

| | Friday, October 1, 2021 | Saturday, October 2, 2021 | | | Sunday, October 3, 2021 | |
|-------------|---------------------------|---------------------------|------------------------------|--------------------------|------------------------------|------------------------------|
| Time | Sackville Arena | Sackville Arena | Sackville Sports Stadium | Dome | Sackville Arena | Sackville Sports Stadium |
| 7am - 8am | | U11 - Group 1 - Session 1 | U7 - Group 1 - Session 1 | | U11 - Group 1 - Intersquad 1 | U7 - Group 1 - Session 2 |
| 8am - 9am | | U11 - Group 2 - Session 1 | U7 - Group 2 - Session 1 | U15 & U18 Goalie Session | U11 - Group 2 - Intersquad 1 | U7 - Group 2 - Session 2 |
| 9am - 10am | | U11 - Group 3 - Session 1 | U7 - Group 3 - Session 1 | U9 & U11 Goalie Session | U11 - Group 3 - Intersquad 1 | U7 - Group 3 - Session 2 |
| 10am - 11am | | U15 - Group 1 - Session 1 | U9 - Group 1 - Session 1 | U13 Goalie Session | U13 - Group 1 - Intersquad 2 | U9 - Group 1 - Session 2 |
| 11am - 12pm | | U15 - Group 2 - Session 1 | U9 - Group 2 - Session 1 | | U13 - Group 2 - Intersquad 2 | U9 - Group 2 - Session 2 |
| 12pm - 1pm | | U15 - Group 3 - Session 1 | U9 - Group 3 - Session 1 | | U13 - Group 3 - Intersquad 2 | U9 - Group 3 - Session 2 |
| 1pm - 2pm | | U13 - Group 1 - Session 2 | U18 - Group 1 - Sess 2 | | U15 - Group 1 - Intersquad 1 | U18 - Group 1 - Intersquad 1 |
| 2pm - 3pm | | U13 - Group 2 - Session 2 | U18 - Group 2 - Sess 2 | | U15 - Group 2 - Intersquad 1 | U18 - Group 2 - Intersquad 1 |
| 3pm - 4pm | | U13 - Group 3 - Session 2 | | | U15 - Group 3 - Intersquad 1 | |
| 4pm - 5pm | U15 Checking Clinic | U11 - Group 1 - Session 2 | | | U11 - Group 1 - Intersquad 2 | |
| 5pm - 6pm | | U11 - Group 2 - Session 2 | U13 - Group 1 - Intersquad 1 | | U11 - Group 2 - Intersquad 2 | |
| 6pm - 7pm | U13 - Group 1 - Session 1 | U11 - Group 3 - Session 2 | U13 - Group 2 - Intersquad 1 | | U11 - Group 3 - Intersquad 2 | |
| 7pm - 8pm | U13 - Group 2 - Session 1 | U15 - Group 1 - Session 2 | U13 - Group 3 - Intersquad 1 | | U15 - Group 1 - Intersquad 2 | U18 - Group 1 - Intersquad 2 |
| 8pm - 9pm | U13 - Group 3 - Session 1 | U15 - Group 2 - Session 2 | | | U15 - Group 2 - Intersquad 2 | U18 - Group 2 - Intersquad 2 |
| 9pm - 10pm | U18 - Group 1 - Session 1 | U15 - Group 3 - Session 2 | | | U15 - Group 3 - Intersquad 2 | |
| 10pm - 11pm | U18 - Group 2 - Session 1 | | | | | |