



## Colchester MultiSport Fundamentals 2023 / 2024 Schedule

**Sport:** Tennis

**Location:** Truro Tennis Club **Time:** 6:00 – 7:00 PM

**Leadership:** Truro Tennis Club

**Dates:**

- Monday, September 18<sup>th</sup>
- Wednesday, September 20<sup>th</sup>
- Monday, September 25<sup>th</sup>
- Wednesday, September 27<sup>th</sup>

Please note that Wednesday, October 4<sup>th</sup> will be added to the schedule if one of the above sessions is cancelled due to weather.

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**Sport:** Basketball

**Location:** Truro NSCC Gym **Time:** As listed below

**Community Sport Organization:** Colchester Basketball Association

**Dates:**

- Tuesday, October 17<sup>th</sup> 6:00 – 7:00 PM
  - Sunday, October 22<sup>nd</sup> 11:00 AM – 12:00 PM
  - Tuesday, October 24<sup>th</sup> 6:00 – 7:00 PM
  - Sunday, October 29<sup>th</sup> 11:00 AM – 12:00 PM
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**Sport:** Curling

**Location:** Truro Curling Club **Time:** 5:00 – 6:00 PM

**Community Sport Organization:** Truro Curling Club

**Dates:**

- Wednesday, November 1<sup>st</sup>
- Monday, November 6<sup>th</sup>
- Wednesday, November 8<sup>th</sup>
- Monday, November 13<sup>th</sup>

**Sport:** Rec Nights!

**Location:** NSCC **Time:** 6:00 – 7:00 PM

**Community Sport Organization:** Colchester Multisport Recreation Staff

**Dates:**

- Monday, November 20<sup>th</sup>
  - Wednesday, November 22<sup>nd</sup>
  - Monday, November 27<sup>th</sup>
  - Wednesday, November 29<sup>th</sup>
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**Sport:** TBD

**Location:** NSCC Gym **Time:** 6:00 – 7:00 PM

**Community Sport Organization:**

**Dates:**

- Monday, December 4<sup>th</sup>
  - Wednesday, December 6<sup>th</sup>
  - Monday, December 11<sup>th</sup>
  - Wednesday, December 13<sup>th</sup>
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**Sport:** Cheer

**Location:** Truro Cheer & Tumble Club **Time:** TBD

**Community Sport Organization:** Truro Cheer & Tumble

**Dates:**

- Friday, December 1<sup>st</sup>
  - Friday, December 8<sup>th</sup>
  - Friday, December 15<sup>th</sup>
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**Sport:** Wings Academy

**Location:** Truro NSCC Gym **Time:** 6:00 – 7:00 PM

**Community Sport Organization:** Wings Academy

**Dates:**

- Monday, January 15<sup>th</sup>
- Wednesday, January 17<sup>th</sup>
- Monday, January 22<sup>nd</sup>
- Wednesday, January 24<sup>th</sup>

**Sport:** Lacrosse

**Location:** Cougar Dome **Time:** 6:00 – 7:00 PM

**Community Sport Organization:** Truro Minor Lacrosse

**Dates:**

- Monday, January 29<sup>th</sup>
  - Wednesday, January 31<sup>st</sup>
  - Monday, February 5<sup>th</sup>
  - Wednesday, February 7<sup>th</sup>
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**Sport:** Swimming

**Location:** Scotia Pool **Time:** As listed below

**Community Sport Organization:** Scotia Pool Swim Instructors

**Dates:**

- Sunday, February 11<sup>th</sup> 4:00 – 5:00 PM
  - Thursday, February 15<sup>th</sup> 5:30 – 6:30 PM
  - Sunday, February 18<sup>th</sup> 4:00 – 5:00 PM
  - Wednesday, February 21<sup>st</sup> 5:30 – 6:30 PM
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**Sport:** Climbing

**Location:** RECC **Time:** \*Group A 5:00 – 5:50 PM Group B 6:00 – 6:50 PM

\*To be sure each Multisport Athletes has the opportunity to have a positive experience during Climbing 2 groups will be created. Families will have the opportunity prior to the start of the Climbing sessions to select which Group they would prefer. \*

**Community Sport Organization:** RECC

**Dates:**

- Sunday, March 3<sup>rd</sup>
  - Wednesday, March 6<sup>th</sup>
  - Sunday, March 17<sup>th</sup>
  - Wednesday, March 20<sup>th</sup>
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**Sport:** Football

**Location:** Cougar Dome **Time:** 6:00 – 7:00 PM

**Community Sport Organization:** Truro Minor Football Association

**Dates:**

- Monday, March 25<sup>th</sup>
  - Wednesday, March 27<sup>th</sup>
  - Monday, April 1<sup>st</sup>
  - Wednesday, April 3<sup>rd</sup>
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**Sport:** Soccer

**Location:** Cougar Dome **Time:** 6:00 – 7:00 PM

**Community Sport Organization:** CC Riders

**Dates:**

- Monday, April 15<sup>th</sup>
  - Wednesday, April 17<sup>th</sup>
  - Monday, April 22<sup>nd</sup>
  - Wednesday, April 24<sup>th</sup>
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**Sport:** Rugby

**Location:** Rugby Park Vimy Rd. **Time:** 6:00 – 7:00 PM

**Community Sport Organization:** Truro Saints

**Dates:**

- Wednesday, May 1<sup>st</sup>
- Monday, May 6<sup>th</sup>
- Wednesday, May 8<sup>th</sup>
- Monday, May 13<sup>th</sup>