



**Must be 55+  
To  
Participate**

# You're invited to 'Give It a Try'

**Wed. June 6, 2018 in Trail 9:00am- 2pm &  
Wed. June 13, 2018 in Castlegar 9:00am- 2pm**

**Come out and try a variety of sports that are part of the 55+ BC Games. If you have wondered what the games are all about and wanted to see how it all works, then come to this informative event  
Come join us and 'Give it a Try!'**

**Choose as many activities as you like listed below.**

***MUST PRE-REGISTER BY JUNE 4 TO ENSURE ATTENDANCE!***

**Registration is FREE!**

**For Trail Events: Call Trail Parks and Recreation at 250-364-0858, or the Aquatic Centre at 250-364-0888, or come to the Aquatic Centre front desk.**

**For Castlegar Events: Call the Castlegar Complex at 250-365-3386 Ext.0 or come to the Complex front desk.**

## **TRAIL EVENT INFO/ June 6th**

**9:30 – 11:00am TRACK & FIELD**

Haley Park

**10:30 – 11:30am CYCLING**

(Road & Cross Country Workshop)  
Memorial Centre McIntyre Room

**10:00 – 11:30am BOCCE**

Trail Bocce Sports Facility, Rossland Ave

**FREE LUNCH/SOCIAL**

**@ Cominco Gym: 12:00 – 1:00PM**

**1:00 – 2:00pm BADMINTON**

Trail Memorial Centre Gym

**3:00 – 4:00pm SWIMMING**

Trail Aquatic Centre

**Information about the 55+ BC Games  
will also be available from 9am-2pm**

## **CASTLEGAR EVENT INFO/ June 13th**

**9:00 – 10:00am DARTS**

Kootenay Room/Castlegar Complex

**9:00 – 10:00am CARPET BOWLING**

Selkirk Room/Castlegar Complex

**10:00 – 11:00am FLOOR CURLING**

Arena Lobby Area/Castlegar Complex

**10:00 – 11:00am SWIMMING**

Castlegar Aquatic Centre

**11:00 – 12:00pm PICKLEBALL**

Castlegar Complex Courts

**FREE LUNCH/SOCIAL @Castlegar  
Complex \*Selkirk Room  
12:00 – 1:00PM**

**11:00 – 12:00pm CRIBBAGE**

Kootenay Room/Castlegar Complex

**1:00 – 2:00pm TENNIS**

Castlegar Complex Courts

**1:00 – 2:00pm WHIST**

Kootenay Room/Castlegar Complex

**1:00 – 2:00pm FIELD SPORTS-THROWING EVENTS**

Castlegar Complex Ball Field