

# PROGRAM INFORMATION 2018-2019

## Alpine Skiing

**Dry Land:** October 15, 2018 – November 26, 2018

*Mondays: 7:00pm – 8:00pm*

Calgary Jewish Centre, 1607 – 90 Ave SW

**Skiing:** December 3, 2018 – February 24, 2019

Canada Olympic Park, 88 Canada Olympic Road SW

Sundays

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

**Intermediate/Advanced:** 9:30am–1:00pm **Fee: \$130**

**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 8 – 29, 2019

*Mondays 6:30pm – 8:00pm*

Huntington Hills Community Centre, 520 78 Ave NE

**Outdoor:** May 6, 2019 – June 24, 2019

*Mondays: 6:30pm - 8:00pm*

Calgary Rotary Challenger Park, 3688 – 48 Ave NE

**Advanced:**

**Indoor:** March 4, 2019 – April 29, 2019

*Mondays: 6:30pm – 8:00pm*

Calgary Jewish Center, 1607 – 90 Ave SW

**Outdoor:** May 6, 2019– June 24, 2019

*Mondays: 7:00pm – 8:30pm*

Glenmore Athletic Park, 5300 – 19<sup>th</sup> Street SW

## Basketball

**Development:** **Fee:\$40**

*April 3, 2019 – June 5, 2019*

*Wednesdays: 6:30pm – 8:00pm*

King George Elementary, 2108 10 Street NW

**Novice:** **Fee:\$40**

*April 3, 2019 – June 5, 2019*

*Wednesdays: 6:30pm – 8:00pm*

Chief Justice Milvain School, 3428 – 42 St NE

**Intermediate:** **Fee:\$50**

*March 13, 2019 – June 19, 2018*

*Wednesdays: 7:00pm – 8:30pm*

Don Hartman North East Sportsplex, 5206 – 68 St NE

**Advanced:** **Fee:\$50**

*March 5, 2018 – June 25, 2018*

*Mondays: 6:30pm – 8:00pm*

TBD

## 5 Pin Bowling

**Fee: \$140**

**North:**

*October 13, 2018 – March 16, 2019*

*Saturdays: 12:00pm – 2:00pm*

Bowling Depot #146, 5255 McCall Way NE

**South**

*October 13, 2018 – March 16, 2019*

*Saturdays: 1:00pm – 3:00pm*

Paradise Lanes, 3411-17 Ave SE

**Chinook**

**CHINOOK 1:**

*October 13, 2018 – March 16, 2019*

*Saturdays: 11:00am – 1:00pm*

Chinook Mall Bowladrome, 6455 Macleod Trail South

**CHINOOK 2 (YOUTH 8-17 YRS):**

*October 13, 2018 – March 16, 2019*

*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 13, 2018 – March 23, 2019*

*10:00am – 12:00pm*

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

## Bocce

**Fee: \$30**

*April 20, 2019 – June 29, 2019*

*Saturdays: 10:00am – 11:30am*

Tuxedo Park Community Centre, 202 – 29<sup>th</sup> Ave NE

## Cross Country Skiing

**Fee: \$60**

**Dry Land Training:**

*October 20, 2018 – November 24, 2018*

*Saturdays: 9:00am – 10:30am*

Foothills Academy, 745 – 37 Street NW

**Skiing:**

*December 1, 2018 – February 23, 2019*

*Saturdays: 9:30 – 11:30am*

Calgary Location Confederation Park Golf course.

**NOTE:** Ski Rentals are not included.

## Curling Fee: \$30

### Development/Novice/Intermediate/Advanced

October 14, 2018 – March 24, 2019

Sundays: 3:30pm – 5:30pm

Calgary Winter Club, 4611 – 14 St NW

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## Figure Skating

### Recreational (Learn to Skate): Fee: \$100

October 28, 2018 – March 24, 2019

Dates and Times TBD

### Competitive: Fee: \$130

Includes Skate Canada Membership.

October 28, 2018 – March 24, 2018

Dates and Time TBD

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## Floor Hockey Fee: \$90

### Youth (8-17):

October 3, 2018 – February 27, 2019

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

### Development:

October 3, 2018 – February 27, 2019

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

### Novice:

October 3, 2018 – February 27, 2019

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 3, 2018 – February 27, 2019

Wednesdays 7:00pm – 8:30pm

Hillhurst-Sunnyside Community Centre, 1320 – 5 Ave NW

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

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## Golf

### Development Lessons 1: Fee: \$30

May 7, 2019 – May 28, 2019

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 1025 – 32 Ave NE

### Development Lessons 2: Fee: \$30

June 4, 2019 – June 25, 2019

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 1025 -32 Ave NE

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

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## Golf cont.

