

2019-2020 Sport Schedule

SPORT	PRACTICE TIME	VENUE	Head Coach	DATES
Bowling	Sunday 1-3pm (every second Sunday)	CastleBowl (Castlegar)	Sam Keefer Lisa Rezanoff	Oct – April 2020
Bocce	Tuesdays & Saturdays 3:30-5:00pm	Lakeside Park	TBD	Spring 2020
Speed Skating	Wednesdays 5-7pm	Nelson Arena	Bruce Walgren	Oct-February 2020
Club Fit	Mondays 4-5 PM	Nelson Aquatic Center	Hana Purn	January – March 2020
Swimming	TBD	Nelson Aquatic Center	TBD	TBD
Power Lifting	TBD	TBD	TBD	TBD
Snow Shoeing	Sundays - Opposite Weekend to Bowling 1PM	Lions Park	Michelle Sylvest	Jan-March 2020