

2023/24 Sport & Program Schedule

Sport Programs	Head Coach	Months	Day of Week	Time of Day
Fall Sports				
5-pin bowling	Leslie Bowling	Sept - March	Sunday	6:30 - 8:30 p.m.
Swimming	Rita Wakely	Sept - March	Saturday	3:30 - 5:00 p.m.
Competitive Swim Team (by invitation)		Sept - June	Thursday	6:15 - 7:15 p.m.
Curling	Mark Stanley	Oct - March	Thursday	3:30 - 5:30 p.m.
Speed skating (Novice)	Donna Bilous	Sept - March	Monday & Friday	4:30 - 5:30 p.m. (Mon) 4:30 - 5:15 p.m. (Fri)
Speed skating senior team (by invitation)			Monday & Friday	5:45 - 6:45 p.m. (Mon) 5:15 - 6:00 p.m. (Fri)
Club Fit	Tom Norton	Oct - March	Tuesday	4:30 - 5:45 p.m.
Powerlifting	Patti Wheeldon	Oct - May	Saturday	10:00 a.m. - 12:00 p.m.
Floor hockey	Bruce Watkins	Oct - March	Wednesday	6:00 - 8:00 p.m.
Basketball	Colin Sexton	Oct - March	Monday	6:00 - 8:00 p.m.
Rhythmic gymnastics	Nancy Bergen	Oct - March	Wednesday	6:00 - 7:45 p.m.
Active Start / FUNDamentals	Lana Carrusca Mariah Wagner	Oct - June	Monday	6:00 - 7:00 p.m.
Snowshoeing	Shelley Maximitch Johnston	Jan - Apr	Tuesday	6:15 - 7:45 p.m.
Sport start (age 12-16)	Kristi Watkins	Jan - Apr	Monday	7:00 - 8:00 p.m.
Spring Sports				
Soccer	Roshan Gosal	April - June	Wednesday	6:00 - 7:30 p.m.
Softball	Brian Gaudet	April - June	Monday	5:30 - 8:30 p.m.
Athletics	Tom Norton	April - June	Saturday	10:30 a.m. - 12:00 p.m.
Golf	George Cooper	April - June	Thursday	6:00 - 8:00 p.m.
Bocce	Leslie Bowling	April - June	Sunday	6:00 - 7:30 p.m.

**** Dates and times are subject to change**