



H2O x 2 (Ages 6-12)

Ice Daycamp Itinerary

August 10-14, 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	Free Swim
3:00 pm	Pick up- Arena 1 Pool Lobby

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.

Upcoming Programs & Events

August 17-21	Little Ninja camp
August 17-21	Olympic Trials camp
Aug 31- Sept 4	H2OX2 camp

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