



2022-2023 Sport Schedule

SPORT	PRACTICE TIME	VENUE	DATES	COACH
Swimming	Thursday 6-7:30 pm adult 6:00-6:30pm youth	Castlegar Complex	October 2022- April 2023	Angela Huggett
Bowling	Monday 3-4:30pm	Castle Bowl	Sept 2022 – April 2023	Lynn Smith
Club Fit	Fridays 4:30-6pm	TBD	February 2023 June 2023	TBD
Floor hockey	Tuesday 5:30-7pm	TBD	October 2022- April 2023	Gerry Hall
Active Start	Monday 3-4:30pm	United Church	TBD	TBD

Contact: Elaine Paulson – Registration Coordinator

Castlegar@specialolympics.bc.ca