



PURPOSEFUL

Special Olympics enriches the lives of Albertans with an intellectual disability through sport. We provide programs to children, youth, and adults with an intellectual disability ages two and up.

REWARDING

We strive to ensure that each participant receives maximum benefits from our programs. **We do more than offer sports programs; we also offer friendship, confidence, and fun!**

COMMUNITY MINDED

Our programs are run by volunteers. We rely on the constant support of our community to allow our athletes to do what they love. Volunteers make a difference in the lives of our athletes.

ENRICHING

Our programs foster many skills and qualities that enrich athletes' daily lives. These include self-esteem, making new friends, and realizing their full athletic potential in a **safe and supportive** environment.

INDISPENSIBLE

We are the main source of sports activity and social involvement for many Calgarians with intellectual disabilities.

EXCEPTIONAL

We provide high quality summer and winter programs in a variety of sports year-round. Our team is dedicated to helping athletes reach their desired level of athletic achievement.

EQUITABLE

We were founded on the principle of fair and equitable training and competition. Divisioning is used to ensure that athletes compete with others of a similar ability.

AFFORDABLE

We keep the cost of participating affordable. **No individual is turned away due to financial difficulty.** We are able to provide these opportunities through our annual events and community funding.

WEEKLY PROGRAM SCHEDULE

NOTE: This is only a general guide for our programs. To check if a program is running on a specific day, please refer to the calendar, and to our website for program cancellations.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active Start/ FUNdamentals Alpine Skiing Curling Figure Skating Snowshoeing Softball Speed Skating	Alpine Skiing <i>Dryland</i> Athletics Basketball <i>Advanced</i> Bowling <i>Masters</i>	Golf Health & Wellness 2 Swimming <i>Youth</i> <i>Intermediate</i>	Basketball <i>Development</i> <i>Novice</i> <i>Intermediate</i> Floor Hockey Powerlifting Rhythmic Gymnastics Swimming <i>Novice</i>	Health & Wellness 1 Soccer Swimming <i>Advanced</i>	Basketball <i>Unified</i>	5 Pin Bowling 10 Pin Bowling Bocce X Country Skiing

SKILL EVALUATION

Skill evaluations take place at the beginning of each program year for all sports. These evaluations assist coaches in determining where athletes should be placed, to ensure that everyone has a chance to be challenged and experience achievements throughout the year. Divisioning is used for most sports so athletes can compete with other athletes of a similar ability and skill level.

ELIGIBILITY

Individuals participating in Special Olympics must have an intellectual disability. We offer programs for individuals age 2 and up; there is no upper age limit. Athletes must be a minimum of 8 years of age to participate in specific sport programs.

REGISTRATION

Special Olympics Calgary hosts an annual registration event in September of each year. Athletes that were registered in the sport for the previous year will be given priority. Otherwise, registration is on a first come first serve basis. To register for sports throughout the program year, please contact the office. Programs will not be offered if there are less than 10 registered athletes, or if there are not enough volunteers to meet the required athlete to volunteer ratio.

VOLUNTEER TO ATHLETE RATIO

Special Olympics Calgary does not provide one to one support before, during or after a Special Olympics program. Individual sport programs will have a volunteer to athlete ratio of the following:

- Winter Sports – 1 volunteer : 3 athletes
- Summer Sports – 1 volunteer : 4 athletes
- Team Sports – 1 volunteer : 5 athletes

If it is determined by our coaches that an athlete requires constant supervision or one to one support, the athlete's guardian/caregiver will be responsible to arrange having a support person assist the athlete at the program.

CODE OF CONDUCT

Athletes are expected to follow the Code of Conduct at all times while participating in Special Olympics programs and events. **Any violation of the Code of Conduct may result in the suspension or termination of program involvement.**

PROGRAM DROP-OFF AND PICK-UP

Special Olympics Calgary rents facilities throughout the city. In order to respect these facilities and its other users, athletes are reminded to only show up **15 minutes** before program start time and leave within **15 minutes** of the program end time.

PAYMENT

Payment for registration and tournaments is accepted by cash or cheque only. We **DO NOT** accept debit or credit card payments. NSF cheques will be subject to a \$25.00 service fee. Refunds for program payments will only be issued when the office is notified **within the first two weeks of the program start date**, and a \$10 administration fee will be charged for each program withdrawal.

