



2023/24 Sport & Program Schedule

Sport Programs	Head Coach	Months	Day of Week	Time of Day
Fall Sports				
5-pin bowling	Leslie Bowling	Sept – March	Sunday	6:30 – 8:30 p.m.
Swimming	Rita Wakely	Sept – March	Saturday	3:30 – 5 p.m.
<i>Competitive Swim Team (by invitation)</i>		Sept – June	Thursday	6:15 – 7:15 p.m.
Curling	Mark Stanley	Oct – March	Thursday	3:30 – 5:30 p.m.
Speed skating (Novice)	Donna Bilous	Sept – March	Monday & Friday	4:30 – 5:30 p.m. (Mon) 4:30 – 5:15 p.m. (Fri)
<i>Speed skating senior team (by invitation)</i>			Monday & Friday	5:45 – 6:45 p.m. (Mon) 5:15 – 6 p.m. (Fri)
Club Fit	Tom Norton	Oct – March	Tuesday	4:30 – 5:45 p.m.
Powerlifting	Patti Wheeldon	Oct – May	Saturday	10 a.m. – 12 p.m.
Floor hockey	Bruce Watkins	Oct – March	Thursday	6 – 8 p.m.
Basketball	Colin Sexton	Oct – March	Wednesday	6 – 8 p.m.
Rhythmic gymnastics	Nancy Bergen	Oct – March	Wednesday	6 – 7:45 p.m.
Active Start / FUNDamentals	Lana Carrusca Mariah Wagner	Oct – June	Monday	5:30 – 7 p.m.
Snowshoeing	TBA	TBA	TBA	TBA
Sport start (12-16)	TBA	TBA	TBA	TBA
Spring Sports				
Soccer	Roshan Gosal	April – June	Wednesday	6 – 7:30 p.m.
Softball	Brian Gaudet	April – June	Monday	5:30 – 8:30 p.m.
Athletics	Tom Norton	April – June	Saturday	10:30 – 12 p.m.
Golf	George Cooper	April – June	Thursday	6 – 8 p.m.
Bocce	Leslie Bowling	April – June	Sunday	6 – 7:30 p.m.

**** Dates and times are subject to change**