



2023-2024 Sport Schedule

SPORT	PRACTICE TIME	VENUE	DATES	COACH
Swimming	Thursday 6-7:30 pm adult 6:00-6:30pm youth	Castlegar Complex	Sept 14, 2023 - April 2024	McKenna Stitzenberger
Bowling	Monday 3-4:30pm	Castle Bowl	Sept 18, 2023 – April 2024	Lynn Smith
Club Fit	Fridays 4:30-6pm	TBD	February 2023 June 2023	TBD
Floor hockey	Wednesdays 6-7pm	Twin Rivers Elementary	October 18 2023- April 2024	Gerry Bell

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