

Special Olympics British Columbia - Comox Valley

2019 – 2020 Program Schedule

Sport	Start Date & Practice Times	Location	Cost & Equipment Necessary	Contact Information
5 Pin Bowling	Saturday Sept. 28 th 10:00 am - 12:00 pm	Codes Country Lanes (307 - 6th St.)	\$5.00 / practice. Bowling shoes necessary but available at no extra cost.	Debbie McCooley 250-338-1865
Swimming	Tuesday Oct. 1 st and Thursday Oct. 3 rd 4:45 pm – 6:00 pm	Comox Valley Aquatic Centre (377 Lerwick Rd.)	\$2.00 / practice. TWO practices per week. Black swim suit necessary for swim meets. Goggles are recommended.	Christine Helpard 250-890-0720
Floor Hockey	Wednesday Sept. 18 th 6:30 pm - 8:30 pm	Arden Elementary School (3040 Lake Trail Rd.)	No cost. Non-marking gym shoes, sweat pants, helmet w/face shield, elbow pads, knee pads, shin pads and hockey gloves.	Randy James 250-897-1828
Rhythmic Gymnastics	Wednesday Sept. 25 th Time TBA	Location TBA	No cost.	Tammy Jones 250-898-7732
Curling	Monday Oct. 7 th 3:30 pm – 4:30 pm	Comox Valley Curling Club (4835 Headquarters Rd.)	No cost. Curling broom necessary but available at no extra cost.	Sandra Gallaway 250-334-3641
Powerlifting	Wednesday Oct. 2 nd 10:00 am – 11:00 am	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	Christine Helpard 250-890-0720
Nordic Skiing	Friday Jan 3 rd Time TBA	Mt Washington	Cost to be determined	Christine Helpard 250-890-0720
FUNdamentals (ages 5 – 11)	Monday Sept. 16 th 3:30 pm – 4:30 pm	CRA – Lewis Centre (489 Old Island Hwy)	\$2.50 / practice.	Randy James 250-897-1828
Track & Field	TBA (Spring)	Vanier Track (3001 Vanier Drive)	No cost. TWO practices per week. Track spikes or well fitted running shoes.	Randy James 250-897-1828
Softball	TBA (Spring)	Lewis Park – Diamond #3 (489 Old Island Hwy)	No cost. Softball glove.	Randy James 250-897-1828
Bocce	TBA (Spring)	Riverside Park (411 Anderton Ave.)	No cost.	Bev Whitehead 250-339-2013
Golf	TBA (Spring)	Mulligans Golf Course (4985 Cotton Rd.)	No cost	Garry Dewitt 250-218-0785

Annual Registration Fee: **\$30 (if paid by June 25, 2019)** or **\$40 (if paid after June 25, 2019)**

Interested in Volunteering? Contact Randy James for more information. Phone: 250-897-1828 email: region6@shaw.ca website: www.cvso.ca