

2023-2024 Special Olympics Alberta – Edmonton
Program Guide

EDMONTON
SPECIAL OLYMPICS
ALBERTA



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About Special Olympics Edmonton

Mission

We are committed to enriching the lives of Albertans with an intellectual disability through sport.

Values

Individuals with an intellectual disability, of all ages and abilities, are given the opportunity to realize their full athletic potential, with appropriate training, coaching and competitions, to develop life skills, a healthy body and self-esteem.

Athletes

Currently in SOE we have 600 athletes ranging from 2 – 80 years of age. In order to be eligible to compete in Special Olympics all athletes must have a variation of an intellectual or cognitive disability. Some disabilities include, but are not limited to: Autism, Down syndrome, FASD, Learning Disability, Global Development Delay etc.

Volunteers

We have over 300 volunteers here in Edmonton. A majority of volunteers (over two thirds) are program volunteers and coaches. They are responsible for running our programs and coaching the athletes in various sports. The other third are mainly special event volunteers who help with tournaments, fundraising events and athlete socials.

Programs

Many people think that since we have “Olympics” associated with our name that we are only a large event that runs every two years. It is true that Special Olympics does have a high level competition cycle, however, here in Edmonton at the grass roots level we offer programs to athletes all year round.

Programs

Program Seasons & Start Dates			
ADULT PROGRAMS			
Fall Starts October (Projected) - March/April	Winter Starts January- June	Spring Starts March - June	Summer Starts May - August
5 Pin Bowling	Introduction to Strength Training	Basketball	Bocce
10 Pin Bowling	Powerlifting		Golf
Alpine Skiing	Track & Field		Outdoor Soccer
Artistic Gymnastics			Pickleball
Curling			Softball
Floor Hockey			Walking Club
Indoor Soccer			
Rhythmic Gymnastics			
Snowshoeing			
Swimming			
YOUTH PROGRAMS			
Fall Starts November (Projected) - March	Winter Starts January- June	Spring Starts March - June	Summer Starts May - August
Multi-Sport	Indoor Soccer	Basketball	Outdoor Soccer
Little Bowlers			

Competitions and Competition Cycle

Athletes involved with Special Olympics Edmonton have the opportunity to compete at the local, provincial, national and international level. We follow a cycle similar to the generic Olympics where we follow both a summer and winter cycle.





Adult Programs

FALL SEASON

5 Pin Bowling

All-Stars 1

LOCATION	BONNIE DOON BOWLING LANES - BONNIE DOON SHOPPING CENTRE 8330 82 AVE
SEASON	OCTOBER - MARCH
TIME	10:00 AM – 12:00 PM
WEEKDAY	SUNDAY

THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.

All-Stars 2

LOCATION	BONNIE DOON BOWLING LANES - BONNIE DOON SHOPPING CENTRE 8330 82 AVE
SEASON	OCTOBER- MARCH
TIME	1:00 PM – 3:00 PM
WEEKDAY	SUNDAY

THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.

All-Stars 3

LOCATION	PLAZA BOWLING Co. - 10418 118 AVE NW
SEASON	OCTOBER - MARCH
TIME	10:00 AM – 12:00 PM
WEEKDAY	SUNDAY

THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.

10 - Pin

LOCATION	GATEWAY LANES – 3414 GATEWAY BLVD NW
SEASON	OCTOBER – APRIL
TIME	1:00 PM – 3:30 PM
WEEKDAY	SATURDAY

THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.

Alpine Skiing

LOCATION	SUNRIDGE SKI AREA – 10980 17 STREET NW
SEASON	NOVEMBER – MARCH
TIME	6:00 PM – 8:30 PM
WEEKDAY	WEDNESDAY

THIS IS NOT A LEARN TO SKI PROGRAM; PREVIOUS EXPERIENCE SKIING IS A REQUIREMENT TO JOIN THIS PROGRAM. ATHLETES WILL WORK ON DEVELOPMENT OF THEIR DOWNHILL SKI MOVEMENTS WITH A FOCUS ON RACING.

