



2011/2012 Indoor Senior High Performance
Regina

Sunday	October 23, 2011	3:30 – 5:00 pm	ORR Centre
Tuesday	October 25, 2011	7:00 – 9:00 pm	St. Martins Parish Gym
Saturday	October 29, 2011	4:15 – 6:45 pm	U of R Gym
Tuesday	November 1, 2011	7:00 – 9:00 pm	St. Martins Parish Gym
Sunday	November 6, 2011	3:30 – 5:00 pm	ORR Centre
Wednesday	November 9, 2011	8:00 – 9:30 pm	St. Martins Parish Gym
Saturday	November 12, 2011	5:15 – 6:45 pm	U of R Gym
Tuesday	November 15, 2011	7:00 – 9:00 pm	St. Martins Parish Gym
Sunday	November 20, 2011	3:30 – 5:00 pm	ORR Centre
Tuesday	November 22, 2011	7:00 – 9:00 pm	St. Martins Parish Gym
Sunday	November 27, 2011	3:30 – 5:00 pm	ORR Centre
Tuesday	November 29, 2011	7:00 – 9:00 pm	St. Martins Parish Gym
Saturday	December 3, 2011	5:15 – 6:45 pm	U of R Gym
Tuesday	December 6, 2011	7:00 – 9:00 pm	St. Martins Parish Gym
Sunday	December 11, 2011	4:00 – 6:00 pm	St. Martins Parish Gym
Saturday	January 7, 2012	7:15 – 9:15 pm	U of R Gym
Sunday	January 8, 2012	8:15 – 10:15 pm	U of R Gym
Friday	January 13, 2012	7:30 – 9:00 pm	Northwest Leisure Centre
Saturday	January 14, 2012	8:15 – 10:15 pm	U of R Gym
Friday	January 20, 2012	7:30 – 9:00 pm	Northwest Leisure Centre
Saturday	January 21, 2012	8:45 – 10:15 pm	U of R Gym
Sunday	January 22, 2012	8:15 – 9:45 pm	U of R Gym
Friday	January 27, 2012	7:30 – 9:00 pm	Northwest Leisure Centre
Sunday	January 29, 2012	3:30 – 5:00 pm	ORR Centre
Friday	February 3, 2012	7:30 – 9:00 pm	Northwest Leisure Centre
Sunday	February 5, 2012	9:15 – 10:15 pm	U of R Gym
Sunday	February 12, 2012	9:15 – 10:15 pm	U of R Gym
Friday	February 17, 2012	7:00 – 8:30 pm	St. Martins Parish Gym
Sunday	February 26, 2012	2:00 – 3:30 pm	ORR Centre
Friday – Sunday	March 2 – 4, 2012	Senior Cup	Calgary, Alberta
Monday	March 5, 2012	7:00 – 8:30 pm	St. Martins Parish Gym
Sunday	March 25, 2012	3:00 – 4:30 pm	ORR Centre
Sunday	March 11, 2012	8:15 – 9:45 pm	U of R Gym



Location:

ORR Centre – 4400 4th Avenue, Regina, SK

St. Martins Parish Gym – 4720 Castle Road, Regina, SK

U of R Gym – University of Regina Kinesiology Building

Northwest Leisure Centre – 1127 Arnason Street, Regina, SK

Please contact one of the following if you are unable to make a session or if you have any questions:

Raman Grewal – 502-1320

David Nelson – 530-9331

SFHA Office - 780-9256 or sfha@sasktel.net

Senior Cup – March 2 – 4, 2012 in Calgary, Alberta

U of A Cup – March 16 – 18, 2012 in Edmonton, Alberta

NOTE: PLEASE ARRIVE AT THE PRACTICES 30 MINUTES PRIOR TO THE START TIME TO BEGIN WARMING UP.