### Youth (8-17): Fee: \$70

May 7 – June 25, 2019

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 1025-32 Ave NE

### Intermediate: Fee: \$70

May 1 – June 26, 2018

Tuesdays: 7:00pm – 8:30pm

Eaglequest Golf Dome at Fox Hollow, 1025-32 Ave NE

**AND** TBD

### Advanced: Fee: \$70

May 1 – June 26, 2018

Tuesdays: 7:00pm – 8:30pm

McKenzie Meadows Golf Club 17215 McKenzie Meadows

DR SE

**AND** TBD

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## Powerlifting Fee: \$85

March 7, 2019 – June 27, 2019

Wednesdays: 6:00pm – 8:30pm

Location: Renegade Training Centre 232-2880 45 Ave SE

**NOTE: Program is split into two groups in the timeframe**

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## Rhythmic Gymnastics Fee: \$50

March 6, 2019 – June 26, 2019

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

**NOTE: Program is split into two groups in the timeframe**

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## Snowshoeing Fee: \$40

October 28, 2018 – February 24, 2019

Sundays: 12:30pm – 2:00pm

Glenmore Athletic Park, 5300 – 19<sup>th</sup> Street SW

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## Soccer Fee: \$50

### Youth/Development/Novice/Intermediate/Advanced

**Indoor:** April 4 – 25, 2019

Thursdays: 7:00pm – 8:30pm

Location TBD.

**Outdoor:** May 2, 2019 – June 27, 2019

Thursdays: 7:00pm – 8:30pm

Huntington Hills Soccer Field, 320-64 Ave NW

## Softball

Fee: \$60

### Development (T-Ball):

**Indoor:** April 7, 2019 – May 12, 2019

Sundays: 10:00am – 11:30am

Absolute Baseball Academy, 2221 Crowchild Trail NW

**Outdoor:** May 26, 2019 – June 30, 2019

Sundays: 10:00am – 11:30am

Bridgeland Riverside Diamond,

McDougall Road & 11<sup>th</sup> St NE

### Novice:

**Indoor:** April 7, 2019 – May 12, 2019

Sundays: 10:00am – 12:00pm

Absolute Baseball Academy, 2221 Crowchild Trail NW

**Outdoor:** May 26, 2019 – July 21, 2019

Sundays: 9:30am – 11:15am

Huntington Hills Community Centre, 520 78 Ave NW

### Intermediate:

**Indoor:** April 7, 2019 – May 12, 2019

Sundays: 12:00pm – 2:00pm

Absolute Baseball Academy, 2221 Crowchild Trail NW

**Outdoor:** May 26, 2019 – July 28, 2019

Sundays: 11:30am – 1:15pm

Huntington Hills Community Centre, 520 78 Ave NW

### Advanced:

**Indoor:** April 7, 2019 – May 12, 2019

Sundays: 12:00pm – 2:00pm

Absolute Baseball Academy, 2221 Crowchild Trail NW

**Outdoor:** May 26, 2019 – July 28, 2019

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: \$125

October 15, 2018 – February 11, 2019

Mondays: 6:00pm – 7:00pm

Rocky Ridge YMCA 11300 Rocky Ridge Rd NW

**NOTE:** Athletes must be able to skate on speed skates – no rentals available

## Swimming

Fee: \$85

### Youth (8-12 yrs)

November 6, 2018 – March 26, 2019

Tuesdays: 7:00pm – 8:30pm

Vecova Recreation Centre, 3304 – 33<sup>rd</sup> St NW

### Novice:

Fee: \$85

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

November 7, 2018 – March 27, 2019

Wednesdays: 6:30 – 8:00pm

Inglewood Pool, 1527 17 Ave SE

### Intermediate:

Fee: \$100

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

November 6, 2018 – April 16, 2019

Tuesdays: 6:30pm – 8:30pm

SAIT Pool, 1301 -16 Ave NW

### Advanced:

Fee: \$100

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

November 8, 2018 – April 18, 2019

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.

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## YOUNG ATHLETES (AGES 2-8)

### Active Start (Ages 2-5)

#### ONE SESSION ONLY

Fee: \$50

February 3, 2019 – May 12, 2019

Sundays: 9:30am – 10:30am

Renfrew Educational Services, 2050 – 21 Street NE

### FUNDamentals (Ages 6-8)

#### ONE SESSION ONLY

Fee: \$50

February 3, 2019 – May 12, 2019

Sundays: 10:45am – 12:00pm

Renfrew Educational Services, 2050 – 21 St NE

# HEALTH & WELLNESS

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## Health & Wellness

Individuals can sign up for one or both sessions.

### Session 1 (Fitness):

**Fee: \$30**

*November 15, 2018– March 21, 2018*

*Thursdays: 6:30 – 8:00pm*

ATB Financial Corporate Campus, 3599 – 63 Ave NE

### Session 2 (Walk/Run):

**Fee: \$30**

*April 16, 2019 – June 18, 2019*

*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](http://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•

<b>September 8</b>	Program Payment Day
<b>October 6- 8</b>	Thanksgiving Weekend <b>NO PROGRAMS</b>
<b>October 16</b>	Breakfast with Champions
<b>November 10-12</b>	Remembrance Day Weekend <b>NO PROGRAMS</b>
<b>December 20 - January 4</b>	Christmas Holidays <b>NO PROGRAMS</b>
<b>February 8,9,10</b>	Provincial Winter Games <b>NO PROGRAMS</b>
<b>February 16-18</b>	Family Day Weekend <b>NO PROGRAMS</b>
<b>April 19 – April 22</b>	Easter Weekend <b>NO PROGRAMS</b>
<b>May 18 - 20</b>	Victoria Day Weekend <b>NO PROGRAMS</b>
<b>June 24</b>	Golf Classic
<b>June 29- July 1</b>	Canada Day Weekend <b>NO PROGRAMS</b>

## SPECIAL OLYMPICS CALGARY HEAD OFFICE

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