

## Age Groups

U5 players play once a week on Tuesday nights at 6 p.m.

U7 players play twice a week on Tuesday and Thursday at 6 p.m.

U9 players play twice a week on Tuesday and Thursday at 7 p.m.

U11 players play twice a week on Monday and Wednesday at 6 p.m.

U14 players play twice a week on Monday and Wednesday at 6 p.m. or 7 p.m.

U18 players play twice a week on Tuesday and Thursday at 6 p.m. or 7 p.m.