

2019-2020 Sport Schedule

SPORT	PRACTICE TIME	VENUE	HEAD COACH	DATES
Swimming	Monday 12:45-1:30	Castlegar Complex	Coach support needed	Sept 2019- June 2020
Swimming	Monday 6:30-7:30pm	Castlegar Complex		Sept 2019- June 2020
Swimming	Thursday 6:00-7:00	Castlegar Complex		Sept2019- June 2020
Club Fit Low intensity	Monday 4:45-5:30	Castlegar Complex Columbia Room		October 2019-June 2020
Club Fit Hi Intensity	Monday 5:30-6:30	Castlegar Community Complex Gym		October 2019-June 2020
Competitive Rhythmic Gymnastics	Monday 3:00-4:30	Castlegar Complex Columbia Room	Assistant Coach needed	October 2019 – June 2020
Bowling	Tuesday 3:00-4:30	Castle Bowl		Sept 2019- April 2020
Floor Hockey	Wednesday 6:00-7:00	Twin Rivers elem		Sept 2019-Feb 2020
Basketball	Wednesday 6:00-7:00	Twin Rivers elem		Mar 2020- June 2020
Soccer	Wednesday 7:00-7:30	Twin Rivers elem		Mar 2020- June 2020
Freestyle Rhythmic Gymnastics	Friday 9:15 – 10:00am	KSCL Freestyle		Sept 2019-April 2020
Golf	Thursday 3:00-4:00	Castlegar Golf Club		April 2020-June 2020
Bocce	Tuesday 3:30-4:30	Complex Field		May 2020-June 2020
Snow shoeing	Saturday	Millennium park	Coaches needed	Dec 2019-Mar 2020
Fundamentals	TBD	TBD	Coach Needed	TBD

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