

SPORT	PRACTICE TIME	VENUE	HEAD COACH	COST	DATES
AQUATICS	Mondays: 1:30pm - 2:30pm Fridays: 1:30pm - 2:30pm	Ravensong Aquatic Center	Judy Button	\$10 for Monday swimming \$10 for Friday swimming	September 22 - December 12, 2025
BASKETBALL	Wednesdays: 7:30pm - 8:30pm	Springwood Elementary	Rob Hendrickson	\$10	September 24 - December 10, 2025
BOWLING	Saturdays: 9:45 am - 11:30 am	Sunset Lanes	Greg Dunn	\$10	September 27 - December 13, 2025
CURLING	Thursdays: 3:45pm - 5:15pm	Parksville Curling Rink	Carol Ramey	\$10	September 25, - December 11, 2025
CLUB FIT	Wednesdays: 6:15pm - 7:15pm	Springwood Elementary	Deanne Kingsley	\$10	September 24, - December 10, 2025
CLUB FIT (NUTRITION)	Tuesdays 4:00pm - 5:00pm	On-line	Sherrin Upgaard	No charge but you must register	September 23 - October 28, 2025
FLOORBALL	Tuesdays 4:00 - 5:30 pm	Oceanside Elementary	Sarah Kroeker	\$10	September 23 - December 9, 2025
POWERLIFTING	Tuesdays 6:00 - 7:30 pm	TBD	Kristine Mallory	TBD	September 23 - December 9, 2025

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**Please visit our Website at: [www.sobcoceanside.ca](http://www.sobcoceanside.ca)**

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