Special Olympics British Columbia - Comox Valley **2026 – 2027 Program Schedule**

Sport	Practice Times	Location	Cost & Equipment Necessary	Contact Information
5 Pin Bowling	Saturdays 10:00 am - 12:00 pm	Codes Country Lanes (307 - 6th St.)	$7.00/$10.00 practice. Bowling shoes necessary but available at no extra cost.	Phyllis Baudais 250-339-4621
Swimming	Tuesdays and Thursdays 4:45 pm – 6:00 pm	Comox Valley Aquatic Centre (377 Lerwick Rd.)	$80.00/Half Season. **TWO** practices per week. Goggles are recommended.	Christine Helpard 250-897-5280
Floorball	Wednesdays 6:30 pm - 8:30 pm Alt Sundays 3:00 pm – 5:00 pm	Arden Elementary School (3040 Lake Trail Rd.) CRA - Lewis Centre (489 Old Island Hwy)	$1.00/practice. Non-marking gym shoes, sweat pants or shorts, shin pads, sport goggles.	Randy James 250-897-1828
Curling	Mondays 3:30 pm – 4:30 pm	Comox Valley Curling Club (4835 Headquarters Rd.)	$1.00/practice. Curling broom necessary but available at no extra cost.	Randy James 250-897-1828
Nordic Skiing	January 2027 (Date TBD)	Mt Washington	Cost to be determined	Christine Helpard 250-897-5280
Powerlifting	TBA (Fall 2026)		$1.00/practice	No Coach
Rhythmic Gymnastics	TBA (Fall 2026)		Cost to be determined	No Coach
FUNdamentals (ages 5 – 11)	TBA (Winter 2027)	CRA – Lewis Centre (489 Old Island Hwy)	Cost to be determined	Randy James 250-897-1828
Track & Field	TBA (Spring 2027)	Vanier Track (3001 Vanier Drive)	$1.00/practice. **TWO** practices per week. Track spikes or well fitted running shoes.	Randy James 250-897-1828
Bocce	TBA (Spring 2027)	Riverside Park (411 Anderton Ave.)	$1.00/practice.	Phyllis Baudais 250-339-4621
Golf	TBA (Spring 2027)	Mulligans Golf Course (4985 Cotton Rd.)	Cost to be determined	Frank Blues 250-702-6002

Annual Registration Fee: $30

Interested in Volunteering? Contact comoxvalley@specialolympics.bc.ca for more information website: www.cvso.ca