

**JUSCO RSG 2022/2023 Calendar: Recreational + ODP + Interclub levels**

<b>Group/Level</b>	<b>MONDAY Bond</b>	<b>TUESDAY Bond</b>	<b>WEDNESDAY Bond</b>	<b>THURSDAY Bond</b>	<b>FRIDAY Birchmount</b>	<b>SATURDAY Birchmount</b>
<b>4-5 years old</b>			<b>Rec 1</b> once a week 4:30-6:pm			<b>Rec 1</b> 1:00 -2:30:pm
<b>6-7-8 years old Rec Beginners &amp; Intermediate</b>			<b>Rec 2</b> once a week 6:00-7:30pm		<b>Rec 2</b> once a week 6-7:30pm	<b>Rec 2</b> once a week 2:30-4pm
<b>9-10-11 years old Rec-Intermediate</b>			<b>Rec 3</b> (once or twice for 9-10-11)  6-7:30pm			<b>Rec 2/3</b> (once or twice for 9-10-11) 2:30-4pm
<b>ODP Level Ages 7 &amp; 8 years old</b>	* By selection only	*By Selection only	* By selection only	*By election only		
<b>Interclub Level 2 &amp; 3 Ages 9 &amp; 10 years old</b>	*By selection only	*By selection only	*By selection only	By selection only		
<b>Advance Interclub level 3-4 10-11-12 + years old</b>	*By selection only	*By selection only	*By selection only	By selection only		
<b>Level 5 12 + years old</b>	*By section only	*By selection only	*By selection only	*By selection only		

**Rec 1:** 1Hr – **Rec 2:** 1x 1.5 Hrs - **Rec 3:** 2x 1.5 Hrs