

July 2026 *DOVER ARENA STICK PRACTICE TIMES*

PARENT/TOT- For children ages 10 and under (as of 9/2026) and their parents. This is a fun recreational hockey skate for parents and their children, it is not for a team practice or a game session. **FULL EQUIPMENT** for children and parents must wear helmets.

YOUTH STICK- For ages grade 8 and below as of 9/2026 **FULL EQUIPMENT REQUIRED**. No parents allowed on ice. Limit 20 skaters/2 goalies.

ADULT—18 and older **HELMETS REQUIRED** Limit 20 skaters/2 goalies

TIMES SUBJECT TO CHANGE. PLEASE CALL IN ADVANCE.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
YOUTH -ORANGE \$8.00 PARENT/TOT -RED \$8.00 per skater ADULT -BLUE \$12.00 ADULT STICK PUNCH PASS \$65.00						
	6 NO ADULT STICK	7 NO ADULT STICK	8 NO ADULT STICK	9 NO ADULT STICK	10 NO ADULT STICK	11
12 YOUTH STICK 12:30-1:50pm	13 ADULT STICK 11:30a-12:50pm	14 ADULT STICK 11:30a-12:50pm	15 ADULT STICK 11:30a-12:50pm	16 ADULT STICK 11:30a-12:50pm	17 ADULT STICK 11:30a-12:50pm	18
19	20 ADULT STICK 11:30a-12:50pm	21 ADULT STICK 11:30a-12:50pm	22 ADULT STICK 11:30a-12:50pm	23 ADULT STICK 11:30a-12:50pm	24 ADULT STICK 11:30a-12:50pm	25
26 YOUTH STICK 12:30-1:50pm	27 ADULT STICK 11:30a-12:50pm	28 ADULT STICK 11:30a-12:50pm	29 ADULT STICK 11:30a-12:50pm	30 ADULT STICK 11:30a-12:50pm	31 ADULT STICK 11:30a-12:50pm	