



Coollest Game (Ages 7-12)

Ice Daycamp Itinerary

August 4-7, 2026 | 10:00 am - 3:00 pm
CVRD's Sports Centre, Arena 1, 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 am	Drop off- Arena 1
10:15 - 11:00 am	Warm Up and Dryland Drills
11:00 - 12:30 pm	Ice Time - Drills & Skills
12:30 - 1:00 pm	Lunch
1:00 - 1:45 pm	Coach Talk & Dryland Training
2:00- 2:45 pm	Ice Time - Game
3:00 pm	Pickup- Arena 1

Be sure to bring:

- Participants must supply their own gear including:
 - * Helmet with a cage or face shield
 - * Neck guard
 - * Shin/shoulder/elbow pads
 - * Jock or Jill
 - * Hockey pants & socks
 - * Hockey gloves
 - * Hockey stick
- Healthy lunch, snack & water
- Clothing and footwear appropriate for indoor and outdoor physical activity

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 10-14	CIA camp
August 17-21	Olympic Trials camp
August 24-28	Silly Sport camp

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