

MONDAY (SCHEDULE TO TAKE EFFECT 11 April 11)

| TIME      | FH 1      | FH 2     | FH 3     | DDH S    | Army Fitness Centre | MIL TRG                | SQUASH     | POOL                | WADE POOL          |
|-----------|-----------|----------|----------|----------|---------------------|------------------------|------------|---------------------|--------------------|
| 0600-0700 | CSOR      | CSOR     | CSOR     | LFCA TC  | PSP                 |                        |            |                     |                    |
| 0700-0800 | 2 Svc Bn  | 2 Svc Bn | 2 Svc Bn | 2 Fd Amb | PSP                 | <b>Supt PT Program</b> | 2 ASG Sigs | Military Indiv Lane |                    |
| 0800-0900 | 1 RCR     | 1 RCR    | 1RCR     | 1 RCR    | PSP                 | 1 RCR                  | 1 RCR      | Military Unit Open  |                    |
| 0900-1000 | CSOR      | CSOR     |          | 2 MP     | PSP                 | PSP                    |            | CAC Aqua Fit        |                    |
| 1000-1100 | CSOR      | CSOR     |          |          | PSP                 | PSP                    |            | CAC School Prog     |                    |
| 1100-1200 | CSOR      | CSOR     |          |          | PSP                 | PSP                    |            | Physio              | Physio             |
| 1200-1300 | Open Rec  | Open Rec | Open Rec | Open Rec | PSP                 | Open Rec               | Open Rec   | Military Indiv Lane | Physio             |
| 1300-1430 | HQ & SIGS | 3 RCR    | 3 RCR    | 3 RCR    | PSP                 | 3 RCR                  | 3 RCR      | Military Unit Open  | Military Unit Open |
| 1430-1600 | HQ & SIGS | 3 RCR    | 3 RCR    | 3 RCR    | PSP                 | PSP                    | 3 RCR      | Military Unit Open  | Military Unit Open |

Outdoor Facilities Associated with Indoor Facilities

FH1 = Soccer Pitch 1, Ball Diamond 1 and Beach Volleyball Court 1.

FH2 = Soccer Pitch 2, Ball Diamond 3 and Beach Volleyball Court 2.

FH3 = Soccer Pitch 3, Ball Diamond 6 and Beach Volleyball Court 3.

DDH S = Ball Diamond 4 and Beach Volleyball Court 4.

Notes: **Unit sports days will be coordinated through the Bde Sports O. Sports days should be held on days when unit has their normal sports afternoons whenever possible. Unit sports days are not to start prior to 0900 hrs unless the unit owns the facilities or has made arrangements with the units that do.**

Sports Days 07 Dec 09 - CSOR PLQ - 2 FH - 0800 to 1600.

TUESDAY (SCHEDULE TO TAKE EFFECT 11 April 11)

| TIME      | FH 1       | FH 2       | FH 3      | DDH S      | Army Fitness Centre | MIL TRG   | SQUASH   | POOL                | WADE POOL          |
|-----------|------------|------------|-----------|------------|---------------------|-----------|----------|---------------------|--------------------|
| 0600-0700 | CSOR       | CSOR       | CSOR      | LFCA TC    | PSP                 |           |          |                     |                    |
| 0700-0800 | 1 CFH/CMED | 1 CFH/CMED | HQ & Sigs | 2 ASG Sigs | PSP                 | PSP       |          | Military Indiv Lane |                    |
| 0800-0900 | 2 RCHA     | 2 RCHA     | 2 RCHA    | 2 MP       | PSP                 | PSP       |          | Military Unit Open  |                    |
| 0900-1000 | PSP        | PSP        |           | 20 MSR     | PSP                 | PSP       |          | CAC Aqua Fit        |                    |
| 1000-1100 | PSP        | PSP        | 427       | 20 MSR     | PSP                 |           |          | CAC Senior Swim     | CAC Tot & Parent   |
| 1100-1200 | PSP        | PSP        | 427       | 20 MSR     | PSP                 |           |          | Military Unit Open  | Military Unit Open |
| 1200-1300 | Open Rec   | Open Rec   | Open Rec  | Open Rec   | PSP                 | Noon Spin | Open Rec | Military Indiv Lane | Physio             |
| 1300-1430 | 2 SVC BN   | 2 SVC BN   | 2 SVC BN  | 2 SVC BN   | PSP                 | PSP       | 2 SVC BN | Military Unit Open  | Military Unit Open |
| 1430-1600 | 2 SVC BN   | 2 SVC BN   | 2 SVC BN  | 2 SVC BN   | PSP                 | PSP       | 2 SVC BN | Military Unit Open  | Military Unit Open |

