



## Impact Sports (Ages 6-12)

### Ice Daycamp Itinerary

March 30-April 2, 2026 | 10:00 - 3:00 pm

CVRD Sports Centre, Arena #2+ Pool, 3001 Vanier Dr

*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 am	Drop off- Arena 2 Lobby
10:15 - 11:15 pm	Ice lesson & Free Skate
11:15 - 12:30 pm	Games (outside if possible)
12:30- 1:00 pm	Lunch
1:00- 1:45 pm	Games or Crafts
2:00 - 2:50 pm	Water Games & Free Swim
3:00 pm	Pick up- Arena 1 Pool Lobby

### Upcoming Programs & Events

April 24	1989 Neon Roller Skate Night
April 25	Galactic Glow Skate
May 17	Graffiti Ice

### Be sure to bring:

- Personal helmet, gloves, and long sleeved shirt and pants for skating
- Healthy lunch, snack & water bottle
- Outdoor clothing to play sports & running shoes
- Swimsuit and towel for swimming

### Reminders:

- Do not send your child with money or other valuables.
- If you have any questions please contact the Sports Program Coordinator, Regan Jamieson at: 250-898-3708.

For more information,  
call: 250-334-9622 ext. 0 or  
visit: [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec)