

Special Olympics Calgary

PURPOSE

SOCalgary enriches the lives of Albertans with an intellectual disability through sport. We provide programs to children, youth and adults with an Intellectual disability age 2 and up

REWARDING

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

COMMUNITY

Our programs are run by volunteers. We rely on constant support of the 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. Our athletes foster self esteem, make new friends and realize their full athletic potential in a safe and supportive environment

INDISPENSABLE

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 our 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 so athletes compete with other athletes of similar ability

AFFORDABLE

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

Weekly Program Calendar

Note: This is a general running guide for our programs. To check if a program is running during the week, please refer to the Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active Start	Alpine Skiing	Golf	Basketball	Health and	No Programs	5 Pin Bowling
Fundamentals	<i>Dryland</i>	Swimming	<i>Development</i>	Fitness		10 Pin Bowling
Alpine Skiing	Athletics	<i>Development</i>	<i>Novice</i>	Soccer		Active Start
Badminton	Basketball	<i>Intermediate</i>	<i>Intermediate</i>	Swimming		Fundamentals
Curling	<i>Advanced</i>	Walk/Run Club	Floor Hockey	<i>Advanced</i>		Bocce
Figure Skating			Powerlifting			X Country Skiing
Snowshoeing			Rhythmic			
Softball			Gymnastics			
Speed Skating			Swimming			
			<i>Youth</i>			

Skill Evaluation

Skill evaluations take place at the beginning of each program year for all sports. The evaluations assist coaches in determining where the athletes are placed, to ensure 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 similar ability.

Program Arrival and Leave Times

Special Olympics Calgary rents facilities throughout the city. In order to respect the 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.

Registration

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

Eligibility

Individuals participating in Special Olympics must have an intellectual disability. We offer programs to 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.

Volunteer to Athlete Ratio

Special Olympics Calgary does not provide one to one support before, during and/or after a Special Olympics program. Individual sport programs will have a volunteer to athlete ratio of: winter sports 1:3, summer sports 1:4 while team sports will have a ratio of 1:5. 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.

Payment

Payment for registration and tournaments is accepted in the form of 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 start of the program, and a \$10 administration fee will be charged for each withdrawal.

Communications

General communications from the Special Olympics Calgary office will come in the form of an email. It is the responsibility of the athlete to ensure that Special Olympics Calgary is advised of any email address changes. Any questions or concerns can be sent in an email to info@specialolympicscalgary.ca or through a phone call to our office 403-735-1022.

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 the following criteria will be used: 75% attendance at program practices, appropriate behaviour, and the ability to cope with pressures involved in traveling and competition. In order for an athlete to be able to compete at provincial games they must have attended a regional qualifier.

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 suspension or termination of program involvement.

Cancellations

Program cancellations will be posted on the Special Olympics Calgary website (www.specialolympicscalgary.ca) and on the Special Olympics Calgary social media pages. Athletes should also receive a notification from their head coach letting them know that the program is cancelled.

Programs are subject to cancellation due to following weather conditions: temperatures below -30°C including windchill for indoor programs, below -20°C or above +30°C for outdoor programs or any condition that creates an unsafe environment. The decision to cancel programs will come from the office in consultation with the head coach and/or coordinator. Programs may also be cancelled due to unsafe driving conditions. Any situations arising that compromise the safety or wellbeing of athletes, volunteers, or staff are the responsibility of the supervisor in charge.

Transportation

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

Program Information 2016-2017

Alpine Skiing

Fee: \$125

Dry land Training:

October 17, 2016 – November 28, 2016

Mondays: 7:00pm – 8:00pm

Calgary Jewish Centre, 1607 – 90 Ave SW

Skiing:

December 4, 2016 – February 28, 2017

Sundays

Development: 9:30am – 11:30am

Intermediate/Advanced: 9:30am – 1:00pm

Canada Olympic Park, 88 Canada Olympic Road SW

Note: Ski Rentals are not included.

