***2024 – 2025 Tentative Schdule***

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| Sport | Location | Time/Date | Start Date | Coaches |
| 5 – pin Bowling | Glenmerry Bowl | Monday 6 pm | September 16  | HC: Alan ProughJacob, Thomas, Linda, Debbie, Sheila & Gail |
| Alpine Skiing | Red Mountain | Sunday Morning | January 2025 | HC: Kurt KutcherDarrel, Jamie, Russ, Dave  |
| Bocce | Bocce Pits | Monday 6 pm | May 2025 | HC: Alan ProughLinda |
| Golf | Champion Lakes Golf Course | TBD | Spring 2025 | HC Rhonda Chandler, John |
| Snow Shoeing | Haley Park Field / Gyro Park | Dry Land trainingSaturday 10am | October 2024 | HC Rhonda Chandler, Amy  |
| Swimming | Trail Aquatic Centre | Wednesday -- 6 – 7 | Nov 2024 - April 2025  | HC BettyAnne MarinoCarol, Tessa |
| Rhythmic Gymnastics  | Trail United Church | Tuesday 2:45 to 4:00 | Sept 2024 – April 2025 | HC Debbie Bailey |
| Club Fit | Elevate Athletics / Functional Fitness | Monday2:45 – 3:45 | October 2024 – April 2025 | HC Cam Haines, Linda P, Debbie B & Linda M |
| Track and Field  | Haley Park | Tuesdays | Spring 2025 | HC Sid Compston, Rhonda  |
| Floor Hockey | Trail Leaning Centre  | Wednesday 7:30 – 9  | October 2024 – February 2025 | HC Sid Compston, Rhonda & Chris  |
| FUNDementals  | Rossland School |  | To be determined after September 2024 | HC Jamie Santano  |