



H2O x 2
(Ages 6-12)

Ice Daycamp Itinerary

August 5 - 8, 2025 | 10:00 - 3:00 pm

CVRD Sports Centre, Aquarium Room, 3001 Vanier

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 Aquarium Room
10:15 - 11 pm	Outside Games
11:00 - 12:00	Ice lessons & games—Arena 1
12:00 - 12:30 pm	Lunch
12:30 - 1:30 pm	Outside Games & Craft
1:30 - 2:45 pm	Swim Lesson & Free Time
3:00 pm	Pick up at Aquarium Room

Be sure to bring:

- A bathing suit and a towel
- Personal helmet, gloves, a long sleeved shirt and long pants for skating
- Healthy lunch, snack & water
- Sweats & running shoes
- Splash Zone Clothes

Reminders:

- Do not send your child with money or other valuables.
- You will receive a welcome letter a few days before the start of camp.
- If you have any questions please contact the Sports Program Coordinator, Regan Jamieson at: 250-898-3708.

Upcoming Programs & Events

Aug 11 -15	River Explorers Daycamp
Aug. 11 -15	Splash Zone Daycamp
Aug. 18 - 22	Ice Blades Daycamp

For more information,
call: **250-334-9622 ext. 2** or
visit: www.comoxvalleyrd.ca/rec