Artistic Gymnastics

LOCATION	SOUTH EDMONTON GYMNASTIQUE + NINJA - 5140 67 AVE NW, EDMONTON, AB T6B 3N9
SEASON	OCTOBER – DECEMBER
TIME	TBD
WEEKDAY	TUESDAY

ATHLETES WILL BE FAMILIARIZING THEMSELVES WITH THE VARIOUS EQUIPMENT WITHIN THE GYM (BEAMS, TRAMPOLINE, FLOOR TUMBLING) WHILE LEARNING THE BASICS OF SAFE LANDINGS, MOVEMENT AND TECHNIQUE! AS THE ATHLETES PROGRESS, SKILL ADVANCEMENT AND CIRCUITS WILL BE INTEGRATED INTO THE PROGRAM.

Curling

LOCATION	OTTWELL CURLING CLUB – 4205 102 AVENUE NW
SEASON	OCTOBER – FEBRUARY
TIME	6:30 PM – 7:30 PM
WEEKDAY	TUESDAY

ATHLETES WILL BE WORKING ON STANDING ON THE ICE, MOVING ON THE ICE, PROPER THROWING TECHNIQUE, SWEEPING TECHNIQUE, AND SHOT CALLING. ATHLETES SHOULD DRESS WARMLY AS THE CURLING RINK IS NOT HEATED. THIS PROGRAM IS SUBJECT TO A LIMITED NUMBER OF PARTICIPANTS DUE TO THE FACILITY.

Floor Hockey

LOCATION	EDMONTON EXPO CENTRE – 7515 118 AVE NW
SEASON	OCTOBER – FEBRUARY
TIME	6:00 PM – 8:00 PM
WEEKDAY	WEDNESDAY

THIS PROGRAM IS DESIGNED TO PROVIDE THE OPPORTUNITY TO DEVELOP SHOOTING, PASSING AND STICK HANDLING SKILLS THROUGH BOTH DRILLS AND SCRIMMAGE. BODY CONTACT AND SLAP SHOTS ARE NOT ALLOWED. ATHLETES WILL BE PLACED IN DIVISIONS BY COACHES BASED ON PERFORMANCE AND SKILL LEVEL. WHEN ATHLETES REGISTER FOR THE FLOOR HOCKEY PROGRAM, THEY WILL BE REQUIRED TO ATTEND A SKILLS

ASSESSMENT. FROM THAT THEY WILL BE PLACED IN THE APPROPRIATE DIVISION BASED ON THE ATHLETE'S ABILITY LEVEL. ATHLETES WILL BE ABLE TO MOVE AMONG DIVISIONS BASED ON THE COACHES' ASSESSMENT.

Indoor Soccer – Adult

Recreational

LOCATION	EDMONTON SOCCER CENTRE EAST – 12720 VICTORIA TRAIL NW
SEASON	OCTOBER - MARCH
TIME	5:30-6:30 PM
WEEKDAY	THURSDAYS

THIS PROGRAM OFFERS THREE LEVELS OF PLAY: BEGINNER, NOVICE, AND INTERMEDIATE. INSTRUCTION IS PROVIDED TO TEACH KICKING, PASSING AND BALL HANDLING TECHNIQUES, AS WELL AS TEAMWORK AND GAME RULES. ALL ATHLETES WILL BE ASSESSED AND WILL BE PLACED IN THE DIVISION MOST SUITABLE FOR THEIR ABILITY AND INTEREST. PLEASE REGISTER FOR THIS PROGRAM IF YOU ARE NEW TO SPECIAL OLYMPICS SOCCER!

Advanced

LOCATION	EDMONTON SOCCER CENTRE EAST – 12720 VICTORIA TRAIL NW
SEASON	OCTOBER - MARCH
TIME	5:45-6:45 PM
WEEKDAY	THURSDAYS

**** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.** INSTRUCTION IS PROVIDED TO TEACH KICKING, PASSING AND BALL HANDLING TECHNIQUES, AS WELL AS TEAMWORK AND GAME RULES. ATHLETES WILL PRACTICE TWO DAYS PER WEEK.

