



SPORT	PRACTICE TIME	VENUE	COST (ALL PROGRAMS: 25\$ registration +)	DATES	COACHES
5-pin Bowling	Monday 6-8 pm	Glenmerry Bowl	5\$/week	Sept 23 until April 22, 2020	HC: Alan Prough Assistants: Jacob Plett, Thomas Plett, Gail Miller,
Alpine Skiing	Sunday 10 - 2	Red Mountain	5\$	Jan. - Mar 2020	HC: Kurt Kutcher Assistants: Darrel Fry, Jamie Santano Russ Davidson, Dave Henke,
Basketball	Tuesday 6:30-8pm	Kootenay Columbia Learning Center	5\$	Feb 2020	HC: Sid Compston Assistants: Rhonda Chandler PA: Chris Kuchar
Bocce	Monday 6-8pm	Bocce Pits	5\$	TBD	HC: Alan Prough Assistant: Linda Prough Tony Veltri
Floor Hockey	Tuesday 6:30-8pm	Kootenay Columbia Learning Center	5\$	Sept 24 - Feb 2020	HC: Sid Compston AC: Rhonda Chandler, Lisa Ruigrok PA:Chris Kuchar
FUNDamentals	Thursdays 1-2pm	RSS Mezzanine	5\$	Sept 16-Dec 16 2019  Jan - Feb 2020	Jamie Santano and Genevieve Fortin
Golf	Thursdays 6-8pm	Champion Lakes Golf Course	5\$	Spring 2020	HC: Rhonda Chandler
Snowshoeing	Saturdays - Times TBD	Haley Park Field	5\$	Nov 2019 - Feb 2020	HC: Rhonda Chandler
Swimming	Tuesday 7:00-8:00pm	Trail Aquatic Centre	5\$	October 15 2019	HC: Mitchel Cunningham AC: Carolyn Currie Tessa Jones _____
Cross Fit (Club Fit)	Thursdays 3:00-4:00pm	Silver City Cross Fit	5\$	October 10 2019 - Nov 28th	HC: Rhonda Michallik Assistants: Ashley Reid

# Trail

Track and Field	TBD	Haley Park	5\$	Spring 2020	HC : Lisa Ruigrok AC: Robyn Simpson <i>Special Olympics British Columbia</i>
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