COMMUNICATIONS

General communications from the Special Olympics Calgary office will come by email. It is the responsibility of the athlete or caregiver to ensure that Special Olympics Calgary is advised of any email address changes. Any questions or concerns can be sent by email to info@specialolympicscalgary.ca or you may call our office at 403-735-1022.

TRANSPORTATION

Special Olympics Calgary is **NOT** responsible for arranging transportation for athletes to attend their programs. Any Access or taxi bookings are the sole responsibility of the athlete or guardian. Should the arranged transportation not arrive within 15 minutes of the program ending, the contact person will be notified to pick up the athlete immediately. **If we are not able to reach anyone for pickup, athletes may be sent home in a taxi at your own expense.**

TOURNAMENTS

Tournaments are held in various sports throughout the year by affiliates across the province. They can take place in one day or overnight based on the competition schedule and location. Tournament opportunities are an added bonus to the weekly program, and in order for athletes to be eligible to attend tournaments, the following criteria will be used:

- 75% attendance or greater at program practices
- Demonstrated appropriate behaviour
- Ability to cope with pressures involved in traveling and competition

In order for an athlete to be eligible to compete at provincial games, they must have attended a regional qualifier.

PROGRAM INFORMATION 2017-2018

Alpine Skiing

Dry Land: October 16, 2017 – November 27, 2017

Mondays: 7:00pm – 8:00pm

Calgary Jewish Centre, 1607 – 90 Ave SW

Skiing: December 3, 2017 – February 25, 2018

Canada Olympic Park, 88 Canada Olympic Road SW
Sundays

Development: 9:30am – 11:30am **Fee: \$100**

Intermediate/Advanced: 9:30am–1:00pm **Fee: \$125**

NOTE: Ski Rentals are not included. There is no place to store equipment at the hill. Skis must be brought to each program or rented at facility.

Athletics (Track and Field)

Fee: \$40

Novice/Intermediate:

Indoor: April 9 – 30, 2018

Mondays 6:30pm – 8:00pm

Huntington Hills Community Centre, 520 78 Ave NE

Outdoor: May 7, 2018 – June 25, 2018

Mondays: 6:30pm - 8:00pm

Calgary Rotary Challenger Park, 3688 – 48 Ave NE

Advanced:

Indoor: March 5, 2018 – April 30, 2018

Mondays: 6:30pm – 8:00pm

Calgary Jewish Center, 1607 – 90 Ave SW

Outdoor: May 7, 2018 – June 25, 2018

Mondays: 7:00pm – 8:30pm

Glenmore Athletic Park, 5300 – 19th Street SW

Basketball

Fee: \$40

Development:

March 7, 2018 – June 27, 2018

Wednesdays: 6:30pm – 8:00pm

Cecil Swanson Elementary, 4820 Rundlewood Dr. NE

Novice:

March 7, 2018 – June 27, 2018

Wednesdays: 6:30pm – 8:00pm

Chief Justice Milvain School, 3428 – 42 St NE

Intermediate:

March 7, 2018 – June 27, 2018

Wednesdays: 7:00pm – 8:30pm

Don Hartman North East Sportsplex, 5206 – 68 St NE

Advanced:

March 5, 2018 – June 25, 2018

Mondays: 6:30pm – 8:00pm

Annie Foote School, 6320 Temple Dr NE

AND St. Helena School, 320 – 64 Ave NW

5 Pin Bowling

Fee: \$140

North:

October 14, 2017 – March 10, 2018

Saturdays: 12:00pm – 2:00pm

Bowling Depot #146, 5255 McCall Way NE

South

October 14, 2017 – March 10, 2018

Saturdays: 1:00pm – 3:00pm

Paradise Lanes, 3411-17 Ave SE

Chinook

CHINOOK 1:

October 14, 2017 – March 10, 2018

Saturdays: 11:00am – 1:00pm

Chinook Mall Bowladrome, 6455 Macleod Trail South

CHINOOK 2 (YOUTH 8-17 YRS):

October 14, 2017 – March 10, 2018

Saturdays: 1:30pm – 3:30pm

Chinook Mall Bowladrome, 6455 Macleod Trail South

NOTE: Only Bowling Depot is wheelchair accessible.

10 Pin Bowling

Fee: \$100

October 14, 2017 – March 24, 2018

Varying Saturdays: 10:00am – 12:00pm

Let's 10 Pin Bowlarama, 2916 – 5 Ave NE

NOTE: Program runs 2-3 times per month as per schedule in calendar.