Rhythmic Gymnastics

LOCATION	PRINCETON ELEMENTARY SCHOOL - 7720 130 AVE NW
SEASON	NOVEMBER – MAY
TIME	6:00 PM – 7:00 PM
WEEKDAY	TBD

****SPRITES IS A PERFORMANCE GROUP ONLY AND THE ONLY RHYTHMIC GYMNASTICS PROGRAM BEING OFFERED THIS SEASON.** PERFORMANCES MAY INCLUDE: HOLIDAY EVENTS, SPORTING EVENTS, SPECIAL OLYMPICS EVENTS, ETC. THIS PROGRAM IS DESIGNED TO TEACH ALL LEVELS OF BASIC RHYTHMIC GYMNASTICS SKILLS AS WELL AS INDIVIDUAL AND GROUP ROUTINES. INSTRUCTION IN ROPE, HOOP, BALL, CLUBS, RIBBON AND BODY TECHNIQUE ARE INCLUDED. THIS PROGRAM IS NOT ONLY OPEN TO FEMALES BUT MALES ARE ALSO STRONGLY ENCOURAGED TO JOIN! NO DANCE OR GYMNASTIC EXPERIENCE REQUIRED.

Snowshoeing

LOCATION	RUNDLE PARK - ACT 2909 113 AVE
SEASON	NOVEMBER - MARCH
TIME	2:00 PM – 3:30 PM
WEEKDAY	SUNDAYS

THIS PROGRAM IS DESIGNED TO TEACH BASIC SNOWSHOEING SKILLS FROM BEGINNER TO INTERMEDIATE LEVELS. TECHNIQUES, AS WELL AS SAFETY, FITTING OF EQUIPMENT, AND ON-SNOW INSTRUCTION IS OFFERED. EQUIPMENT IS PROVIDED.

Swimming

Beginner

LOCATION	GERRY KELLY AQUATIC CENTRE MACEWAN UNIVERSITY – 10800 105 AVENUE NW
SEASON	OCTOBER – FEBRUARY
TIME	8:15 PM – 9:15 PM
WEEKDAY	MONDAYS

***** NOTE: THIS IS NOT A LEARN TO SWIM PROGRAM. ATHLETES ENTERING THE PROGRAM, MUST BE ABLE TO FLOAT ON THEIR BACK INDEPENDENTLY, FLOAT FACE DOWN AND BE COMFORTABLE ALONE IN THE WATER WITH NO 1-1 SUPPORT. ALL ATHLETES WILL BE ASSESSED IN THE FIRST TWO WEEKS OF THE PROGRAM. IF ATHLETES DO NOT MEET THE ABOVE PROVISIONS, THEY WILL BE REMOVED FOR THE PROGRAM WITH A COMPLETE REFUND.**

THIS PROGRAM WILL OFFER PARTICIPANTS TIME TO SWIM TOGETHER, AS WELL AS DEVELOP PROPER STROKE MECHANICS. EMPHASIS IS PLACED ON IMPROVING COORDINATION, AGILITY AND STRENGTHENING OF MUSCLES TO INCREASE RANGE OF MOTION AS WELL AS WATER SAFETY MEASURES.

Intermediate

LOCATION	GERRY KELLY AQUATIC CENTRE MACEWAN UNIVERSITY – 10800 105 AVENUE NW
SEASON	OCTOBER – FEBRUARY
TIME	8:15 PM – 9:15 PM
WEEKDAY	MONDAYS

**** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.**

THIS PROGRAM WILL OFFER PARTICIPANTS TIME TO SWIM TOGETHER, AS WELL AS DEVELOP PROPER STROKE MECHANICS. EMPHASIS IS PLACED ON IMPROVING COORDINATION, AGILITY AND STRENGTHENING OF MUSCLES TO INCREASE RANGE OF MOTION AS WELL AS WATER SAFETY MEASURES.

Advanced

LOCATION	GERRY KELLY AQUATIC CENTRE MACEWAN UNIVERSITY – 10800 105 AVENUE NW
SEASON	OCTOBER – FEBRUARY
TIME	8:15-9:15 PM
WEEKDAY	SUNDAYS& WEDNESDAYS

**** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.**

THIS PROGRAM WILL OFFER PARTICIPANTS TIME TO SWIM TOGETHER, AS WELL AS DEVELOP PROPER STROKE MECHANICS. EMPHASIS IS PLACED ON IMPROVING COORDINATION, AGILITY AND STRENGTHENING OF MUSCLES TO INCREASE RANGE OF MOTION AS WELL AS WATER SAFETY MEASURES. IN ADVANCED SWIMMING, ATHLETES WILL LEARN THE BASIC TECHNIQUES OF COMPETITIVE STROKE DEVELOPMENT.



