

Special Olympics British Columbia - Comox Valley

2021 – 2022 Program Schedule

Sport	Start Date & Practice Times	Location	Cost & Equipment Necessary	Contact Information
5 Pin Bowling	Saturdays – Sept 25 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.	No coach
Swimming	Tuesdays (Date TBD) and Thursdays (Date TBD) 4:45 pm – 6:00 pm	Comox Valley Aquatic Centre (377 Lerwick Rd.)	\$2.00 / practice. TWO practices per week. Black swimsuit necessary for swim meets. Goggles are recommended.	Christine Helpard 250-890-0720
Floor Hockey	Wednesdays - Sept 29 th 6:30 pm - 8:30 pm Sundays – Oct 3 rd 2:00 pm – 4:00 pm	Arden Elementary School (3040 Lake Trail Rd.) CRA - Lewis Centre (489 Old Island Hwy)	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	Wednesdays (Date TBD)	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	Tammy Jones 250-898-7732
Curling	Mondays (Date TBD) 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	Saturdays (Date TBD)	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	Christine Helpard 250-890-0720
Nordic Skiing	Fridays (Date TBD)	Mt Washington	Cost to be determined	Christine Helpard 250-890-0720
FUNDamentals (ages 5 – 11)	Saturdays – Oct 2 nd 10:00 am – 11:00 am	CRA – Lewis Centre (489 Old Island Hwy)	\$2.50 / practice.	No Coach
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.	No Coach
Bocce	TBA (Spring)	Riverside Park (411 Anderton Ave.)	No cost.	No Coach
Golf	TBA (Spring)	Mulligans Golf Course (4985 Cotton Rd.)	No cost	No Coach

Annual Registration Fee: \$40

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