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Sports Days: 8 Dec Booked.HQ & Sigs

WEDNESDAY (SCHEDULE TO TAKE EFFECT 11 April 11)

| TIME      | FH 1      | FH 2      | FH 3         | DDH S    | Army Fitness Centre | MIL TRG    | SQUASH     | POOL                | WADE POOL          |
|-----------|-----------|-----------|--------------|----------|---------------------|------------|------------|---------------------|--------------------|
| 0600-0700 | CSOR      | CSOR      | CSOR         | LFCA TC  | PSP                 |            |            |                     |                    |
| 0700-0800 | RCD       | RCD       | 2 ASG Sigs   | Base     | PSP                 | <b>PSP</b> | 2 ASG Sigs | Military Indiv Lane |                    |
| 0800-0900 | HQ & Sigs | HQ & Sigs | 2 RCHA       | 2 RCHA   | PSP                 | <b>PSP</b> |            | Military Unit Open  |                    |
| 0900-1000 | PSP       | PSP       | 2 MP         | 20 MSR   | PSP                 | PSP        |            | CAC Senior Swim     | CAC Tot & Parent   |
| 1000-1100 | PSP       | PSP       |              | 20 MSR   | PSP                 |            |            | CAC School Prog     | CAC Aqua Babies    |
| 1100-1200 | PSP       | PSP       |              | 20 MSR   | PSP                 |            |            | Physio              | Physio             |
| 1200-1300 | Open Rec  | Open Rec  | Open Rec     | Open Rec | PSP                 | <b>PSP</b> | Open Rec   | Military Indiv Lane | Physio             |
| 1300-1430 | 2 CER     | 2 CER     | 2 CER        | 2 Fd Amb | PSP                 | PSP        | 2 CER      | Military Unit Open  | Military Unit Open |
| 1430-1600 | CANSOFCOM | CANSOFCOM | 1 CFH / CMED | 2 Fd Amb | PSP                 | PSP        | 427        | Military Unit Open  | Military Unit Open |

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**2 Dec - 1000 to 1130 - 2 ASG Sigs.**

THURSDAY (SCHEDULE TO TAKE EFFECT 11 April 11)

| TIME      | FH 1     | FH 2     | FH 3     | DDH S    | Army Fitness Centre | MIL TRG | SQUASH   | POOL                | WADE POOL          |
|-----------|----------|----------|----------|----------|---------------------|---------|----------|---------------------|--------------------|
| 0600-0700 | CSOR     | CSOR     | CSOR     | LFCA TC  | PSP                 |         |          |                     |                    |
| 0700-0800 | 2 CER    | 2 CER    | 3 RCR    | 3 RCR    | PSP                 | PSP     |          | Military Indiv Lane |                    |
| 0800-0900 | 3 RCR    | 3 RCR    | 3 RCR    | 3 RCR    | PSP                 | PSP     |          | Military Unit Open  |                    |
| 0900-1000 | 3 RCR    | 3 RCR    | 3 RCR    | 20 MSR   | PSP                 | PSP     |          | CAC Aqua Fit        | CAC Aqua Fit       |
| 1000-1100 |          |          |          | 20 MSR   | PSP                 | PSP     |          | CAC Senior Swim     | CAC Tot & Parent   |
| 1100-1200 | 2 MP     |          |          | 20 MSR   | PSP                 | PSP     |          | Military Unit Open  | Military Unit Open |
| 1200-1300 | Open Rec | Open Rec | Open Rec | Open Rec | PSP                 | PSP     | Open Rec | Military Indiv Lane | Physio             |
| 1300-1430 | 2 RCHA   | 2 RCHA   | 2 RCHA   | 2 RCHA   | PSP                 | PSP     | 2 RCHA   | Military Unit Open  | Military Unit Open |
| 1430-1600 | RCD      | RCD      | RCD      | RCD      | PSP                 | RCD     | RCD      | Military Unit Open  | Military Unit Open |