WINTER SEASON

Introduction to Strength Training

LOCATION	STEADWARD CENTRE UNIVERSITY OF ALBERTA VAN VLIET COMPLEX - 116 ST & 87 AVE
SEASON	JANUARY - MAY
TIME	6:00 PM – 7:30 PM
WEEKDAY	TUESDAYS

PREVIOUSLY FUNDAMENTALS OF SPORT PERFORMANCE - THE STEADWARD CENTRE AND SPECIAL OLYMPICS ALBERTA – EDMONTON HAVE TEAMED UP TO OFFER A PROGRAM TO SUPPORT ATHLETES TO LEARN THE BASIC PRINCIPLES OF STRENGTH, POWER, AND FLEXIBILITY TO IMPROVE SPORT PERFORMANCE. ATHLETES WILL WORK WITH A QUALIFIED STRENGTH AND CONDITIONING COACH TO WORK ON INDIVIDUALIZED SPORT SPECIFIC FITNESS GOALS.

THIS PROGRAM IS A PRE-REQUISITE FOR SPECIAL OLYMPICS POWERLIFTING PROGRAM.

Powerlifting

LOCATION	STEADWARD CENTRE UNIVERSITY OF ALBERTA VAN VLIET COMPLEX - 116 ST & 87 AVE
SEASON	JANUARY - MAY
TIME	6:00 PM – 7:30 PM
WEEKDAY	THURSDAYS

INTRODUCTION TO STRENGTH TRAINING IS A PRE-REQUISITE OF THIS PROGRAM. **** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.** ATHLETES WILL HAVE AN OPPORTUNITY TO BE ASSESSED AND TRANSITION BETWEEN PROGRAMS THROUGHOUT THE SEASON WHEN THE NEED IS INDICATED BY THE COACH. ATHLETES WILL WORK WITH A QUALIFIED STRENGTH AND CONDITIONING COACH TO WORK ON INDIVIDUALIZED SPORT SPECIFIC FITNESS GOALS. THIS PROGRAM PRIMARILY FOCUSES ON PERFORMANCE OF THE SQUAT, BENCH PRESS, AND DEADLIFT. THIS PROGRAM IS IDEAL FOR ATHLETES INTERESTED IN COMPETITIVE POWERLIFTING, AND/OR LOOKING TO BUILD ON THE SKILLS LEARNED IN INTRODUCTION TO STRENGTH TRAINING.

Track & Field

LOCATION	KINSMEN REC CENTRE (INDOOR PORTION) & FOOTE FIELD (OUTDOOR PORTION) – 11601 68 AVENUE NW
SEASON	FEBRUARY - JUNE
TIME	7:00 PM – 8:30 PM
WEEKDAY	MONDAY

PREVIOUSLY ATHLETICS - THIS PROGRAM IS DESIGNED TO COACH THE PARTICIPANTS IN A NUMBER OF TRACK EVENTS FROM THE 50 METER TO THE 3000M AS WELL AS FIELD EVENTS SUCH AS SHOT PUT, RUNNING LONG JUMP (RLJ) AND STANDING LONG JUMP (SLJ). INSTRUCTION ON SPRINTING, DISTANCE RUNNING, LONG JUMP AND SHOT PUT ARE OFFERED IN THIS PROGRAM. THERE IS A SIGNIFICANT FOCUS ON CONDITIONING AND FITNESS IN THIS PROGRAM.

SPRING SEASON

Basketball

Novice

LOCATION	ST.BASIL ELEMENTARY - 11510 102 ST NW, EDMONTON, AB T5G 2E7
SEASON	MARCH - JUNE
TIME	6:00 PM – 7:30 PM
WEEKDAY	MONDAY

COACHING WILL FOCUS ON THE FUNDAMENTALS OF BASKETBALL INCLUDING PASSING, CATCHING, SHOOTING AND DRIBBLING THROUGH DRILLS AND GAMES. ALL ATHLETES INTERESTED IN REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY AND THUS PLACED ON THE APPROPRIATE TEAM ACCORDING TO THEIR OWN INDIVIDUAL ABILITY!

