

Special Olympics British Columbia - Comox Valley

2022 – 2023 Program Schedule

Sport	Start Date & Practice Times	Location	Cost & Equipment Necessary	Contact Information
5 Pin Bowling	Saturdays – Oct 1 st 10:00 am - 12:00 pm	Codes Country Lanes (307 - 6th St.)	\$5.00 / practice. Bowling shoes necessary but available at no extra cost.	Louise Martin 250-871-3682
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 28 th 6:30 pm - 8:30 pm Alternate Sundays – Oct 2 nd 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	TBA (Fall)	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	No Coach
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	TBA (Fall)	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	No Coach
Nordic Skiing	TBA (Fall)	Mt Washington	Cost to be determined	Christine Helpard 250-890-0720
FUNDamentals (ages 5 – 11)	TBA (Fall)	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.	No Coach
Bocce	TBA (Spring)	Riverside Park (411 Anderton Ave.)	No cost.	Tim Scott 250-871-3455
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