

## 2023 / 24 Season

Sport	Location	Time/Date	Start Date	Coaches
5 – pin Bowling	Glenmerry Bowl	Monday 6 pm	September 18	HC: Alan Prough Jacob, Thomas, Linda, Debbie, Sheila & Gail
Alpine Skiing	Red Mountain	Sunday Morning	January 2024	HC: Kurt Kutcher Darrel, Jamie, Russ, Dave
Bocce	Bocce Pits	Monday 6 pm	May 2024	HC: Alan Prough Linda
Golf	Champion Lakes Golf Course	TBD	Spring 2024	HC Rhonda Chandler
Snow Shoeing	Haley Park Field / Gyro Park	Dry Land training Saturday 10am	Fall 2024	HC Rhonda Chandler
Swimming	Trail Aquatic Centre	Wednesday Session 1 -- 5:30 – 6:30 Session 2 & 3 -- 6 – 7	1 Nov 1 - Dec 13 2 Jan 10 - Mar 13 3 Apr 3 - May 8	HC BettyAnne Marino Carol, Tessa
Rhythmic Gymnastics	Trail United Church	Tuesday 2:45 to 4:00	Sept 26 2023 to Apr 29 2024	HC Debbie Bailey
Club Fit	Elevate Athletics / Functional Fitness	Monday 2:45 – 3:45	October 23 to March 11	HC Cam Haines, Linda P, Debbie & Linda M
Floor Hockey	Trail Leaning Centre	Wednesday 7:30 – 9	Fall 2024	HC Sid Compston, Rhonda & Chris