Intermediate

LOCATION	KING'S UNIVERSITY - 9125 50 ST NW, EDMONTON, AB T6B 2H3
SEASON	MARCH - JUNE
TIME	6:30 PM – 8:30 PM
WEEKDAY	THURSDAY

**** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.**
 COACHING WILL FOCUS ON THE FUNDAMENTALS OF BASKETBALL INCLUDING PASSING, CATCHING, SHOOTING AND DRIBBLING THROUGH DRILLS AND GAMES. ALL ATHLETES INTERESTED IN REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY AND THUS PLACED ON THE APPROPRIATE TEAM ACCORDING TO THEIR OWN INDIVIDUAL ABILITY!

Advanced

LOCATION	KING'S UNIVERSITY - 9125 50 ST NW, EDMONTON, AB T6B 2H3
SEASON	MARCH - JUNE
TIME	6:30 PM – 8:30 PM
WEEKDAY	THURSDAY

**** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.**
 COACHING WILL FOCUS ON THE FUNDAMENTALS OF BASKETBALL INCLUDING PASSING, CATCHING, SHOOTING AND DRIBBLING THROUGH DRILLS AND GAMES. ALL ATHLETES INTERESTED IN REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY AND THUS PLACED ON THE APPROPRIATE TEAM ACCORDING TO THEIR OWN INDIVIDUAL ABILITY!



SUMMER SEASON

Bocce

LOCATION	LILIAN OSBOURNE HIGH SCHOOL - 2019 LEDGER RD
SEASON	MAY - JULY
TIME	6:00 PM – 7:30 PM
WEEKDAY	TUESDAYS

THIS PROGRAM TEACHES THE BASIC RULES AND SKILLS NEEDED TO PLAY BOCCE INCLUDING THROWING, FOOT WORK, STANCE, AND AIM. THIS PROGRAM WILL BE AVAILABLE TO ALL ABILITY LEVELS. THIS IS A GREAT PROGRAMS FOR BOWLERS AS THE SKILLS AND TECHNIQUES OF BOWLING TRANSFER TO BOCCE!

Golf

Recreation

LOCATION	OTTEWELL CURLING CLUB AND GOLF DRIVING RANGE – 4205 102 AVE NW
SEASON	MAY - JUNE
TIME	6:00 PM – 7:00 PM TIME SLOT 1 / 7:00 PM – 8:00 PM TIME SLOT 2
WEEKDAY	WEDNESDAYS

THIS IS A DRIVING RANGE PROGRAM ONLY! ALL ATHLETES NEW TO GOLF START OUT IN OUR DRIVING RANGE PROGRAM. THIS PROGRAM IS DESIGNED TO TEACH THE BASIC MOVEMENTS IN GOLF AND DEVELOPMENT OF GOLF STROKES. TIME SLOTS WILL BE SELECTED CLOSER TO THE START-DATE OF THE PROGRAM.

Intermediate

LOCATION	COUNTRY SIDE GC 51466 RR 232, SHERWOOD PARK
SEASON	MAY - JUNE
TIME	6:30 PM – 8:30 PM
WEEKDAY	TUESDAY

THIS PROGRAM IS DESIGNED TO TEACH BASIC GOLF FUNDAMENTALS ASSOCIATED WITH DRIVING, CHIPPING AND PUTTING, AS WELL AS TO INTRODUCE THE PARTICIPANT TO THE RULES AND ETIQUETTE OF THE GAME. **ALL ATHLETES INTERESTED IN REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY AND THUS PLACED ON THE APPROPRIATE TEAM ACCORDING TO THEIR OWN INDIVIDUAL ABILITY!**

Advanced

LOCATION	COUNTRY SIDE GC 51466 RR 232, SHERWOOD PARK
SEASON	MAY - JUNE
TIME	6:00 PM – 8:00 PM
WEEKDAY	TUESDAY



THIS PROGRAM IS DESIGNED TO TEACH BASIC GOLF FUNDAMENTALS ASSOCIATED WITH DRIVING, CHIPPING AND PUTTING, AS WELL AS TO INTRODUCE THE PARTICIPANT TO THE RULES AND ETIQUETTE OF THE GAME. **ALL ATHLETES INTERESTED IN REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY AND THUS PLACED ON THE APPROPRIATE TEAM ACCORDING TO THEIR OWN INDIVIDUAL ABILITY!**

