

Special Olympics British Columbia - Comox Valley

2024 – 2025 Program Schedule

Sport	Start Date & Practice Times	Location	Cost & Equipment Necessary	Contact Information
5 Pin Bowling	Saturdays – Sept 21 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 – Oct 15 th and Thursdays – Oct 17 th 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 25 th 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, helmet w/face shield, elbow pads, knee pads, shin pads and hockey gloves.	Randy James 250-897-1828
Curling	Mondays – Oct 21 st 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 Galloway 250-334-3641
Nordic Skiing	January 2024 (Date TBD)	Mt Washington	Cost to be determined	Christine Helpard 250-890-0720
Powerlifting	TBA (Fall)	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	No Coach
Rhythmic Gymnastics	TBA (Fall)	CRA – Lewis Centre (489 Old Island Hwy)	No cost.	No Coach
FUNDamentals (ages 5 – 11)	TBA (Fall)	CRA – Lewis Centre (489 Old Island Hwy)	Cost to be determined	Randy James 250-897-1828
Track & Field	TBA (Spring 2024)	Vanier Track (3001 Vanier Drive)	No cost. TWO practices per week. Track spikes or well fitted running shoes.	Randy James 250-897-1828
Bocce	TBA (Spring 2024)	Riverside Park (411 Anderton Ave.)	No cost.	No Coach
Golf	TBA (Spring 2024)	Mulligans Golf Course (4985 Cotton Rd.)	No cost	No Coach
Softball	TBA (Spring 2024)	Lewis Park (489 Old Island Hwy)	No cost. Softball glove.	No Coach

Annual Registration Fee: \$20

Interested in Volunteering? Contact volunteer@cvso.ca or localcoordinator@cvso.ca for more information

website: www.cvso.ca