

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	Tuesday 6:00-7:00	Castlegar Complex		February 4- April 28
Club Fit	Wednesday 6:00-7:00	Fit box		February 19 2020- May6,2020
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	Thursdays 7:00-8:30pm	Stanley Humphries School		Sept 2019-Feb 2020
Basketball	Thursday 7:00-8:30	SHSS	Coach Needed	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	Assistant Coach needed	April 2020-June 2020
Bocce	Tuesday 3:30-4:30	Complex Field	Assistant Coach Needed	May 2020-June 2020
Snow shoeing	Saturday	Millennium park	Coaches needed	
Fundamentals	Monday 3:00-4:30	Castlegar United Church Basement	Coach Needed	Jan2020-June 2020

Contact: Trish Vollweiter

castlegarsobc@gmail.com