Bocce

Fee: \$30

April 21, 2018 – June 23, 2018

Saturdays: 10:00am – 11:30am

Tuxedo Park Community Centre, 202 – 29th Ave NE

Cross Country Skiing

Fee: \$60

Dry Land Training:

October 21, 2017 – November 25, 2017

Saturdays: 9:00am – 10:30am

Foothills Academy, 745 – 37 Street NW

Skiing:

December 2, 2017 – February 24, 2018

Saturdays: 9:30 – 11:30am

Calgary Location TBD.

NOTE: Ski Rentals are not included.

Curling

Fee: \$30

Development/Novice/Intermediate/Advanced

October 15, 2017 – March 25, 2018

Sundays: 3:30pm – 5:30pm

Calgary Winter Club, 4611 – 14 St NW

Figure Skating

Recreational (Learn to Skate):

Fee: \$75

October 29, 2017 – March 25, 2018

Sundays: 10:30am – 12:30pm

Canada Olympic Park Ice Complex, 88 Canada Olympic Road

Competitive:

Fee: \$100

Includes Skate Canada Membership.

October 29, 2017 – March 25, 2018

Sundays: 10:30am – 12:30pm

Canada Olympic Park Ice Complex, 88 Canada Olympic Road

Floor Hockey

Fee: \$75

Youth (8-17):

October 4, 2017 – February 28, 2018

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

Development:

October 4, 2017 – February 28, 2018

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

Novice:

October 4, 2017 – February 28, 2018

Wednesdays: 6:30pm – 8:30pm

Don Hartman North East Sportsplex, 5206 – 68 St NE

AND Cecil Swanson Elementary School,
4820 Rundlewood Dr. NE

Intermediate:

October 4, 2017 – February 28, 2018

Wednesdays 7:00pm – 8:30pm

Hillhurst-Sunnyside Community Centre, 1320 – 5 Ave NW

AND Foothills Academy, 745 – 37 St NW 6:30pm – 8:30pm

Golf

Development Lessons 1:

Fee: \$30

May 1, 2018 – May 22, 2018

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 999 – 32 Ave NE

Development Lessons 2:

Fee: \$30

June 5, 2018 – June 26, 2018

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 999 – 32 Ave NE

NOTE: Individuals can only sign up for ONE set of lessons.

Golf cont.

Youth (8-17):

Fee: \$70

May 1 – June 26, 2018

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 999-32 Ave NE

AND The Winston Golf Club, 2502 – 6th St NE

Intermediate:

Fee: \$70

May 1 – June 26, 2018

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 999-32 Ave NE

AND The Winston Golf Club, 2502 – 6th St NE

Advanced:

Fee: \$70

May 1 – June 26, 2018

Tuesdays: 7:00pm – 8:30pm

McCall Lake Golf course, 1600 – 32 Ave NE

AND The Winston Golf Club, 2502 – 6th St NE

Powerlifting

Fee: \$75

March 7, 2018 – June 27, 2018

Wednesdays: 6:00pm – 8:30pm

Location: TBA

NOTE: Program is split into two groups in the timeframe

Rhythmic Gymnastics

Fee: \$50

March 7, 2018 – June 27, 2018

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

NOTE: Program is split into two groups in the timeframe

Snowshoeing

Fee: \$40

October 29, 2017 – February 25, 2018

Sundays: 12:30pm – 2:00pm

Glenmore Athletic Park, 5300 – 19th Street SW

Soccer

Fee: \$50

Youth/Development/Novice/Intermediate/Advanced

Indoor: April 5 – 19, 2018

Thursdays: 7:00pm – 8:30pm

Location TBD.

Outdoor: April 26, 2018 – June 28, 2018

Thursdays: 7:00pm – 8:30pm

Huntington Hills Soccer Field, 320-64 Ave NW

Softball

Fee: \$60

Development (T-Ball):

Indoor: April 8, 2018 – May 13, 2018

Sundays: 10:00am – 11:30am

Absolute Baseball Academy, 2221 Crowchild Trail NW

Outdoor: May 27, 2018 – July 29, 2018

Sundays: 10:00am – 11:30am

Bridgeland Riverside Diamond,

McDougall Road & 11th St NE

Novice:

Indoor: April 8, 2018 – May 13, 2018

Sundays: 10:00am – 12:00pm

Absolute Baseball Academy, 2221 Crowchild Trail NW

Outdoor: May 27, 2018 – July 29, 2018

Sundays: 9:30am – 11:15am

Huntington Hills Community Centre, 520 78 Ave NW

Intermediate:

Indoor: April 8, 2018 – May 13, 2018

Sundays: 12:00pm – 2:00pm

Absolute Baseball Academy, 2221 Crowchild Trail NW

Outdoor: May 27, 2018 – July 29, 2018

Sundays: 11:30am – 1:15pm

Huntington Hills Community Centre, 520 78 Ave NW

Advanced:

Indoor: April 8, 2018 – May 13, 2018

Sundays: 12:00pm – 2:00pm

Absolute Baseball Academy, 2221 Crowchild Trail NW

Outdoor: May 27, 2018 – July 29, 2018

Bridgeland Riverside Diamond,

MacDougall Road & 11 St NE

NOTE: The advanced program may run on either Saturday or Sunday depending on schedule.

Speed Skating

Fee: \$100

October 15, 2017 – February 11, 2018

Sundays: 3:00pm – 4:45pm

Olympic Oval, 2500 University Drive NW

NOTE: Athletes must be comfortable standing on skates in order to register for this program.

Swimming

Fee: \$85

Youth (8-12 yrs)

November 7, 2017 – March 27, 2018

Tuesdays: 7:00pm – 8:30pm

Vecova Recreation Centre, 3304 – 33rd St NW

Novice:

Athletes must be able to do a front and back glide for 10m.

November 8, 2017 – March 28, 2018

Wednesdays: 6:30 – 8:00pm

Inglewood Pool, 1527 17 Ave SE

Intermediate:

Athletes must be able to swim a minimum of 25m.

November 7, 2017 – April 17, 2018

Tuesdays: 6:30pm – 8:30pm

SAIT Pool, 1301 -16 Ave NW

Advanced:

Athletes must be able to swim a minimum of 50m.

November 9, 2017 – April 19, 2018

Thursdays: 6:30pm – 8:30pm

SAIT Pool, 1301 – 16 Ave NW

NOTE: Program offered is NOT Red Cross or Lifesaving Society certified swim lessons. Intermediate and Advanced levels will be split into two groups in the timeframe.

YOUNG ATHLETES (AGES 2-8)

Active Start (Ages 2-5)

Individuals can sign up for one or both sessions.

Session 1:

Fee: \$50

October 15, 2017 – January 21, 2018

Sundays: 9:30am – 10:30am

Renfrew Educational Services, 2050 – 21 Street NE

Session 2:

Fee: \$50

February 4, 2018 – May 13, 2018

Sundays: 9:30am – 10:30am

Renfrew Educational Services, 2050 – 21 Street NE

FUNDamentals (Ages 6-8)

Individuals can sign up for one or both sessions.

Session 1:

Fee: \$50

October 15, 2017 – January 21, 2018

Sundays: 10:45am – 12:00pm

Renfrew Educational Services, 2050 – 21 St NE

Session 2:

Fee: \$50

February 4, 2018 – May 13, 2018

Sundays: 10:45am – 12:00pm

Renfrew Educational Services, 2050 – 21 St NE

MASTERS (AGES 40+)

Masters Bowling (Ages 40+) Fee: \$140

November 27, 2017 – March 26, 2018

Mondays: 1:00pm – 3:00pm

Bowling Depot, #146, 5255 McCall Way NE

UNIFIED

UNIFIED Basketball Fee: \$40

January 12, 2018 – March 23, 2018

Fridays: 6:30pm – 8:30pm

Foothills Academy, 745 – 37 St NW

HEALTH & WELLNESS

Health & Wellness

Individuals can sign up for one or both sessions.

Session 1: Fee: \$30

November 2, 2017 – March 29, 2018

Thursdays: 6:30 – 8:00pm

ATB Financial Corporate Campus, 3599 – 63 Ave NE

Session 2: Fee: \$30

April 17, 2018 – June 19, 2018

Tuesdays, 6:30 – 8:00pm

Calgary Curling Club, 720 – 3 St NW

•PROGRAM CANCELLATIONS•

Program cancellations will be posted on our website (www.specialolympicscalgary.ca) and on the Special Olympics Calgary social media pages. You may also call the cancellation hotline 403-735-1022 ext. 225.

Athletes will receive a notification from either their head coach or the SOC office letting them know that the program is cancelled.