Athletics (Track and Field)

Fee: \$40

Novice/Intermediate:

Indoor: TBD

Outdoor: May 1, 2017 – June 26, 2017

Mondays: 6:30pm - 8:30pm

Calgary Rotary Challenger Park, 3688 – 48 Ave NE

Advanced:

Indoor: March 6, 2017 – April 24, 2017

Mondays: 6:30pm – 8:00pm

Calgary Jewish Center, 1607 – 90 Ave SW

Outdoor: May 1, 2017 – June 26, 2017

Mondays: 7:00pm – 8:30pm

Glenmore Athletic Park, 5300 – 19th Street SW

Basketball

Fee: \$40

Development:

March 1, 2017 – June 28, 2017

Wednesdays: 6:30pm – 8:00pm

River Valley School, 3127 Bowwood Dr NW

Novice:

March 1, 2017 – June 28, 2017

Wednesdays: 6:30pm – 8:00pm

Chief Justice Milvain School, 3428 – 42 St NE

Intermediate:

March 1, 2017 – June 28, 2017

Wednesdays: 7:00pm – 8:30pm

Don Hartman North East Sportsplex, 5206 – 68 St NE

Advanced:

February 27, 2017 – June 26, 2017

Mondays: 6:30pm – 8:00pm

Annie Foote School, 6320 Temple Dr NE AND

St. Helena School, 320 – 64 Ave NW

BOCCE

Fee: \$30

April 22, 2017 – June 24, 2017

Saturdays: 10:00am – 11:30am

Tuxedo Park Community Centre 202 – 29th Ave NE

5 Pin Bowling

Fee: \$140

North:

October 1, 2016 – March 18, 2017

Saturdays: 12:00pm – 2:00pm

Bowling Depot #146, 5255 McCall Way NE

South

October 1, 2016 – March 18, 2017

Saturdays: 1:00pm – 3:00pm

Paradise Lanes, 3411-17 Ave SE

Chinook

Chinook 1:

October 1, 2016 – March 18, 2017

Saturdays: 11:00am – 1:00pm

Chinook Mall Bowladrome, 6455 Macleod Trail South

Chinook 2 (Youth 8-17 yrs):

October 1, 2016 – March 18, 2017

Saturdays: 1:30pm – 3:30pm

Chinook Mall Bowladrome, 6455 Macleod Trail South

Please Note: Only Bowling Depot location is wheelchair accessible

10 Pin Bowling

Fee: \$100

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

October 1, 2016 – April 8, 2017

Varying Saturdays: 10:00am – 12:00pm

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

Cross Country Skiing

Fee: \$80

Dry land Training:

October 15, 2016 – November 26, 2016

Saturdays: 9:00am – 10:30am

Foothills Academy, 745 – 37 Street NW

Skiing:

December 3, 2016 – February 25, 2017

Saturdays: 9:00am – 12:00pm

Canmore Nordic Centre,

1988 Olympic Way, Canmore AB

Note: Ski Rentals are not included and transportation is not provided

Curling

Fee: \$30

Development/Novice/Intermediate/Advanced

October 16, 2016 – March 26, 2017

Sundays: 4:00pm – 6:00pm

Calgary Winter Club, 4611 – 14 St NW

Figure Skating

Development: **Fee: \$75**

October 23, 2016 – March 26, 2017

Sundays: 10:30am – 12:30pm

Canada Olympic Park Ice Complex, 88 Canada Olympic Road SW

Competitive: **Fee: \$100**

Includes Skate Canada Membership

October 23, 2016 – March 26, 2017

Sundays: 10:30am – 12:30pm

Canada Olympic Park Ice Complex, 88 Canada Olympic Road SW

Floor Hockey **Fee: \$75**

Development:

October 5, 2016 – February 22, 2017

Wednesdays: 7:00pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

Novice:

October 5, 2016 – February 22, 2017

Wednesdays: 6:30pm – 8:30pm

Don Hartman North East Sportsplex, 5206 – 68 StNE

Intermediate:

October 5, 2016 – February 22, 2017

Wednesdays

Hillhurst-Sunnyside Community Rec. Centre,

1320 – 5 Ave NW, 7:00pm – 8:30pm AND

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

Golf

Individuals can only sign up for one lesson

Development Lesson 1: **Fee: \$30**

May 2, 2017 – May 23, 2017

Tuesdays: 7:00pm – 8:30pm

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

Development Lesson 2: **Fee: \$30**

June 5, 2017 – June 27, 2017

Tuesdays: 7:00pm – 8:30pm

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

Intermediate: **Fee: \$70**

May 2- June 27, 2017

Tuesdays: 7:00pm – 8:30pm

The Elks Lodge and Golf Club, 2502 – 6th St NE

Advanced: **Fee: \$70**

May 2, 2017 – June 27, 2017

Tuesdays: 7:00pm – 8:30pm

McCall Lake Golf course, 1600 – 32 Ave NE

Powerlifting **Fee: \$60**

Program is split into two groups in the timeframe

March 1, 2017 – June 28, 2017

Wednesdays: 6:00pm – 8:30pm

Calgary Central Sportsplex, 401 – 33rd St NE

Rhythmic Gymnastics **Fee: \$50**

Program is split into two groups in the timeframe

March 1, 2017 – June 28, 2017

Wednesdays: 6:30pm – 8:30pm

Calgary Jewish Centre, 1607 – 90 Ave SW

Snowshoeing **Fee: \$40**

November 6, 2016 – February 26, 2017

Sundays: 1:00pm – 2:00pm

Glenmore Athletic Park, 5300 – 19th Street SW

Soccer **Fee: \$50**

Youth/Development/Novice/Intermediate/Advanced

April 20, 2017 – June 29, 2017

Thursdays: 7:00pm – 8:30pm

TBD

Softball **Fee: \$40**

Development (T-Ball):

Indoor: April 9, 2017 – May 14, 2017

Sundays: 10:00am – 11:30am

Absolute Baseball Academy, 2

2255 Crowchild Trail NW

Outdoor: May 28, 2017 – June 25, 2016

Sundays: 10:00am – 11:30am

Bridgeland Riverside Diamond,

McDougall Road & 11th St NE

Novice:

Indoor: April 9, 2017 – May 14, 2017

Sundays: 10:00am – 12:00pm

Absolute Baseball Academy,

2255 Crowchild Trail NW

Outdoor: May 28, 2017 – June 25, 2017

Sundays: 10:00am – 12:00pm

Calgary Rotary Challenger Park, 3688 – 48 Ave NE

Intermediate:

Indoor: April 9, 2017 – May 14, 2017

Sundays: 12:00pm – 2:00pm

Absolute Baseball Academy,

2255 Crowchild Trail NW

Outdoor: May 28, 2017 – June 25, 2017

Sundays: 12:30pm – 2:30pm

Calgary Rotary Challenger Park, 3688 – 48 Ave NE

Advanced:

Indoor: April 9, 2017 – May 14, 2017

Sundays: 12:00pm – 2:00pm

Absolute Baseball Academy,

2255 Crowchild Trail NW

Outdoor: May 27, 2017 – June 24, 2017

Saturdays: 10:00am – 12:00pm

July 16, 2017 – July 30, 2017

Sundays: 10:00am – 12:00pm

Bridgeland Riverside Diamond,

MacDougall Road & 11 St NE

Speed Skating & Learn to Speed Skate

October 2, 2016 – February 12, 2017 **Fee: \$100**
Sundays: 3:00pm – 4:45pm
Olympic Oval, 2500 University Drive NW

Swimming Fee: \$85

Swimming programs offered are NOT Red Cross Certified Lesson sessions

Youth (8-12 yrs)

October 26, 2016 – March 29, 2017

Wednesdays: 6:30pm – 8:00pm

Inglewood Pool, 1527 – 17 Ave SE

Development:

October 11, 2016 – March 28, 2017

Tuesdays: 7:00pm – 8:30pm

Vecova Recreation Centre, 3304 – 33rd St NW

Intermediate:

October 18, 2016 – March 28, 2017

Tuesdays: 6:30pm – 8:30pm

SAIT Pool, 1301 -16 Ave NW

Advanced:

October 13, 2016 – April 13, 2017

Thursdays: 6:30pm – 8:30pm

SAIT Pool, 1301 – 16 Ave NW

DEMONSTRATION PROGRAMS

Badminton Fee: \$30

October 16, 2016 – November 27, 2016

Sundays: 1:30pm – 3:30pm

Calgary Winter Club, 4611 – 14 St NW

Health & Fitness

Learn to Train and Be Active for Life Levels
Individuals can only sign up for one group

