



Impact Sports (Ages 6-12)

Sport Daycamp Itinerary

July 20-24, 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 - 10:45	Welcome games
10:45 - 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

Be sure to bring:

- Healthy lunch, snack & water bottle
- Clothing and footwear appropriate for indoor and outdoor physical activity
- 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.

Upcoming Programs & Events

August 4-7	Survivor camp
August 10-14	H2Ox2 camp
August 17-21	Little Ninja camp

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