



## GYM PRACTICE SCHEDULE SEPT 29-OCT 3, 2025

| MONDAY                             | TUESDAY            | WEDNESDAY                  | THURSDAY                   | FRIDAY                  |
|------------------------------------|--------------------|----------------------------|----------------------------|-------------------------|
| 7:00 AM TO 8:45 AM                 | 7:15 AM TO 8:30 AM | 7:00 AM TO 8:45 AM         | 7:00 AM TO 8:45 AM         | 7:00 AM TO 8:45 AM      |
| Gym A:                             | Gym A:             | Gym A: SG VBall            | Gym A: JG VBall            | Gym A:                  |
| Gym B:                             | Gym B:             | Gym B:                     | Gym B:                     | Gym B:                  |
| 3:20 TO 5:15                       | 3:20 TO 6:30       | 3:20 TO 6:30               | 3:20 TO 6:30               | 3:20 TO 5:15            |
| <sub>Gym A:</sub> Gr 8 Girls VBall | <b>G</b> YM CLOSED | Gym A: Junior Girls VBall  | Gym A: Gr 9 Girls VBall    | Gym A: Gr 8 Girls VBall |
| Gym B: Vs. Cumberland              | RECONCILATION DAY  | <sub>Gym В:</sub> Play Day | <sub>Gym В:</sub> Play Day | Gym B:                  |
| 5:15 TO 7:00                       |                    |                            |                            | 5:15 TO 7:00            |
| Gym A: JG VBall                    |                    |                            |                            | Gym A:                  |
| Gym B: JB VBall                    |                    |                            |                            | Gym B:                  |
| 7:00 TO 9:00                       | 7:00 TO 9:00       | 7:00 TO 9:00               | 7:00 TO 9:00               | 7:00 TO 9:00            |
| Gym A: SG VBall                    |                    | Gym A: OPEN GYM            | Gym A: SG VBall            | Gym A:                  |
| Gym B: SB VBall                    |                    | Gym B: BASKETBALL          | Gym B: SB VBall            | Gym B:                  |

<sup>\*</sup>Weightlifting club everyday after school (Except Friday) from 3:15-5:00\*

COACHES: Please have all equipment from your practice off the floor before the end of your practice. Please inform other coaches if you are not using your practice time. Please forward your tournaments/games to me (<a href="mailto:travis.gorski@sd71.bc.ca">travis.gorski@sd71.bc.ca</a>) and Shannon Kay: <a href="mailto:shannon.kay@sd71.bc.ca">shannon.kay@sd71.bc.ca</a> so she can put them on the calendar.