

Conroy Hockey 2025 Spring Summer Programs Schedule

Schedule: March 12, 2025

Video Review
Combined Scrimmage
Meetings
Exercise Training

March	U7/U9	U 11+	U 13/U15	++	Activity	Location	
Sun Mar 23		5:00 - 6:30 pm	6:45 - 8:30 pm		Group Discussion	@ home/Zoom	
Tues Mar 25	6:00 - 7:00 pm				Group Discussion	@ home/Zoom	
Sun Mar 30	4:45 - 6:00 pm	6:15 - 7:45pm	8:00 - 9:30 pm		Skating Day	ECTAS	-15
April		U 11+	U 13+	++	Activity		
Sun Apr 6	4:45 - 6:15 pm	6:30 - 8:00pm	8:15 - 9:45 pm		Shooting & Scoring Day!	ECTAS	
Fri Apr 18	6 to 7:00 pm		7:30 - 8:30pm		Exercise Demo	@ home/Zoom	
Sun Apr 13	4:45 - 6:00 pm	6:15 - 7:45pm	8:00 - 9:30 pm		Passing day	ECTAS	-30
Wed Apr 23		6:00 - 7:15 pm	7:25 - 8:40 pm		Defense Video Training	@ home/Zoom	
Sun Apr 27	4:45 - 6:00 pm	6:15 - 7:45pm	8:00 - 9:30 pm		Stickhandling Day	ECTAS	-45
Wed Apr 30		6:00 - 7:15 pm	7:25 - 8:40 pm		Forwards Video Training	@ home/Zoom	
May	U7/U9	U 11+	U 13/U15	++	Activity		
Sun May 4th	4:45 - 6:00 pm	6:15 - 7:45pm	8:00 - 9:30 pm		Skating day	ECTAS	-60
Wed May 7th					Off Ice Checking Training	Elliston Park	
Wed May 14th					Off Ice Checking Training	Elliston Park	
Tues May 20th	5:30 - 7:00 pm		7:15 - 8:45 pm		Scrimmage Day	ECTAS	
Sunday May 25th	4:45 - 6:00 pm	6:15 - 7:45pm	8:00 - 9:30 pm		Shooting & Scoring Day!	ECTAS	-75
Tues May 27th		5:30 - 7:00 pm	7:15 - 8:45 pm		Passing day	ECTAS	
June	U7/U9	U 11+	U 13+	++	Activity	Location	
Sun June 1st	5:00 - 6:15 pm				Passing Day	ECTAS	
Sun June 1st		6:30 - 8:00pm	8:15 - 9:45 pm		Stickhandling Day	ECTAS	
Tues June 3rd	5:30 - 7:00 pm				Stickhandling Day	ECTAS	
Tues June 3rd			7:15 - 8:45 pm		Skating day	ECTAS	
Sun June 8th	5:00 - 6:15 pm	6:30 - 8:00pm			Skating day	ECTAS	
Sun June 8th			8:15 - 9:45 pm		Shooting & Scoring Day	ECTAS	
Tues June 10th	5:30 - 7:00 pm		7:15 - 8:45 pm		Scrimmage Day	ECTAS	
Sun June 15th	4:45 - 6:00 pm	6:15 - 7:45pm			Shooting & Scoring Day	ECTAS	
Sun June 15th			8:00 - 9:30 pm		Passing Day	ECTAS	
Tues June 17th	5:30 - 7:00 pm	7:15 - 8:45 pm			Passing Day	ECTAS	
Sun June 22nd	4:45 - 6:00 pm	6:15 - 7:45pm			Stickhandling Day	ECTAS	
Sun June 22nd			8:00 - 9:30 pm		Stickhandling Day	ECTAS	
Tues June 24th	5:30 - 7:00 pm				Skating day	ECTAS	
July	U7/U9	U 11+	U 13+	++	Activity	Location	
Tues July 1st		5:30 - 7:00 pm			Skating Day	ECTAS	
Sun July 6th	4:45 - 6:00 pm	6:15 - 7:45pm			Shooting & Scoring Day	ECTAS	

Sun July 6th			8:00 - 9:30 pm	Skating Day	ECTAS
Tues July 8th	5:30 - 7:00 pm		7:15 - 8:45 pm	Scrimmage Day	ECTAS
Sun July 13th	4:45 - 6:00 pm	6:15 - 7:45pm		Passing Day	ECTAS
Sun July 13th			8:00 - 9:30 pm	Shooting & Scoring Day	ECTAS
Tues July 15th	5:30 - 7:00 pm			Stickhandling Day	ECTAS
Sun July 20th	4:45 - 6:00 pm			Skating Day	ECTAS
Sun July 20th		6:15 - 7:45pm		Stickhandling Day	ECTAS
Sun July 20th			8:00 - 9:30 pm	Passing Day	ECTAS
Tues July 22nd	5:30 - 7:00 pm			Shooting & Scoring Day	ECTAS
Sun July 27th	4:45 - 6:00 pm			Stickhandling Day	ECTAS
Sun July 27th		6:15 - 7:45pm		Skating Day	ECTAS
Sun July 27th			8:00 - 9:30 pm	Stickhandling Day	ECTAS
Tues July 29th	5:30 - 7:00 pm		7:15 - 8:45 pm	Scrimmage Day	ECTAS

August		U 11+	U 13+	++	Activity	Location
Tues Aug 5th	5:30 - 7:00 pm				Skating Day	ECTAS
Tues Aug 5th		7:15 - 8:45 pm			Shooting & Scoring Day	ECTAS
Sun Aug 10th	4:45 - 6:00 pm				Stickhandling Day	ECTAS
Sun Aug 10th		6:15 - 7:45pm			Passing Day	ECTAS
Sun Aug 10th			8:00 - 9:30 pm		Passing Day	ECTAS
Sun Aug 17th	4:45 - 6:00 pm				Skating Day	ECTAS
Sun Aug 17th		6:15 - 7:45pm	8:00 - 9:30 pm		Stickhandling Day	ECTAS
Tues Aug 19th	5:15 - 6:45 pm				Stickhandling Day	ECTAS
Tues Aug 19th			7:00 - 8:30 pm		Skating Day	ECTAS

Venues

ECTAS (East Calgary)Twin Arena 299 Erin Woods Dr SE.

Elliston Park West Entrance 2020 60th str SE

Village Square Leisure Center 2623 56 St NE