

KINGS COUNTY

Montague Curling
Monday's - 3:30PM
Montague Curling Club

Montague Swimming Monday's - 6:30PM TCAP









Montague Walk/
Snowshoe
Tuesday's - 4:15PM
Waterfront

TCAP Fitness
Thursday's - 6:30PM
TCAP

Please contact the SOPEI office to sign up for programs.



CENTRAL

Ch'town Community Sport Monday's - 5:30PM Murphy's Gym Ch'town Floor Hockey Monday's - 7:00PM Murphy's Gym









Ch'town 5-Pin Bowling Tuesday's - 4:15PM Murphy's Lanes Ch'town Speed Skate
Monday's - 6:30PM
Eastlink Centre
*Through Generic Club

Please contact the SOPEI office to sign up for programs.



CENTRAL

Ch'town Active Start/
Fundamentals
Tuesday's - 5:30PM
Murphy's Gym





Ch'town Powerlifting
Tuesday's - 5:30PM
Synergy

Ch'town Competitive
Basketball
Tueday's - 7:00PM
Murphy's Gym





Ch'town Drop-In Swim Wednesday's - 6:30PM Bell Aliant Leisure Pool

Please contact the SOPEI office to sign up for programs.



CENTRAL

Ch'town Competitve Swim Wednesday's - 7:15PM Bell Aliant Lane Pool







Crossfit 782 Fitness
Thursday's - 7:00PM
782 Stratford Gym
*Minimum 6 Athletes





Ch'town Yoga
Thursday's - 10:00AM
Alignment Dance Arts
Stratford
*Minimum 6 Athletes

Please contact the SOPEI office to sign up for programs.

Email: sopei@sopei.com Phone: 902-368-8919



EAST PRINCE

S'side Learn to Swim
Tuesday's - 5:00PM
Credit Union Place

S'side Basketball
Tuesday's - 6:00PM
Elm Street









S'side Multi-Sport
Thursday's - 5:30PM
Elm Street

S'side 5-Pin
Sunday's - 6:00PM
Credit Union Place

Please contact the SOPEI office to sign up for programs.



WEST PRINCE

West Prince Multi-Sport Monday's - 5:00PM Alberton Elementary West Prince Athletics
Wednesday's - 9:30AM
Westisle High School







Tignish 5-Pin
TBD
Tignish Parish Lanes

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