

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>T2T and up Group</i> 7:00 – 8:30	2 <i>Fund 6:30 –7:45</i>	3 <i>T2T and up Group</i> 7:00 – 8:30	4	5
6 <i>Fund 5:30 – 6:45</i> <i>T2T and up 7:00 – 8:30</i>	7	8 <i>T2T and up Group</i> 7:00 – 8:30	9 <i>Fund 6:30 –7:45</i>	10 <i>No skating</i> <i>(Hockey Day)</i> <i>CWG Team to</i> <i>Halifax 7:00am</i>	11	12
13 <i>All groups</i> <i>combined</i> <i>5:30 – 7:00</i> <i>CWG 1500m</i>	14 <i>CWG 500m</i>	15 <i>T2T and up Group</i> 7:00 – 8:30	16 <i>Fund 6:30 –7:45</i> <i>CWG 1000m</i>	17 <i>Skating cancelled</i> <i>CWG super</i> <i>1500m</i>	18	19
20 <i>All groups</i> <i>combined</i> <i>5:30 – 7:00</i> <i>CWG Team</i> <i>returns 12:30am</i>	21	22 <i>T2T and up Group</i> 7:00 – 8:30	23 <i>Fund 6:30 –7:45</i>	24 <i>T2T and up Group</i> 7:00 – 8:30	25	26
27 <i>Fund 5:30 – 6:45</i> <i>T2T and up 7:00 – 8:30</i>	28					

- *Red denotes changes this month, blue denotes CWG activities.*
- **All ice sessions for T2T and up group will have a dryland component starting 45 minutes before the scheduled ice time. This is mandatory for CWG skaters and strongly encouraged for all others in the advanced group.**
- Please ensure skaters have skates, helmet, gloves, neck guard with bib, knee pads, shin pads and a full water bottle.
- No cell phones on the ice or at the boards.
- *Fund* – refers to what we used to call Novice group, *T2T* refers to what we used to call Intermediate/advanced group.