

| Sport | Start/End Date | Location | Day/Time |
|------------------------|--|---|------------------------------|
| Basketball | Oct 16 - March 11 No Basketball on: Nov 13, Dec 25, Jan 1, Feb 19 | Ellison Elementary 2400 Fulton Rd, Vernon | Mondays 6:00 - 7:30 pm |
| Club Fit | Oct 10 – March 12 No Club Fit on: December 12, 19, 26, Jan 2, 9 | Ellison Elementary 2400 Fulton Rd, Vernon | Tuesdays 5:30 - 7:30 pm |
| Floor Hockey | Oct 11 – March 13 No Floor Hockey on: Nov 29, Dec 20, 27, Jan 3 | St. James Elementary 2700 28 th Ave, Vernon | Wednesdays 6:00 - 7:30 pm |
| Curling | October 12 – March 14 | Vernon Curling Rink 3400 39 th Ave, Vernon | Thursdays 4:00 - 5:00 pm |
| Rhythmic Gymnastics | October 12 – March 14 | Athletes will be contacted | Thursdays 6:30 - 8:30 pm |
| Swimming | Oct 13 – Dec 15 Winter Schedule TBA No Swimming on Nov 3 | Vernon Rec Centre | Fridays 4:00 - 5:00 pm |
| Bowling (5 pin) | Oct 14 – Dec 9 Winter Schedule TBA | Lincoln Lanes 3510 25 Ave, Vernon | Saturdays 1:00 – 3:00 pm |
| Powerlifting | October 15 – March No Powerlifting on: Dec 24, 31, Feb 18 | World Health & Fitness 2203 Hwy 6, Vernon | Sundays 1:00 – 3:00 pm |
| FUNdamentals | October 16 – January 29 No FUNdamentals on: Nov 13, Dec 25, Jan 1 | Alexis Park Elementary 4205 35 street, Vernon | Mondays 5:30 – 7:00 |