



Impact Sports (Ages 7-12)

Impact Sports Itinerary

March 24—28, 2025 | 10:00 am - 3:00 pm
CVRD's Sports Centre, Arena 1, 3001 Vanier Drive

The CVRD respectfully acknowledges the land on which it operates is on the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.

10:00 - 10:15 am	Drop off at Arena 2 Entrance
10:15 - 11:45 am	Outdoor Sports & Challenges
11:45 - 12:15 pm	Lunch
12:15 - 1:45 pm	M/W/F- Ice Time T/Th- Skills, Drills & Games
1:45 - 2:45 pm	T/Th- Pool Time M/W/F- Skills, Drills & Games
2:45 - 3:00 pm	Pickup at Arena 2 Entrance

Upcoming Programs & Events

April 11	Galactic Glow Ice Event
April 11	Beach Splash Bash Pool Event
April 19	Egg-Cited Goo Zone Event

For more information,
call: [250-334-9622 ext. 2](tel:250-334-9622) or
visit: www.comoxvalleyrd.ca/rec

Be sure to bring:

- Participants must supply their own gear including:
 - * Helmet with a cage or face shield
 - * Neck guard
 - * Shin/shoulder/elbow pads
 - * Jock or Jill
 - * Hockey pants & socks
 - * Hockey gloves
 - * Hockey stick
- Healthy lunch, snack & water
- Sweats & running shoes

Reminders:

- Do not send your child with money or other valuables.
- You will receive a welcome letter a few days before the start of camp.
- If you have any questions please contact the Sports Program Coordinator, Regan Jamieson at: 250-898-3708.