



<b>SPORT</b>	<b>VENUE</b>	<b>PRACTICE TIME</b>	<b>DATES</b>	<b>COACH</b>
Alpine Skiing	Silver Star Mountain	Saturday 9:00am-12:00pm	January – March	Karen Truesdale Pip Baudert
Basketball	Alexis Park Elementary	Monday 6:00pm-7:15 pm	Sept 30 – Dec 9 Jan 6 – March 9, 2020	Brett Rouault Mitch Rouault
Bocce	Polson Park	Saturday 2:00 pm-4:00pm	April 20 – June 20 2020	Judy Button
Bowling	Lincoln Lanes	Saturday 1:30pm-4:00pm	Sep 21 – March 14, 2020	Kathy Cameron
Club Fit	Alexis Park Elementary	Tuesday Level 1 6-7:00pm Level 2 7-8:00pm	Sept 10 – Dec 17 Jan 7 – March 11, 2020	Sydney Hofer
Cross Country Skiing	Sovereign Lake	Thursday 3:30 – 5:00 pm	December – March 2020	Les Sigal Heidi Borgeaud
Curling	Vernon Curling Club	Thursday 4:00-5:00pm	Oct 3 – March 12, 2020	Judy Button
Floor Hockey	Mission Hill Elementary	Wednesday 6:00-7:30pm	Oct 9 – Dec 11 Jan 8 – March 11, 2020	Vicki Lobdell
Fundamentals	Alexis Park	Tuesday 4:30-5:30pm	TBA	TBA
Golf	Spallumcheen	Tuesday 6 -7pm	May 5 – June 23, 2020	Karen Truesdale
	Vernon Golf & Country Club	Tuesday 6-7pm	May 5 – June 23, 2020	Bob Moore
Powerlifting	Fitness West	Sunday 2:00-3:30pm	Sept – March 8, 2020	Glen Schwebbach Tammy Martin
Soccer	Indoor Soccer Marshall Fields	Wednesday 6:00-7:30 pm	April to June	TBA
Softball	DND	Monday 6-8pm	Apr 20 – June 22, 2020	Cathy Sim
Snowshoeing	Sovereign Lake	Saturday 9:30-11:00am	Nov 2 – March 14, 2020	Janny Jung
Swimming	Vernon Rec Centre	Sunday Club: 10:00am-11:00am Team: 11:00am-12:00pm	Oct 7 – Dec 8 Jan 12 – March 15, 2020	Bryanna McKay
Track & Field	Vernon Athletic Park	Thursday 6:00 – 8:00 pm	April 2 -June 25, 2020	Cheryl Friesen
T-Ball	DND	Monday 6:00 – 7:30 pm	Apr 20 – June 22, 2020	Julia Waldo

**\*\*We do our best to keep these details updated. Check with the coach or on the Facebook page for specific start dates and changes\*\***