

2022-23 PROGRAM SPORT SCHEDULE

Questions about registration can be forwarded to: sobcnanaimoreg@gmail.com

SPORT	LOCATION	TIME/DAY	START/END DATE
10-PIN BOWLING	Splitzville	Mon. 3:00-5:00pm	Oct. 3 - March
BASKETBALL *No Head Coach	Quarterway Elementary	Mon. 5:00-6:15pm	Oct. 17 - March
CLUB FIT	Quarterway Elementary	Mon. 6:30-7:30pm	Oct. 24 - March
SWIMMING	Beban Park Pool	Tues/Thurs 5:00-6:00 and 6:00-7:00pm	Oct. 11 - March
FLOOR HOCKEY	Rock City Elementary School	Tues. 6:00-7:30pm	Oct. 11 - March
POWERLIFTING	Prime Sport Performance	Wed. 7:00-8:15pm	Oct. 12 - March
FUNDAMENTALS (ages 7-11)	Fairview School	Wed. 6:00-7:00pm	Oct. 12 (tentatively)
ATHLETIC CLUB	Fairview School	Wed. 7:00-8:00pm	Oct. 12 (tentatively)
5-PIN BOWLING	Brechin Lanes	Sat. 2:00-4:00pm	Sept. 24 - March