



CIA
(Ages 8-14)

Hockey Daycamp Itinerary

March 30—April 2, 2026 | 10 am - 3 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 - 10:45 am	Warm Up & Stretch
10:45 - 12:15 pm	Ice Time #1—Hockey Drills & Skills
12:15 - 12:45 pm	Lunch
1:00 - 1:30 pm	Dryland Training
1:45 - 2:45 pm	Ice Time #2—Endurance & Skill
2:45 - 3:00 pm	Pickup at Arena 2 Entrance

Upcoming Programs & Events

April 10	Beach Splash Bash Pool Event
April 24	Taylor Swift Dance & Roller Skate Party
April 25	Galactic Glow Ice Event

For more information,
call: [250-334-9622](tel:250-334-9622) ext. 2 or
visit: www.comoxvalleyrd.ca/rec

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
- Sweats & running shoes

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.