



2018 – 2019 SPORT SCHEDULE

Athletes should arrive at their programs no sooner than 15 minutes before the start time.

SPORT	PRACTICE TIME	VENUE	COACH
5 PIN BOWLING	Monday 6:00 pm – 7:30 pm Oct 15, 2018 – Feb 25, 2019	Miracle Lanes (Sidney)	Shannon Dempster sdemp@shaw.ca 250-580-4916
BASKETBALL	Monday 6:30 pm – 7:30 pm 7:30 pm – 8:30 pm Oct 15, 2018 – Feb 25, 2019	Arbutus Middle School	Jason McMillan ichefmcmillan@gmail.com 250-507-5560
FLOOR HOCKEY	Monday 6:00 pm – 7:00 pm 7:00 pm - 8:30 pm Oct 1, 2018 – Mar 4, 2019	Ecole Brodeur	Kyle Eriksen specialokyle@gmail.com 250-508-3984
RHYTHMIC GYMNASTICS	Monday 6:00 pm – 8:00 pm Oct 15, 2018 – Apr 29, 2019	Cedar Hill Middle School	Michelle Cooper mlcoop@shaw.ca 250-665-7351
ACTIVE START	Tuesday 3:30 – 4:30 pm Sept 25 – Dec. 4, 2018 Jan 8 – April 2, 2019	UVic McKinnon Gym	Viviene Temple vtemple@uvic.ca
FUNDAMENTALS Ages 7 - 11	Tuesday 3:30 – 4:30 pm Sept 25 – Dec. 4, 2018 Jan 8 – April 2, 2019	UVic McKinnon Gym	Viviene Temple vtemple@uvic.ca
FUNDAMENTALS Ages 7 - 11	Tuesday 6:00 pm - 7:00 pm Oct 2, 2018 – Feb 26, 2019	Doncaster Elementary	Ricky Long rickylong@shaw.ca 250-385-1816
FUNDAMENTALS Ages 12 - 14	Tuesday 6:00 pm - 7:00 pm Oct 2, 2018 – Feb 26, 2019	Doncaster Elementary	Rupert Gadd rupertgadd@gmail.com
10 PIN BOWLING	Wednesday 3:45 pm – 5:15 pm Oct 10, 2018 - Feb 20, 2019	Langford Lanes	Shannon Dempster sdemp@shaw.ca 250-580-4916
ATHLETIC CLUB	Wednesday: 6:00 pm – 7:00 pm Oct. 3, 2018 – Feb. 27, 2019	Ecole Brodeur	Randy Fournier rfournier00@gmail.com 250-819-2585



CLUB FIT PERFORMANCE	Wednesday 7:00 – 8:00 pm Oct 3, 2018 – Feb.27, 2019	Ecole Brodeur	Alannah Ford icesk810@gmail.com 250-589-8308
CURLING	Thursday 4:00 pm – 5:30 pm Oct 4, 2018 – Feb 28, 2019	Victoria Curling Club	Dave Bodie vicspecocurling@gmail.com 250-389-1332
DEEPEND SWIMMING	Thursday 6:00 pm – 7:00 pm Oct 4 – Feb 28, 2019	Crystal Pool	Susan Simmons susan@msathlete.org
SHALLOW END SWIMMING	Thursday 6:00 pm – 7:00 pm Oct 4 – Feb 28, 2019	Crystal Pool	Susan Simmons susan@msathlete.org
•SPEED SKATING	Tuesday: 6:00pm- 6:40pm Thursday: 5:00pm- 5:40pm Sep 13, 2018 - Mar 14, 2019	Archie Browning Arena	Kaehlen Allison kaehlen.allison@gmail.com 250-589-5216
FIGURE SKATING	Saturday 11:00 am–12:30 pm Oct 6, 2018 – Feb 23, 2019	Oak Bay Arena	Kailee Bowman kbowman@xplornet.ca 250-812-9714
LEARN TO SKATE	Saturday 11:00 am–12:30 pm Oct 6, 2018 – Feb 23, 2019	Oak Bay Arena	Kailee Bowman kbowman@xplornet.ca 250-812-9714

**For Floor Hockey and Basketball, athletes will be assigned one of the listed practice times by the Head Coach.

◇Floor Hockey athletes need to have a CSA approved hockey helmet as well as gloves and shin pads. Elbow pads and athlete support are also strongly recommended.

●Speed Skating athletes need to have skates or rent them from the Esquimalt Speed Skating Club, safety-type headgear with a complete hard shell and a fastening under the chin, cut and water-resistant gloves or mitts, shin guards, knee pads, elbow pads, safety glasses or goggles.

◆It is recommended that Figure Skating and Learn to Skate athletes have their own figure skates. If not please contact the head coach to see if arrangements can be made.