

Fall Winter Schedule 2019 - 2020

5-Pin Bowling: TABB LANES, 5101-52 Ave. (Tuesdays and Wednesdays: 4:30 sharp-6:00 pm):

Tuesday and Wednesday 2 games \$150.00

Tuesday 3 games \$225.00

September 24,25

October 1,2, 8,9, 15,16, 22,23, 29,30

November 5,6, 12,13, 19,20, 26,27

December 3,4

January 7,8, 14,15, 21,22, 28,29

February 4,5, 11,12, 18,19, 25,26

March 3,4, 10,11, 17,18, 24,25 **March 28 (Tournament and Windup, n/c to S.O. Camrose athletes)**

Fitness-Walking/Running Indoor: COMMUNITY CENTER, 4516 54 St. (Mondays & Wednesdays: 6:30 sharp-7:30 pm):

\$20.00 (with passes athletes can use walking tracks anytime on their own)

October 7, 21, 28

November 4, 18, 25

December 2

January 6, 13, 20, 27

February 3, 10, 24

March 2, 9, 16, 23, 30

Basketball: SPARLING SCHOOL, 5216-52 Ave. (Sundays: 2:00 sharp- Intermediate 3:00 sharp- Novice): \$30.00

***note* Novice and Intermediate are two separate programs this year**

September 29

October 6, 20, 27

November 3, 17, 24

December 1

January 12, 19, 26

February 2, 9, 23

March 1, 8, 15, 22, 29

Curling: ROSE CITY CURLING CLUB, 4512-53 St. (Thursdays: 4:30 sharp-5:30 p.m.): \$60.00

October 17, 24, 31

November 7, 14, 21, 28

Functional Fitness: MVM, Gateway Centre, 4825 51 St. (Fridays: 4:30 sharp-5:30 p.m.): \$225.00

MVM accepts by appt. drop ins, M – F, 4:30 – 8:30 p.m. \$10.00 fee, athletes with staff support

Sept. 6, 13, 20, 27

Oct. 4, 11, 18, 25

Nov. 1, 15, 22, 29

Jan. 10, 17, 24, 31

Feb. 7, 14, 21, 28

Mar. 6, 13, 20, 27

Climbing Wall: AUGUSTANA stage (Thursdays: 7:30 - 9:00 pm) \$40.00

Oct. 3, Nov. 7, Dec. 5, Feb. 6, Mar. 5

Active Start and FUNdamentals: dates tbd

Nutrition and Fitness: dates tbd