-7:00am		Indoor Cycling 6:15-7:00am		
Jazzercise* 7:45-8:45am		Jazzercise* 7:45-8:45am		Jazzercise* 7:45-8:45am		Jazzercise* 9:30-10:30am
Total Body Training 9:15-10:15am	Jazzercise* 5:30-6:30pm	Total Body Training 9:15-10:15am	Jazzercise* 5:30-6:30pm	Total Body Training 9:15-10:15am		
Total Body Training 5:30-6:30pm	Circuit Training 5:30-6:30pm	Total Body Training 5:30-6:30pm	Circuit Training 5:30-6:30pm			
Indoor Cycling 7:15-8:00pm	Indoor Cycling 5:45-6:30pm		Indoor Cycling 5:45-6:30pm			

Neighbourhood Learning Centre

	Total Body Training Express 6:15-7:00am	Total Body Training moved to Henderson	Total Body Training Express 6:15-7:00am		Total Body Training 9:15-10:15am	Total Body Training 9:15-10:15am
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