



## Ball Hockey (Ages 6-12)

### Hockey Daycamp Itinerary

July 13 - 17, 2026 | 10:00 - 3:00 pm

CVRD's Sports Centre, Arena 2, 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 - 11:00 am	Field Activities—Dryland Training
11:00 - 12:00 pm	Skills Training—Arena 2
12:00 - 12:30 pm	Lunch
12:30 - 2:00 pm	Ball Hockey Game & More Drills
2:00 - 2:45 pm	Cool Down Activities—Splash Zone
2:45 - 3:00 pm	Pickup at Arena 1 Entrance

### Upcoming Programs & Events

July 20-24	Impact Sports camp
August 4-7	Survivor camp
August 10-14	H2Ox2 camp

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

### Be sure to bring:

- Participants must supply their own gear including:
  - \* Helmet with a cage or face shield, hockey gloves, street hockey stick
  - \* (Optional) Shin/shoulder/elbow pads, Jock or Jill
- Healthy lunch, snack & water
- Clothing and footwear appropriate for indoor and outdoor physical activity
- Swimsuit and towel for waterplay or 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.