

Fall 2021 - Adult Sport - Program Descriptions

Adult Self-Organized Sports

Including: Floor Hockey & Basketball

These self-organized sports programs give the participants the freedom to play recreational sport in a fun environment.

Room: Gymnasium

Equipment Required: Participants must bring their own hockey stick (without tape on the blade) and preferred balls. Nets are provided. Safety equipment (goggles, shin pads, gloves, etc) are recommended but not required. Goalies will be assigned for floor hockey and must provide their own goalie gear.

Instructor: One volunteer per sport is assigned to help organize teams, ensure equipment is taken care of and take attendance.