

SOBC-Nanaimo Fall Sport Schedule

2023-2024

Sport	Day/Time	Location	Start Date	Head Coach
5 pin Bowling	Saturdays 2pm-4pm	Brechin Bowling Lanes	September 23rd	Jacky Sheng
10 pin Bowling	Mondays 3pm-5pm	Splitsville Bowling Lanes	October 16th	Doris Montgomery
Club Fit	Mondays 6:30pm-7:30pm	Quarterway School	October 16th	Angela Behn
Powerlifting	Wednesdays 6pm-7:30pm	Prime Performance	November 1st	Shania Phillips
Basketball	Mondays 5:00pm-6:30pm	Quarterway School	October 16th	Jenna Ziemanski
Swimming	Tuesdays/Thurs days 5pm-7pm	Beban Pool	October 10th	Dayan Batara
Fundamentals	Fridays 3pm-4:30pm	TBD	TBD	Shania Phillips
Floor Hockey	Tuesdays 6pm-7:30pm	Rock City School	October 10th	Travis Jorgensen