***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 Prough  Jacob, Thomas, Linda, Debbie, Sheila & Gail |
| Alpine Skiing | Red Mountain | Sunday Morning | January 2025 | HC: Kurt Kutcher  Darrel, Jamie, Russ, Dave |
| Bocce | Bocce Pits | Monday 6 pm | May 2025 | HC: Alan Prough  Linda |
| Golf | Champion Lakes Golf Course | TBD | Spring 2025 | HC Rhonda Chandler, John |
| Snow Shoeing | Haley Park Field / Gyro Park | Dry Land training  Saturday 10am | October 2024 | HC Rhonda Chandler, Amy |
| Swimming | Trail Aquatic Centre | Wednesday  -- 6 – 7 | Nov 2024 - April 2025 | HC BettyAnne Marino  Carol, 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 | Monday  2:45 – 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 |