Programs are subject to cancellation in the following weather conditions:

- Temperatures below -30°C, including wind chill, for indoor programs
- Temperatures below -20°C or above +30°C for outdoor programs

The decision to cancel programs will be at the discretion of the office, in consultation with the head coach. Programs may also be cancelled due to unsafe driving conditions. Safety is our utmost priority.

Any situations arising that compromise the safety or wellbeing of athletes, volunteers, or staff are the responsibility of the supervisor in charge.

•IMPORTANT DATES•

September 9	Registration Day
September 16	Athlete Conference & LETR Truck Convoy
October 7- 9	Thanksgiving Weekend NO PROGRAMS
October 17	Breakfast with Champions
November 10-12	Remembrance Day Weekend NO PROGRAMS
December 20 - January 2	Christmas Holidays NO PROGRAMS
February 17-19	Family Day Weekend NO PROGRAMS
March 30 – April 2	Easter Weekend NO PROGRAMS
May 19 - 21	Victoria Day Weekend NO PROGRAMS
June 25	Golf Classic
July 1- 3	Canada Day Weekend NO PROGRAMS

SPECIAL OLYMPICS CALGARY HEAD OFFICE CONTACT INFORMATION

#14, 2180 Pegasus Way NE
Calgary, AB T2E 8M5

Phone: 403-735-1022

Fax: 403-735-1025

info@specialolympicscalgary.ca

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 <i>Labour Day</i>	5	6	7	8	9 REGISTRATION (HERITAGE CHRISTIAN ACADEMY)
10	11	12	13	14	15	16 ATHLETE CONFERENCE LETR TRUCK CONVOY
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Floor Hockey	5	6	7 NO PROGRAMS
8 NO PROGRAMS	9 NO PROGRAMS	10	11 Floor Hockey	12	13	14 5 Pin Bowling 10 Pin Bowling
15 Active Start/ FUNdamentals 1 Curling Speed Skating	16 Alpine Skiing Dryland Training	17 BREAKFAST WITH CHAMPIONS	18 Floor Hockey	19	20	21 5 Pin Bowling 10 Pin Bowling Cross Country Skiing Dryland Training
22 Active Start/ FUNdamentals 1 Curling	23 Alpine Skiing Dryland Training	24	25 Floor Hockey	26	27	28 5 Pin Bowling 10 Pin Bowling Cross Country Skiing Dryland Training
29 Active Start/ FUNdamentals 1 Curling Figure Skating Snowshoeing	30 Alpine Skiing Dryland Training	31				

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Floor Hockey 1	Health & Wellness 1 2	3	5 Pin Bowling Cross Country Skiing Dryland Training 4
Active Start/ FUNdamentals 1 Curling Figure Skating Snowshoeing 5	Alpine Skiing Dryland Training 6	Swimming Youth Intermediate 7	Floor Hockey Swimming Novice 8	Health & Wellness 1 Swimming Advanced 9	NO PROGRAMS 10	NO PROGRAMS 11 <i>Remembrance Day</i>
NO PROGRAMS Exception: Speed Skating 12	Alpine Skiing Dryland Training 13	Swimming Youth Intermediate 14	Floor Hockey Swimming Novice 15	Health & Wellness 1 Swimming Advanced 16	17	5 Pin Bowling 10 Pin Bowling Cross Country Skiing Dryland Training 18
Active Start/ FUNdamentals 1 Curling Snowshoeing Speed Skating 19	Alpine Skiing Dryland Training 20	Swimming Youth Intermediate 21	Floor Hockey Swimming Novice 22	Health & Wellness 1 Swimming Advanced 23	24	5 Pin Bowling 10 Pin Bowling Cross Country Skiing Dryland Training 25
Active Start/ FUNdamentals 1 Curling Snowshoeing Speed Skating 26	Alpine Skiing Dryland Training Masters Bowling 27	Swimming Youth Intermediate 28	Floor Hockey Swimming Novice 29	Health & Wellness 1 Swimming Advanced 30		

December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 2
Active Start/ FUNdamentals 1 Alpine Skiing Curling Snowshoeing 3	Masters Bowling 4	Swimming Youth Intermediate 5	Floor Hockey Swimming Novice 6	Health & Wellness 1 Swimming Advanced 7	8	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 9
Active Start/ FUNdamentals 1 Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating 10	Masters Bowling 11	Swimming Youth Intermediate 12	Floor Hockey Swimming Novice 13	Health & Wellness 1 Swimming Advanced 14	15	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 16
Active Start/ FUNdamentals 1 Alpine Skiing Curling Snowshoeing Speed Skating 17	NO PROGRAMS 18	NO PROGRAMS 19	NO PROGRAMS 20	NO PROGRAMS 21	NO PROGRAMS 22	NO PROGRAMS 23
NO PROGRAMS 24 <i>Christmas Eve</i>	NO PROGRAMS	NO PROGRAMS	NO PROGRAMS	NO PROGRAMS	NO PROGRAMS	NO PROGRAMS
NO PROGRAMS 31 <i>New Years Eve</i>	25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27	28	29	30

