

## Special Olympics British Columbia - Comox Valley

## 2025 – 2026 Program Schedule

Sport	Start Date & Practice Times	Location	Cost & Equipment Necessary	Contact Information
<b>5 Pin Bowling</b>	Saturdays – Sept 20 <sup>th</sup> 10:00 am - 12:00 pm	Codes Country Lanes (307 - 6th St.)	\$5.00 / practice. Bowling shoes necessary but available at no extra cost.	Phyllis Baudais 250-339-4621
<b>Swimming</b>	Tuesdays – Oct 14 <sup>th</sup> and Thursdays – Oct 16 <sup>th</sup> 4:45 pm – 6:00 pm	Comox Valley Aquatic Centre (377 Lerwick Rd.)	\$2.00 / practice. <b>TWO</b> practices per week. Black swimsuit necessary for swim meets. Goggles are recommended.	Christine Helpard 250-890-0720
<b>Floorball</b>	Wednesdays - Sept 24 <sup>th</sup> 6:30 pm - 8:30 pm Alt Sundays – TBD 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 or shorts, shin pads, sport goggles, hockey gloves (optional).	Randy James 250-897-1828
<b>Curling</b>	Mondays – Oct 6 <sup>th</sup> 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
<b>Nordic Skiing</b>	January 2026 (Date TBD)	Mt Washington	Cost to be determined	Christine Helpard 250-890-0720
<b>Powerlifting</b>	TBA (Fall 2025)		No cost.	No Coach
<b>Rhythmic Gymnastics</b>	TBA (Fall 2025)		No cost.	No Coach
<b>FUNDamentals (ages 5 – 11)</b>	TBA (Fall 2025)	CRA – Lewis Centre (489 Old Island Hwy)	Cost to be determined	Randy James 250-897-1828
<b>Track &amp; Field</b>	TBA (Spring 2026)	Vanier Track (3001 Vanier Drive)	No cost. <b>TWO</b> practices per week. Track spikes or well fitted running shoes.	Randy James 250-897-1828
<b>Bocce</b>	TBA (Spring 2026)	Riverside Park (411 Anderton Ave.)	No cost.	No Coach
<b>Golf</b>	TBA (Spring 2026)	Mulligans Golf Course (4985 Cotton Rd.)	No cost	Frank Blues 250-702-6002
<b>Softball</b>	TBA (Spring 2026)		No cost. Softball glove.	No Coach

Annual Registration Fee: \$20

Interested in Volunteering? Contact [volunteer@cvso.ca](mailto:volunteer@cvso.ca) or [localcoordinator@cvso.ca](mailto:localcoordinator@cvso.ca) for more information

website: [www.cvso.ca](http://www.cvso.ca)