



Sport	Day/Time	Venue	Start/End Date
Alpine Skiing	Saturday 9-12pm	Silver Star	Jan – March 2022
Basketball	Friday 7-8:15pm	Dogwood Gym	Oct 22 - Dec, 2021 Jan - March, 2022
Bocce	Saturday 2-4pm	Polson Park	April – June , 2022
Bowling	Saturday 1-3:30pm	Lincoln Lane	Oct 23 - March 2022
Club Fit	Monday 4:30-6pm	St. James Elementary	Nov 1 - Dec, 2021 Jan - March, 2022
Curling	Thursday 4-5pm	Vernon Curling Club	Oct 27 – March, 2022
Cross Country Skiing	Thursday 3:30 - 5pm	Sovereign Lake	Dec – March 2022
Floor Hockey	Wednesday 6-7:30pm	TBD	TBD
Fundamentals	Tuesday 4:30-5:30pm	Boys & Girls Club	TBD
Golf (max 12 athl.)	Tuesday 6:30-7:30pm	Spallumcheen	April – June, 2022
Golf	Tuesday 6-7pm	Vernon Golf & Country Club	April – June, 2022
Powerlifting	Sunday 2-3:30pm	Fitness West	Oct 24 – March, 2022
Soccer	Wednesday 6-7:30pm	Indoor Soccer Marshall Field	Apr – June, 2022
Softball	Monday 6-8pm	DND	Apr – June, 2022
Snowshoeing *Dryland Training until we have snow	Saturday 9:30-11am	Silver Star	Oct 30 – March, 2022
Swimming	Sunday Swim Club 10-11 Swim T 11-12	Vernon Rec Center	TBD
Track & Field	Thursday 6-8pm	Vernon Athletic Park	April - June , 2022
T-Ball	Monday 6-7:30	Kin Racetrack	Apr – June, 2022

Note: this schedule is not confirmed, and there may be some changes to dates and times that sports are available.