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Sports Days **2 ASG Sigs Sqn - 1000-1130 - 10 Dec 09**  
2 RCHA 0900-1600 - 3 Dec 09

FRIDAY (SCHEDULE TO TAKE EFFECT 11 April 11)

| TIME      | FH 1     | FH 2     | FH 3      | DDH S    | Army Fitness Centre | MIL TRG         | SQUASH     | POOL                | WADE POOL           |
|-----------|----------|----------|-----------|----------|---------------------|-----------------|------------|---------------------|---------------------|
| 0600-0700 | CSOR     | CSOR     | CSOR      | LFCA TC  | PSP                 |                 |            |                     |                     |
| 0700-0800 | Base     | Base     | 2 Fd Amb  | 2 Bde HQ | PSP                 | Supt PT Program | 2 ASG Sigs | Military Indiv Lane |                     |
| 0800-0900 | RCD      | RCD      | HQ & Sigs | 2 ASG HQ | PSP                 |                 |            | Military Unit Open  |                     |
| 0900-1000 | CSOR     | CSOR     |           |          | PSP                 | PSP             |            | CAC Aqua Fit        | CAC Aqua Fit        |
| 1000-1100 | CSOR     | CSOR     |           |          | PSP                 |                 |            | CAC Senior Swim     | CAC Tot & Parent    |
| 1100-1200 | CSOR     | CSOR     |           | 2 MP     | PSP                 |                 |            | Physio              | Physio              |
| 1200-1230 | Open Rec | Open Rec | Open Rec  | Open Rec | PSP                 | Open Rec        | Open Rec   | Military Indiv Lane | Military Indiv Lane |
| 1230-1500 | 1 RCR    | 1 RCR    | 1 RCR     | 1 RCR    | PSP                 | PSP             | 1 RCR      | Military Unit Open  | Military Unit Open  |
| 1500-1630 | 427 THS  | 427 THS  | 427 THS   | 427 THS  | PSP                 | PSP             | 427 THS    |                     |                     |

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Sports Days

## SILVER DART TWIN ARENAS

### STAG RINK

| Time      | Monday         | Tuesday        | Wednesday      | Thursday       | Friday                 | Saturday       | Sunday        |
|-----------|----------------|----------------|----------------|----------------|------------------------|----------------|---------------|
| 0630-0730 | CSOR           | 2 CER          | BASE           | CSOR           | 1 RCR                  | Rental         | OPEN          |
| 0730-0830 | 1 RCR          | 2 RCHA         | RCD            | 2 ASG SIG      | 3 RCR                  | Rental         | OPEN          |
| 0830-0930 | 1 RCR          | 2 RCHA         | RCD            | Maint          | 3 RCR                  | Rental         | Skating Club  |
| 0930-1030 | Maint          | 2 ASG/SIG      | 1 CFH          | Maint          | RCD                    | Rental         | Skating Club  |
| 1030-1130 | Maint          | OPEN           | OPEN           | OPEN           | RCD                    | Rental         | Skating Club  |
| 1130-1230 | Drop In Shinny | Drop In Shinny | Drop In Shinny | Drop In Shinny | Drop In Shinny         | Maint          | Skating Club  |
| 1230-1330 | HQ/SIG         | 2 Svc Bn       | 2 FD Amb       | 2 RCHA         | 427                    | Rental         | Skating Club  |
| 1330-1430 | HQ/SIG         | 2 Svc Bn       | 2 FD Amb       | 2 RCHA         | 427                    | CAC Skate      | CAC Skate     |
| 1430-1530 | HQ/SIG         | 2 Svc Bn       | 2 FD Amb       | 2 RCHA         | 427                    | CAC Skate      | CAC Skate     |
| 1530-1630 | 1 RCR          | 2 Svc Bn       | 2 FD Amb       | 2 RCHA         | 427                    | Rental         | Ladies Skills |
| 1630-1730 | Skating Club   | Base Women     | Base Men       | Base Women     | Skating Club           | Rental         | Base Women    |
| 1730-1830 | Skating Club   | GPMHA          | GPMHA          | GPMHA          | Skating Club           | Women's Shinny | Base Women    |
| 1830-1930 | Skating Club   | GPMHA          | GPMHA          | GPMHA          | Skating Club           | Rental         | Base OT's     |
| 1930-2030 | Skating Club   | GPMHA          | OVDGHA         | IU No Hit      | OVDGHA                 | Rental         | Base OT's     |
| 2030-2130 | IU No Hit      | OVDGHA         | IU No Hit      | IU No Hit      | OVDGHA                 | Rental         | Base Men      |
| 2130-2230 | IU No Hit      | OPEN           | IU No Hit      | IU No Hit      | Cpl Maynard Nite Hawks | Rental         | Base Men      |
| 2230-2330 |                |                |                |                |                        |                |               |

