

Ridge Meadows 2023/24 Fall Sport Schedule

**Special
Olympics**
British Columbia



Program	Location	Date/Time (No sessions on long weekends Sat/Sun/Mon)	Start Date	End Date (subject to change)
5 Pin Bowling	Rev's Bowling Alley (Maple Ridge)	Thursdays 3:30 – 5 p.m. Arrive at 3:15 \$5/session (no cash)	September 14	March 21
10 Pin Bowling	COACHES NEEDED			
Basketball	COACHES NEEDED	Thursdays 5:15 – 6:15		
Club Fit	Sunwood Revera Amenities Room 12241 224 Street	Wednesdays 6:00 – 7:00	September 20	March 27
Floor Hockey (Ringette)			January	March
Powerlifting	Blacksmith Fitness (Port Coquitlam)		November	May
Rhythmic Gymnastics	Maple Ridge Leisure Centre Gymnasium	Thursday 5:15 – 6:15	September 21	March 21
Swimming	Maple Ridge Leisure Centre Pool	Tuesdays 6-7 p.m.	September 19	March 26

Reminder that athletes will not be allowed to participate until the registrar has received and distributed the updated medical form to coaches.

For updates to this schedule:

<https://specialolympics.ca/british-columbia/communities/ridge-meadows>

To learn more and get involved please contact:

VolunteerSORM@gmail.com

RidgeMeadows@specialolympics.bc.ca