



2025-2026 Sport Schedule

SPORT	PRACTICE TIME	VENUE	DATES	HEAD COACH
Fall/Winter Sports				
5 pin bowling	4:30-6:00 pm Tuesday's	Duncan Lanes	OCTOBER 07/25 – MARCH 10/26	Sandy Anderson Kidsa2@shaw.ca
10 pin bowling	4:30-6:00 pm Tuesday's	Duncan Lanes	OCTOBER 07/25 – MARCH 10/26	Cheryl Giles 250-709-4678
Swimming	10:30-12:30 noon Saturday's	Cowichan Aquatic Centre	OCTOBER 11/25 MARCH 28/26	Alex Lothian amlothian@shaw.ca
Floor-ball	6:30-8:00 pm Wednesday's	Mount Prevost School	OCTOBER 8/25 – MARCH 11/26	Jim Oldnall jimoldnall@outlook.com
Club Fit	7:00-8:00 pm Thursday's	Alexander School	OCTOBER 9/25- JUNE 18/26	Leah Ollett Ollett.two18@gmail.com
Power Lifting	2:00 - 3:30 Saturdays	Anchored Athletics	October 11/25 – June 20/26	Paul Anderson kidsa@shaw.ca
		6961 TCH north Off Sprott Rd		
Spring Sports				
Soccer	5-6 pm Monday's	Queen Margaret School	APRIL 6/26 to JUNE 22/26	Alan Crisp a.crisp@shaw.ca
Bocce	4-5PM Wednesdays	Sportsplex infield	APRIL 8/26 to JUNE 24/26	Alex Lothian amlothian@shaw.ca
Track & Field	5-6 pm Wednesdays	Chesterfield Track	APRIL 8/26 to JUNE 24/26	Alan Crisp a.crisp@shaw.ca
Softball	6:30-8:00 pm Wednesday's	Maple Bay School	APRIL 8/26– JUNE 24/26	Jim Oldnall Jimoldnall@outlook.com

Program Coordinator – Joy Epps – cowichanvalley.program@specialolympics.bc.ca 250-709-0407 -cell

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