



Ball Hockey (Ages 6-12)

Hockey Daycamp Itinerary

July 20-24, 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

August 4-7	Coollest Games camp
August 10-14	C.I.A camp
August 17-21	Olympic Trials camp

For more information,
call: [250-334-9622](tel:250-334-9622) ext. 0 or
visit: 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.