Group 1: Fee: \$30

October 20, 2016 – January 12, 2017

Thursdays: 6:30pm – 8:00pm

ATB Financial Corporate Campus, 3699 – 63 Ave NE

Group 2: Fee: \$30

January 19, 2017 – March 30, 2017

Thursdays: 6:30pm – 8:00pm

ATB Financial Corporate Campus, 3699 – 63 Ave NE

Walk/Run Club Fee: \$30

April 18, 2017 – June 27, 2017

Tuesdays: 6:30pm – 8:00pm

Calgary Curling Club, 720 – 3 St NW

Young Athlete Programs

Active Start (Ages 2-6)

Individuals can sign up for one or both sessions

Session 1: Fee: \$50

October 16, 2016 – January 22, 2017

Sundays: 9:30am – 10:30am

Renfrew Educational Services, 2050 – 21 Street NE

Session 2: Fee: \$50

March 18, 2017 – June 24, 2017

Saturdays: 9:30am – 10:30am

Vecova Recreation Centre, 3304 – 33rd St NW

Fundamentals

Individuals can sign up for one or both sessions

Session 1: Fee: \$50

October 16, 2016 – January 22, 2017

Sundays: 10:45am – 12:00pm

Renfrew Educational Services, 2050 – 21 St NE

Session 2: Fee: \$50

March 18, 2017 – June 24, 2017

Saturdays: 10:45am – 12:00pm

Vecova Recreation Centre, 3304 – 33rd St NW

Important Dates

Sept 8th	2016/2017 Registration Day
Oct 8th-10th	Thanksgiving weekend NO PROGRAMS
Nov 11th-13th	Remembrance Day LIMITED PROGRAMS
Dec 20th-Jan 2nd	Christmas Holiday NO PROGRAMS
Feb 18th-20th	Family Day weekend NO PROGRAMS
Apr 14th-17th	Easter weekend NO PROGRAMS
May 20th-22nd	Victoria Day weekend NO PROGRAMS
July 1st-3rd	Canada Day weekend NO PROGRAMS
July 7th-9th	2017 Provincial Summer Games in Medicine Hat NO PROGRAMS

September '16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	Labour Day 5	6	7	Registration 8	9	10
11	12	13	14	15	16	LETR Truck Convoy 17
18	19	20	21	22	23	Athlete Health and Nutrition Conference 24
25	26	27	28	29	30	

October '16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						5 Pin Bowling 10 Pin Bowling 1
Speed Skating 2	3	4	Floor Hockey Development Novice Intermediate 5	6	7	No Programs 8
No Programs 9	No Programs 10 Thanksgiving	Swimming Development 11	Floor Hockey Development Novice Intermediate 12	Swimming Advanced 13	14	5 Pin Bowling 10 Pin Bowling X Country Dryland 15
Active Start Fundamentals Badminton Curling 16	Alpine Skiing Dryland Breakfast with Champions 17	Swimming Development Intermediate 18	Floor Hockey Development Novice Intermediate Swimming Youth 19	Health and Fitness <i>Group 1</i> Swimming Advanced 20	21	5 Pin Bowling X Country Dryland 22
Active Start Fundamentals Badminton Curling Figure Skating 23 Speed Skating	Alpine Skiing Dryland 24	Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 1</i> Swimming Advanced		5 Pin Bowling 10 Pin Bowling X Country Dryland
Active Start Fundamentals Badminton Curling 30 Figure Skating	Alpine Skiing Dryland 31 Halloween	25	26	27	28	29

November '16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Swimming Development Intermediate 1	Floor Hockey Development Novice Intermediate Swimming Youth 2	Health and Fitness <i>Group 1</i> Swimming Advanced 3		5 Pin Bowling X Country Dryland 5
Active Start Fundamentals Badminton Curling Figure Skating Snowshoeing 6	Alpine Skiing Dryland 7	Swimming Development Intermediate 8	Floor Hockey Development Novice Intermediate Swimming Youth 9	Health and Fitness <i>Group 1</i> Swimming Advanced 10	No Programs 11 Remembrance Day	No Programs Exception: 10 Pin Bowling 12
No Programs Exception: Speed Skating 13	Alpine Skiing Dryland 14	Swimming Development Intermediate 15	Floor Hockey Development Novice Intermediate Swimming Youth 16	Health and Fitness <i>Group 1</i> Swimming Advanced 17		5 Pin Bowling X Country Dryland 19
Active Start Fundamentals Badminton Curling Snowshoeing Speed Skating 20	Alpine Skiing Dryland 21	Swimming Development Intermediate 22	Floor Hockey Development Novice Intermediate Swimming Youth 23	Health and Fitness <i>Group 1</i> Swimming Advanced 24		5 Pin Bowling 10 Pin Bowling X Country Dryland 26
Active Start Fundamentals Badminton Curling Snowshoeing Speed Skating 27	Alpine Skiing Dryland 28	Swimming Development Intermediate 29	Floor Hockey Development Novice Intermediate Swimming Youth 30			