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NO PROGRAMS 1 <i>New Years Day</i>	Swimming Youth Intermediate 2	Floor Hockey Swimming Novice 3	Health & Wellness 1 Swimming Advanced 4	5	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 6
Active Start/ FUNdamentals 1 Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating 7	Masters Bowling 8	Swimming Youth Intermediate 9	Floor Hockey Swimming Novice 10	Health & Wellness 1 Swimming Advanced 11	UNIFIED Basketball 12	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 13
Active Start/ FUNdamentals 1 Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating 14	Masters Bowling 15	Swimming Youth Intermediate 16	Floor Hockey Swimming Novice 17	Health & Wellness 1 Swimming Advanced 18	UNIFIED Basketball 19	BOWLING TOURNAMENT Cross Country Skiing 20
Active Start/ FUNdamentals 1 Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating 21	Masters Bowling 22	Swimming Youth Intermediate 23	Floor Hockey Swimming Novice 24	Health & Wellness 1 Swimming Advanced 25	UNIFIED Basketball 26	5 Pin Bowling Cross Country Skiing 27
Alpine Skiing Curling Figure Skating Snowshoeing 28	Masters Bowling 29	Swimming Youth Intermediate 30	Floor Hockey Swimming Novice 31			

February 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Health & Wellness 1 Swimming Advanced 1	UNIFIED Basketball 2	5 Pin Bowling Bowling Depot Paradise Lanes 10 Pin Bowling Cross Country Skiing 3
Active Start/ FUNdamentals 2 Alpine Skiing Curling Figure Skating Snowshoeing 4	Masters Bowling 5	Swimming Youth Intermediate 6	Floor Hockey Swimming Novice 7	Health & Wellness 1 Swimming Advanced 8	UNIFIED Basketball 9	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 10
Active Start/ FUNdamentals 2 Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating 11	Masters Bowling 12	Swimming Youth Intermediate 13	Floor Hockey Swimming Novice 14 <i>Valentine's Day</i>	Health & Wellness 1 Swimming Advanced 15	UNIFIED Basketball 16	NO PROGRAMS 17
NO PROGRAMS 18	NO PROGRAMS 19 <i>Family Day</i>	Swimming Youth Intermediate 20	Floor Hockey Swimming Novice 21	Health & Wellness 1 Swimming Advanced 22	UNIFIED Basketball 23	5 Pin Bowling 10 Pin Bowling Cross Country Skiing 24
Active Start/ FUNdamentals 2 Alpine Skiing Curling Figure Skating Snowshoeing 25	26	Swimming Youth Intermediate 27	Floor Hockey Swimming Novice 28			

March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Health & Wellness 1 Swimming Advanced 1	UNIFIED Basketball 2	5 Pin Bowling 10 Pin Bowling 3
Active Start/ FUNdamentals 2 Curling Figure Skating 4	Athletics - Indoor Advanced Basketball Advanced Masters Bowling 5	Swimming Youth Intermediate 6	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics Swimming Novice 7	Health & Wellness 1 Swimming Advanced 8	UNIFIED Basketball 9	BOWL-A-RAMA 10
Active Start/ FUNdamentals 2 Curling Figure Skating 11	Athletics - Indoor Advanced Basketball Advanced Masters Bowling 12	Swimming Youth Intermediate 13	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics Swimming Novice 14	Health & Wellness 1 Swimming Advanced 15	UNIFIED Basketball 16	17 <i>St. Patrick's Day</i>
Active Start/ FUNdamentals 2 Curling Figure Skating 18	Athletics - Indoor Advanced Basketball Advanced Masters Bowling 19	Swimming Youth Intermediate 20	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics Swimming Novice 21	Health & Wellness 1 Swimming Advanced 22	UNIFIED Basketball 23	10 Pin Bowling 24
Curling Figure Skating 25	Athletics - Indoor Advanced Masters Bowling 26	Swimming Youth Intermediate 27	Basketball Intermediate Powerlifting Rhythmic Gymnastics Swimming Novice 28	Health & Wellness 1 Swimming Advanced 29	NO PROGRAMS 30 <i>Good Friday</i>	NO PROGRAMS 31