1. **Note: One hours = 50 minutes, plus 10 min flood.**
2. Base Women's, Men's and Old Timers will rotate timings.

Note: OVDGHA – Ottawa Valley District Girls Hockey Association

**SILVER DART TWIN ARENAS**

**BLACK BEAR RINK**

| Time      | Monday    | Tuesday   | Wednesday    | Thursday  | Friday    | Saturday | Sunday               |
|-----------|-----------|-----------|--------------|-----------|-----------|----------|----------------------|
| 0700-0800 | RCD       | CSOR      | 2 Svc Bn     | 2 CER     | BASE      | Rental   | Rental               |
| 0800-0900 | 2 Fd Amb  | MP        | HQ & Sigs    | 3 RCR     | 2 Fd Amb  | Rental   | Rental               |
| 0900-1000 | PSP       | 3 RCR     | 2 RCHA       | 3 RCR     | MAINT     | Rental   | GPMHA                |
| 1000-1100 | 2 CER     | 3 RCR     | 2 RCHA       | OPEN      | MAINT     | Rental   | GPMHA                |
| 1100-1200 | 2 CER     | 3 RCR     | CSOR         | 2 MP      | OPEN      | Rental   | GPMHA                |
| 1200-1300 | CAC Skate | CAC Skate | CAC Skate    | CAC Skate | CAC Skate | Rental   | GPMHA                |
| 1300-1400 | 3 RCR     | 2 SVC BN  | 2 CER        | RCD       | 1 RCR     | Rental   | GPMHA                |
| 1400-1500 | 3 RCR     | 2 SVC BN  | 2 CER        | RCD       | 1 RCR     | Rental   | GPMHA                |
| 1500-1600 | 3 RCR     | 2 SVC BN  | 2 CER        | RCD       | 1 RCR     | Rental   | OPEN                 |
| 1600-1700 | G.P. H.S. | OPEN      | G.P.H.S      | OPEN      | OPEN      | GPMHA    | OVDGHA               |
| 1700-1800 | GPMHA     | GPMHA     | Skating Club | GPMHA     | GPMHA     | GPMHA    | OVDGHA               |
| 1800-1900 | GPMHA     | GPMHA     | Skating Club | GPMHA     | GPMHA     | GPMHA    | GPMHA                |
| 1900-2000 | IU No Hit | GPMHA     | Skating Club | IU No Hit | GPMHA     | GPMHA    | Goulet Guys          |
| 2000-2100 | IU No Hit | IU No Hit | Jeff Collins | IU No Hit | GPMHA     | GPMHA    | Sammon<br>8 - 9:30pm |
| 2100-2200 | IU No Hit | IU No Hit | IU No Hit    | IU No Hit | Rental    | Rental   | Sammon               |
| 2200-2300 |           |           |              |           |           |          |                      |

1. Note: One hour = 50 minutes, plus 10 minute flood.