December '16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Health and Fitness <i>Group 1</i> Swimming Advanced 1		5 Pin Bowling 10 Pin Bowling X Country Skiing 3
Active Start Fundamentals Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating 4		Swimming Development Intermediate 6	Floor Hockey Development Novice Intermediate Swimming Youth 7	Health and Fitness <i>Group 1</i> Swimming Advanced 8		5 Pin Bowling X Country Skiing 10
Active Start Fundamentals Alpine Skiing Curling Snowshoeing 11		Swimming Development Intermediate 13	Floor Hockey Development Novice Intermediate Swimming Youth 14	Health and Fitness <i>Group 1</i> Swimming Advanced 15		5 Pin Bowling 10 Pin Bowling X Country Skiing 17
Active Start Fundamentals Alpine Skiing Curling Snowshoeing 18		No Programs 20	No Programs 21	No Programs 22	No Programs 23	No Programs 24
No Programs 25 Christmas	No Programs 26 Boxing Day	No Programs 27	No Programs 28	No Programs 29	No Programs 30	No Programs 31 New Years Eve

January '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Programs	No Programs	Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 1</i> Swimming Advanced		5 Pin Bowling 10 Pin Bowling X Country Skiing
1 New Years	2	3	4	5	6	7
Active Start Fundamentals Alpine Skiing Figure Skating Snowshoeing Speed Skating		Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 1</i> Swimming Advanced		5 Pin Bowling 10 Pin Bowling X Country Skiing
8	9	10	11	12	13	14
Active Start Fundamentals Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating		Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 2</i> Swimming Advanced		Bowling Tournament X Country Skiing
15	16	17	18	19	20	21
Active Start Fundamentals Alpine Skiing Snowshoeing Speed Skating		Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 2</i> Swimming Advanced		5 Pin Bowling X Country Skiing
22	23	24	25	26	27	28
Alpine Skiing Curling Snowshoeing Speed Skating		Swimming Development Intermediate				
29	30	31				

February '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 2</i> Swimming Advanced		5 Pin Bowling 10 Pin Bowling X Country Skiing
			1	2	3	4
Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating		Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 2</i> Swimming Advanced		5 Pin Bowling 10 Pin Bowling X Country Skiing
5	6	7	8	9	10	11
Alpine Skiing Curling Figure Skating Snowshoeing Speed Skating		Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 2</i> Swimming Advanced		No Programs
12	13	14	15	16	17	18
No Programs	No Programs	Swimming Development Intermediate	Floor Hockey Development Novice Intermediate Swimming Youth	Health and Fitness <i>Group 2</i> Swimming Advanced		5 Pin Bowling 10 Pin Bowling X Country Skiing LETR Polar Plunge
19	20 Family Day	21	22	23	24	25
Alpine Skiing Curling Figure Skating Snowshoeing	Basketball Advanced	Swimming Development Intermediate				
26	27	28				

March '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting Swimming Youth 1	Health and Fitness <i>Group 2</i> Swimming Advanced 2	3	5 Pin Bowling 10 Pin Bowling 4
Curling Figure Skating 5	Athletics – Indoor Advanced Basketball Advanced 6	Swimming Development Intermediate 7	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting Swimming Youth 8	Health and Fitness <i>Group 2</i> Swimming Advanced 9	10	5 Pin Bowling 10 Pin Bowling 11
Curling Figure Skating 12	Athletics – Indoor Advanced Basketball Advanced 13	Swimming Development Intermediate 14	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting Swimming Youth 15	Health and Fitness <i>Group 2</i> Swimming Advanced 16	17 St. Patrick's Day	Bowl-A-Rama Active Start Fundamentals 18
Curling Figure Skating 19	Athletics – Indoor Advanced Basketball Advanced 20	Swimming Development Intermediate 21	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting Swimming Youth 22	Health and Fitness <i>Group 2</i> Swimming Advanced 23	24	Active Start Fundamentals 25
Curling Figure Skating 26	Athletics – Indoor Advanced Basketball Advanced 27	Swimming Development Intermediate 28	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting Swimming Youth 29	Health and Fitness <i>Group 2</i> Swimming Advanced 30	31	

