| 2016 - 2017 Main Rink | | 2016 - 2017 Practice Rink | | 2016 - 2017 MPB | |
|-----------------------|-------------------|---------------------------|---------------|----------------------------------|----------------------------|
| Monday | | Monday | | Monday | |
| Learn to Skate | 10:45am - 11:45am | Advanced FS | 6am -7:30am | | |
| Teddy Bear FS | 12:15 - 1:15 | RRC Open Skate | 10am - 2:00pm | | |
| 19U/14U | 4:55 - 6:10 | Advanced FS | 3:45 - 5:15 | | |
| Squirts | 6:25 - 7:25 | Basic Skills | 5:15 - 6:30 | | |
| Jr Gold | 7:40 - 9:10 | PeeWees | 6:45 - 7:50 | | |
| | | Bantams | 8:05 - 9:20 | | |
| Tuesday | | Tuesday | | Tuesday | |
| 19U | 3:55 - 5:15 | RRC Open Skate | 10am - 2:00pm | Termite/Mite Open Skate | 4:00 - 4:30 |
| 14U | 5:30 - 6:45 | Squirts | 5:30 - 6:30 | Termites | 4:30 - 5:30 |
| Peewees | 7:00 - 8:05 | Advanced FS | 6:30 - 8:30 | Mites | 5:30 - 6:30 |
| Jr. Gold | 8:20 - 9:50 | | | Termite/Mite Clean-up Bantams | 6:30 - 7:00 8:00 - 9:15 |
| Wednesday | | Wednesday | | Wednesday | |
| Men's League | 6:30 - 9:00pm | RRC Open Skate | 10am - 4:00pm | | |
| Thursday | | Thursday | | Thursday | |
| Learn to Skate | 1:30pm - 2:30pm | Advanced FS | 6am-7:30am | Termite/Mite Open Skate | 4:00- 4:30 |
| 19U | 3:55 - 5:05 | RRC Open Skate | 10am - 2:00pm | Termites | 4:30 -5:30 |
| 14U | 5:20 - 6:20 | Advanced FS | 3:45 - 5:15 | Mites | 5:30 - 6:30 |
| Peewees | 6:35 - 7:35 | Basic Skills | 5:15 - 6:35 | Termite/Mite Clean-up | 6:30 - 7:00 |
| Jr Gold | 7:50 - 9:05 | Squirts | 6:50 - 7:50 | | |
| | | Bantams | 8:05 - 9:05 | | |
| Friday | | Friday | | Friday | |
| Games | | RRC Open Skate | 10am - 2:00pm | | |
| | | Advanced & Bridging | 5:15 - 7:45pm | | |
| Saturday | | Saturday | | Saturday | |
| Games | | RRC Open Skate | 12:00 - 3:00 | | |
| Sunday | | Sunday | | Sunday | |
| Games | | RRC Open Skate | 12:00 - 3:00 | | |