

SENIOR A

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	5:15-7:30	6:00-7:15 ONYX		6:00-7:15 ONYX	5:15-7:30 <i>Distance Practice-Coach Invite Only</i>	5:15-7:30	
PM	3-5:30pm	3-5pm	3-5pm	3-5pm	3-5pm		

SENIOR B

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	5:15-7:30	6-7:30		6-7:30	5:15-7:30 <i>Distance Practice-Coach Invite Only</i>	5:15-7:30	
PM	3-5:30pm	3:30-4:45 ONYX	3-5pm	3:30-4:45 ONYX	3-5pm		

SENIOR C

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM			5:15-7:30			6-7:30 MLC	
PM	3:00-5:00 MLC	4-6pm	3:30-4:45 ONYX	4-6pm MLC	3:30-4:45 ONYX		

SENIOR DEVELOPMENT

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM			5:15-7:30		5:15-7:30	7:15-9	
PM	5-6 ONYX	4:45-6	5-6 ONYX	4:15-6			

JUNIOR A

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM				6-7:30 Sherwood		7:15-9 MLC	
PM	4:45-6 MLC	4:45-5:45 ONYX	4:45- 6		4:45-6:30		

JUNIOR B

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM		6-7:30 Sherwood				7:15-9	
PM	4:45-6 MLC		4:45-6	4:45- 5:45 ONYX	4:45-6:30		

YOUTH FLEX

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						9:45-11	6-7:30
PM			4:30- 6 Sherwood				

JUNIOR DEVELOPMENT

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						8:45-10	
PM		5:45-7 PM	5:45-7 PM	5:45-7	5:00- 6:00 ONYX		

NOVICE

2025-2026	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						8:45-9:55	
PM	5:15-6:25	6:45-7:55	6:45-7:55 PM	6:45-7:55			

*** All practices are at the Milton Sports Centre (MSC) unless otherwise noted.

MSC Milton Sports Centre- 605 Santa Maria Blvd, Milton
 MLC Milton Leisure Centre- 1100 Main St E, Milton
 ONYX Dryland training at ONYX Fitness- 607 Main St E, Milton
 Sherwood Sherwood Community Centre- 6355 Main St W, Milton