SOBC – Abbotsford

**2024/25 Sport & Program Schedule**

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| --- | --- | --- | --- | --- |
| **Sport Programs** | **Head Coach** | **Months** | **Day of Week** | **Time of Day** |
| Fall Sports |
| 5-pin bowling | Leslie Bowling | Sept – March | Sunday | 6:30 – 8:30 p.m. |
| Swimming | Rita Wakely | Sept – March | Saturday | 3:30 – 5 p.m. |
| ***Competitive Swim Team (by invitation)*** | Sept – June | Thursday | 6:15 – 7:15 p.m. |
| Curling | Mark Stanley | Oct – March | Thursday | 3:30 – 5:30 p.m. |
| Speed skating (Novice) | Donna Bilous | Sept – March | TBD | TBD. |
| ***Speed skating senior team (by invitation)*** | TBD | TBD  |
| Club Fit | Tom Norton | Oct – March | Tuesday | 4:30 – 5:45 p.m. |
| Powerlifting | Patti Wheeldon | Oct – May | Saturday | 10 a.m. – 12 p.m. |
| Floor hockey | Bruce Watkins | Oct – March | Wednesday | 6 – 8 p.m. |
| Basketball | Colin Sexton | Oct – March | Monday | 6 – 8 p.m. |
| Rhythmic Gymnastics | Nancy Bergen | Oct – March | Wednesday | 6 – 7:45 p.m. |
| Active Start / FUNdamentals | Lana Carrusca Mariah Wagner | Oct – June | Monday | 5:30 – 7 p.m. |
| Snowshoeing\*\* must be in Club Fit | Shelley Maximitch Johnston | Oct - March | Sunday | TBA |
| Sport Start (12-16yr) | Kristi Watkins | Oct – MarchSpring TBD | Thursday | 6:30 – 7:30 p.m. |
| Spring Sports |
| Soccer | Roshan Gosal | April – June | Wednesday | 6 – 7:30 p.m. |
| Softball | Brian Gaudet | April – June | Monday | 5:30 – 8:30 p.m. |
| Athletics | Tom Norton | April – June | Saturday | 10:30 a.m. – 12 p.m. |
| Golf | George Cooper | April – June | Thursday | 6 – 8 p.m. |
| Bocce | Leslie Bowling | April – June | Sunday | 6 – 7:30 p.m. |

\*\* Dates and times are subject to change