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO PROGRAMS 1 <i>Easter Sunday</i>	NO PROGRAMS 2 <i>Easter Monday</i>	Swimming Intermediate 3	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 4	Soccer – Indoor Swimming Advanced 5	6	7
Active Start/ FUNdamentals 2 Softball – Indoor 8	Athletics - Indoor Nov/Int Advanced Basketball Advanced 9	Swimming Intermediate 10	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 11	Soccer – Indoor Swimming Advanced 12	13	14
Active Start/ FUNdamentals 2 Softball – Indoor 15	Athletics - Indoor Nov/Int Advanced Basketball Advanced 16	Health & Wellness 2 Swimming Intermediate 17	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 18	Soccer – Indoor Swimming Advanced 19	20	Bocce 21
Active Start/ FUNdamentals 2 Softball – Indoor 22	Athletics - Indoor Nov/Int Advanced Basketball Advanced 23	Health & Wellness 2 24	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 25	Soccer – Outdoor 26	27	Bocce 28
Active Start/ FUNdamentals 2 Softball – Indoor 29	Athletics - Indoor Nov/Int Advanced Basketball Advanced 30					

May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Golf Lessons 1 Youth Intermediate Advanced Health & Wellness 2 1	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 2	Soccer – Outdoor 3	4	Bocce 5
Active Start/ FUNdamentals 2 Softball – Indoor 6	Athletics - Outdoor Nov/Int Advanced Basketball Advanced 7	Golf Lessons 1 Youth Intermediate Advanced Health & Wellness 2 8	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 9	Soccer – Outdoor 10	11	Bocce 12
Active Start/ FUNdamentals 2 Softball – Indoor 13 <i>Mother's Day</i>	Athletics - Outdoor Nov/Int Advanced Basketball Advanced 14	Golf Lessons 1 Youth Intermediate Advanced Health & Wellness 2 15	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 16	Soccer – Outdoor 17	18	NO PROGRAMS 19
NO PROGRAMS 20	NO PROGRAMS 21 <i>Victoria Day</i>	Golf Lessons 1 Youth Intermediate Advanced Health & Wellness 2 22	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 23	Soccer – Outdoor 24	25	Bocce 26
Softball – Outdoor 27	Athletics - Outdoor Nov/Int Advanced Basketball Advanced 28	Golf Youth Intermediate Advanced Health & Wellness 2 29	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 30	Soccer – Outdoor 31		

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	Bocce 2
Softball – Outdoor 3	Athletics - Outdoor Nov/Int Advanced Basketball Advanced 4	Golf Lessons 2 Youth Intermediate Advanced Health & Wellness 2 5	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 6	Soccer – Outdoor 7	8	Bocce 9
Softball – Outdoor 10	Athletics - Outdoor Nov/Int Advanced Basketball Advanced 11	Golf Lessons 2 Youth Intermediate Advanced Health & Wellness 2 12	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 13	Soccer – Outdoor 14	15	Bocce 16
Softball – Outdoor 17	Athletics - Outdoor Nov/Int Advanced Basketball Advanced 18	Golf Lessons 2 Youth Intermediate Advanced Health & Wellness 2 19	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 20	Soccer – Outdoor 21	22	Bocce 23
Softball – Outdoor 24	GOLF CLASSIC Athletics - Outdoor Nov/Int Advanced Basketball Advanced 25	Golf Lessons 2 Youth Intermediate Advanced 26	Basketball Development Novice Intermediate Powerlifting Rhythmic Gymnastics 27	Soccer – Outdoor 28	29	NO PROGRAMS 30

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO PROGRAMS	NO PROGRAMS					
1 Canada Day	2	3	4	5	6	7
Softball – Outdoor 8	9	10	11	12	13	14
Softball – Outdoor 15	16	17	18	19	20	21
Softball – Outdoor 22	23	24	25	26	27	28
Softball – Outdoor 29	30	31				

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CONTACT INFORMATION

SPORT:

Coach's Name:

Email:

Phone Number:

SPORT:

Coach's Name:

Email:

Phone Number:

SPORT:

Coach's Name:

Email:

Phone Number:

SPORT:

Coach's Name:

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