



2025 2026 **ICE SESSIONS**

ALL SESSIONS ARE AT TIM HORTON'S ICEPLEX UNLESS STATED BELOW

OCT 12	SESSION 1 4-5PM / SESSION 2 5-6PM
OCT 19	SESSION 1 4-5PM / SESSION 2 5-6PM
OCT 26	SESSION 1 4-5PM / SESSION 2 5-6PM
NOV 2	SESSION 1 4-5PM / SESSION 2 5-6PM
NOV 9	SESSION 1 4-5PM / SESSION 2 5-6PM
NOV 16	SESSION 1 4-5PM / SESSION 2 5-6PM
NOV 23	SESSION 1 4-5PM / SESSION 2 5-6PM
NOV 30	SESSION 1 4-5PM / SESSION 2 5-6PM
DEC 7	SESSION 1 4-5PM / SESSION 2 5-6PM
DEC 14	SESSION 1 4-5PM / SESSION 2 5-6PM
DEC 21	SESSION 1 4-5PM / SESSION 2 5-6PM
DEC 28	SESSION 1 4-5PM / SESSION 2 5-6PM
JAN 4	SESSION 1 4-5PM / SESSION 2 5-6PM
JAN 11	SESSION 1 4-5PM / SESSION 2 5-6PM
JAN 18	SESSION 1 4-5PM / SESSION 2 5-6PM
JAN 23	INTERSQUAD GAME 4-5:30 - BLUE CROSS ARENA ***
JAN 25	SESSION 1 4-5PM / SESSION 2 5-6PM
JAN 27	SESSION 1 6-7PM / SESSION 2 7-8PM ##
FEB 1	SESSION 1 4-5PM / SESSION 2 5-6PM
FEB 7	SESSION 1 4-5PM / SESSION 2 5-6PM**
FEB 15	SESSION 1 4-5PM / SESSION 2 5-6PM
FEB 21-22	ROCHESTER FRIENDSHIP FESTIVAL***
MAR 1	SESSION 1 4-5PM / SESSION 2 5-6PM
MAR 8	SESSION 1 4-5PM / SESSION 2 5-6PM
MAR 15	SESSION 1 4-5PM / SESSION 2 5-6PM

** PLEASE NOTE THIS IS A SATURDAY PRACTICE

PLEASE NOTE THIS IS A TUESDAY PRACTICE @
DICK'S HOUSE OF SPORT

*** MORE INFORMATION WILL BE SENT OUT AS WE GET CLOSER TO
THESE DATES

