November 2026

Fraser Valley Sport Complex & ICEBOX

Fraser Valley Rec
WHERE THE FUN BEGINS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 14U vs. Vail 11a 14U vs. Vail 1:30p Intro to Curling 5p	**2** Stick/Puck 12–4p FVHA 10U/12U 5:15–6:45p 18U 6:45–8:15p Mixer League 8:30p	**3** Adult Drop-In 18+ 11a–1p Stick/Puck 2–4:30p FVHA 8U 5:15–6:15p FVHA 14U 6:15–7:45p Mixer League 8 & 9:15p	**4** Open Skate 11a–1:30p Stick/Puck 2–4p After School Ice Skating 3:45–4:45p FVHA 10U/12U 5:15–6:45p Drop-In Curling 7:30–9:30p	**5** Open Skate 11a–1:30p Stick/Puck 2–4:30p FVHA 8U 5:15–6:15p FVHA 14U 6:15–7:45p Teen Night 8p	**6** Open Skate 11a–12:30p Stick/Puck 12:30–2p Dawg Nation 4–6p Adult Drop-In 18+ 7–9p	**7** Dawg Nation 8a–6p Adult Drop-In 18+ 7–9p
8 12U vs. Arvada Gold 9:15a 10U vs. NCYH Yellow 10:30a 10U vs. NCYH Yellow 1p Adult Curling 3p	**9** Stick/Puck 12–4p FVHA 10U/12U 5:15–6:45p MPHS 6:45–8:15p Mixer League 8:30p	**10** Adult Drop-In 18+ 11a–1p Stick/Puck 2–4:30p FVHA 8U 5:15–6:15p FVHA 14U 6:15–7:45p Mixer League 8 & 9:15p	**11** Open Skate 11a–1:30p Stick/Puck 2–4p After School Ice Skating 3:45–4:45p FVHA 10U/12U 5:15–6:45p MPHS 6:45–8:15p Mixer League 8:30p	**12** Open Skate 11a–1:30p Stick/Puck 2–4:30p FVHA 8U 5:15–6:15p FVHA 14U 6:15–7:45p Mixer League 8 & 9:15p	**13** FVHA Goalie Clinic 9–10:15a Open Skate 11a–1:30p MPHS 1:45–3:15p Stick/Puck 3:30–6p Adult Drop-In 18+ 7–9p	**14** MPHS 8:15–9:45a Mites Scrimmage 10–11:15a Open Skate 12–2p Stick/Puck 2:30–6p Adult Drop-In 18+ 7–9p
15 Open Skate 11a–12:30p Stick/Puck 12:30–2p Adult Curling 3p	**16** Stick/Puck 12–4p FVHA 10U/12U 5:15–6:45p MPHS 6:45–8:15p Mixer League 8:30p	**17** Adult Drop-In 18+ 11a–1p Stick/Puck 2–4:30p FVHA 8U 5:15–6:15p FVHA 14U 6:15–7:45p Mixer League 8 & 9:15p	**18** Open Skate 11a–1:30p Stick/Puck 2–4p After School Ice Skating 3:45–4:45p FVHA 10U/12U 5:15–6:45p MPHS 6:45–8:15p Mixer League 8:30p	**19** Open Skate 11a–1:30p Stick/Puck 2–4:30p FVHA 8U 5:15–6:15p FVHA 14U 6:15–7:45p Mixer League 8 & 9:15p	**20** FVHA Goalie Clinic 9–10:15a Open Skate 11a–1:30p Stick/Puck 2–6p MPHS vs. Durango 7p	**21** MPHS vs. Durango 12p Stick/Puck 3:30–6p Adult Drop-In 18+ 7–9p
22 FVHA Goalie Clinic 8–9:15a Open Skate 11a–12:30p Stick/Puck 12:30–2p Adult Curling 3p	**23** Open Skate 11a–2p Stick/Puck 2:30–6p MPHS 6:45–8:15p	**24** Open Skate 11a–2:30p Stick/Puck 3–6p FVHA 14U 6:15–7:45p	**25** Open Skate 11a–2:30p Stick/Puck 3–6p MPHS 6:45–8:15p	**26** Happy Thanksgiving!	**27** Open Skate 12–1:30p Stick/Puck 2–6p Adult Drop-In 18+ 7–9p	**28** Open Skate 11a–2p Stick/Puck 2:30–6p Adult Drop-In 18+ 7–9p
29 Open Skate 11a–12:30p Stick/Puck 12:30–2p Adult Curling 3p	**30** Stick/Puck 12–4p FVHA 10U/12U 5:15–6:45p MPHS 6:45–8:15p					

The Sport Complex & ICEBOX is a recreational surface that provides space for a variety of activities. It gives community members a safe and durable place to play, practice, and enjoy recreational sports. **Schedule is subject to change.**

Adult Schedules: quickscores.com/fraservalleyrec

- Public Skate
- Stick/Puck
- Team Practice & Clinics
- Adult Hockey & Mixer
- Curling
- Games
- Special Events