



SOBC-Abbotsford Program Schedule 2019-2020 **Winter Sports**

Program	Day of week	Venue	Head Coach	Dates
5-Pin Bowling	Sunday 6:30-8:30pm	Galaxy Bowl	Coach Leslie	Sept.- March
10-Pin Bowling	Saturday 1:30-3:30pm	Zone Bowling, Coquitlam	Coach Evelyn	Oct. - March
Aquatics (Swimming)	Sat. 4:00 - 5:30pm	ARC	Coach Rita	Sept.- March
	Thur. 6:00 - 7:00pm	MRC (competitive team)		Oct.- June
Curling	Thurs. 4:00-5:15pm	Abbotsford Curling Club	Coach Mark	Oct.- March
Speed Skating	Mon/Fri 4:30-5:30pm (Juniors)	ARC	Coach Donna	Sept.- March
	Mon/Fri 5:45-6:45pm (Seniors)			
Club Fit	Monday 4:45-5:45pm	ARC Mezzanine	Coach Tom	Oct.- March
Figure Skating	Saturday 8:00-9:30am	Mission Leisure Centre	Coach Nicole	Sept.- March
Power Lifting	Sat. noon-2:00pm	Bolt Fitness	Coach Colleen	Sept.- June
	Wed. noon-2:00pm			
Floor Hockey	Wednesday 6:00 - 7:30pm	Ag Rec Building	Coach Bruce	Oct.- March
Basketball	Monday 6:30 - 8:30pm	W.A. Fraser	Coach Cara	Oct.- March
Rhythmic Gymnastics	Wednesday 5:00 - 8:00pm	Emmanuel Mennonite Church	Coach Cindy	Oct.- March
Active Start	Friday 5:30-7:00pm	MRC Seniors' Room	Coach Amy	Oct-December
FUNdamentals	Friday 5:30-7:00pm	MRC Seniors' Room	Coach Amy	Oct-December



SOBC-Abbotsford Program Schedule 2019-2020 **Summer Sports**

Program	Day of week	Venue	Head Coach	Dates
Soccer	Wednesday 6:00-7:30pm	Abby Middle Field	Coach Roshan	March - June
	Tues. 6:30-7:30pm (enhanced)	Abby Senior Field		Sept.- June
Softball	Monday 5:00 - 8:00pm	Crossley Park Diamond	Coach Brian	April - June
Athletics (Track & Field)	Saturday 10:00am-noon	Rick Hansen Secondary	Coach Tom	April - June
Golf	Saturday 3:00 - 5:00pm	Valley Golf Centre	Coach Brian	April - June
Bocce	Sunday 6:00-8:00pm	McMillan Field	Coach Leslie	April - June
Updated: Aug. 2019				

If you have registered as an Athlete for a sport/program, and you have not heard from the Head Coach by the second week of the month when it was scheduled to begin, please email Desirée: RegistrarSOBCabbotsford@gmail.com

If you have registered as a Volunteer for a sport/program, and you have not heard from the Head Coach by the second week of the month when it was scheduled to begin, please email Kim: VolunteerSOBCabbotsford@gmail.com