April '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10 Pin Bowling Active Start Fundamentals 1
3	Athletics – Indoor Advanced Basketball Advanced 3	4	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 5	Swimming Advanced 6	7	10 Pin Bowling Active Start Fundamentals 8
Softball – Indoor Development Novice Intermediate Advanced 9	Athletics – Indoor Advanced Basketball Advanced 10	11	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 12	Swimming Advanced 13	No Programs 14 Good Friday	No Programs 15
No Programs 16 Easter Sunday	No Programs 17 Easter Monday	Walk/Run Club 18	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 19	Soccer 20	21	Active Start Fundamentals Bocce 22
Softball – Indoor Development Novice Intermediate 23 Advanced Softball – Indoor Development Novice Intermediate 30 Advanced	Athletics – Indoor Advanced Basketball Advanced 24	Walk/Run Club 25	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 26	Soccer 27	28	Active Start Fundamentals Bocce 29

May '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 1	Golf <i>Development Lessons 1</i> Intermediate Advanced Walk/Run Club 2	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 3	Soccer 4	5	Active Start Fundamentals Bocce 6
Softball – Indoor Development Novice Intermediate Advanced 7	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 8	Golf <i>Development Lessons 1</i> Intermediate Advanced Walk/Run Club 9	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 10	Soccer 11	12	Active Start Fundamentals Bocce 13
Softball – Indoor Development Novice Intermediate Advanced 14	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 15	Golf <i>Development Lessons 1</i> Intermediate Advanced Walk/Run Club 16	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 17	Soccer 18	19	No Programs 20
No Programs 21	No Programs 22 Victoria Day	Golf <i>Development Lessons 1</i> Intermediate Advanced Walk/Run Club 23	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 24	Soccer 25	26	Active Start Fundamentals Bocce Softball – Outdoor Advanced 27
Softball – Outdoor Development Novice Intermediate 28	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 29	Golf Intermediate Advanced Walk/Run Club 30	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 31			

June '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	Active Start Fundamentals Bocce Softball – Outdoor Advanced 3
Softball – Outdoor Development Novice Intermediate Advanced 4	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 5	Golf <i>Development Lessons 2</i> Intermediate Advanced Walk/Run Club 6	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 7	Soccer 8	9	Active Start Fundamentals Bocce Softball – Outdoor Advanced 10
Softball – Outdoor Development Novice Intermediate Advanced 11	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 12	Golf <i>Development Lessons 2</i> Intermediate Advanced Walk/Run Club 13	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 14	Soccer 15	16	Active Start Fundamentals Bocce Softball – Outdoor Advanced 17
Softball – Outdoor Development Novice Intermediate Advanced 18	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 19	Golf <i>Development Lessons 2</i> Intermediate Advanced Walk/Run Club 20	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 21	Soccer 22	23	Active Start Fundamentals Bocce Softball – Outdoor Advanced 24
Softball – Outdoor Development Novice Intermediate Advanced 25	Athletics – Outdoor Novice Intermediate Advanced Basketball Advanced 26	Golf <i>Development Lessons 2</i> Intermediate Advanced Walk/Run Club 27	Basketball Development Novice Intermediate Rhythmic Gymnastics Powerlifting 28	Soccer 29	30	

July '17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						No Programs 1 Canada Day
No Programs 2	No Programs 3	4	5	6	No Programs 2017 Provincial Summer Games 7	No Programs 2017 Provincial Summer Games 8
No Programs 2017 Provincial Summer Games 9	10	11	12	13	14	15
Softball – Outdoor Advanced 16	17	18	19	20	21	22
Softball – Outdoor Advanced 23 Softball – Outdoor Advanced	24					
30	31	25	26	27	28	29

August '17

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		