Outdoor Soccer - Adult

Recreation

LOCATION	HOMESTEADER COMMUNITY LEAGUE – 575 HERMITAGE RD
SEASON	MAY - AUGUST
TIME	6:30 PM – 8:00 PM
WEEKDAY	THURSDAYS

THIS PROGRAM OFFERS THREE LEVELS OF PLAY: BEGINNER, NOVICE, AND INTERMEDIATE. INSTRUCTION IS PROVIDED TO TEACH KICKING, PASSING AND BALL HANDLING TECHNIQUES, AS WELL AS TEAMWORK AND GAME RULES. ALL ATHLETES WILL BE ASSESSED AND WILL BE PLACED IN THE DIVISION MOST SUITABLE FOR THEIR ABILITY AND INTEREST. PLEASE REGISTER FOR THIS PROGRAM IF YOU ARE NEW TO SPECIAL OLYMPICS SOCCER!

Advanced

LOCATION	HOMESTEADER COMMUNITY LEAGUE – 575 HERMITAGE RD
SEASON	MAY - AUGUST
TIME	6:30 PM – 8:00 PM
WEEKDAY	MONDAYS & THURSDAYS

**** THIS PROGRAM IS BY COACH SELECTION ONLY – PLEASE ONLY REGISTER IN THIS PROGRAM IF YOU HAVE BEEN A PART OF THIS PROGRAM IN PREVIOUS YEARS.** INSTRUCTION IS PROVIDED TO TEACH KICKING, PASSING AND BALL HANDLING TECHNIQUES, AS WELL AS TEAMWORK AND GAME RULES. ATHLETES WILL PRACTICE TWO DAYS PER WEEK.

Pickleball

LOCATION	ROYAL GARDENS COMMUNITY LEAGUE – 4030 117 STREET NW
SEASON	MAY - JULY
TIME	7:00-8:00 PM
WEEKDAY	TUESDAY

WE HAVE PARTNERED WITH THE EDMONTON PICKLEBALL CLUB TO BRING PICKLEBALL TO OUR ATHLETES FOR THE FIRST TIME. SIMILAR TO TENNIS OR TABLE TENNIS, THIS IS A GAME PLAYED WITH A PARTNER ON A COURT. ATHLETES WILL BE TAUGHT ALL THE BASICS – NO PREVIOUS KNOWLEDGE OF THE SPORT OR EXPERIENCE REQUIRED! PICKLEBALL WILL BE HELD OUTDOORS. EQUIPMENT IS PROVIDED WHILE AT THE PROGRAM.



Softball

LOCATION	ERMINESKIN DIAMONDS - 25 AVE. & 107 STREET NW
SEASON	MAY - AUGUST
TIME	6:00 PM – 8:00 PM
WEEKDAY	WEDNESDAYS

ATHLETES WILL WORK ON SOFTBALL SKILLS INCLUDING THROWING, CATCHING, HITTING AND FIELDING. ALL ATHLETES WILL BE ASSESSED AND WILL BE PLACED IN THE DIVISION MOST SUITABLE FOR THEIR ABILITY AND INTEREST.

Walking Club

LOCATION	GRIZZLY BEAR LODGE PARK – 9100 WALTERDALE HILL NW
SEASON	JULY - AUGUST
TIME	6:00 PM – 7:30 PM
WEEKDAY	MONDAYS

ATHLETES WILL ENJOY A SUPERVISED STROLL THROUGH ONE OF THE BEAUTIFUL OUTDOOR GREEN SPACES WITHIN OUR CITY. A GREAT WAY TO GET SOME EXERCISE AND ENJOY THE OUTDOORS, THIS PROGRAM IS OPEN AND AVAILABLE FOR ATHLETES OF ANY FITNESS OR MOBILITY LEVEL, AND PART OF OUR

Youth Programs

Youth Multi-Sport

ATHLETE AGE	7-14 YEARS OLD
LOCATION	WESTMOUNT FITNESS CLUB – 12840 109 AVE NW
SEASON	OCTOBER – DECEMBER
TIME	9:00 AM – 10:30 AM
WEEKDAY	SATURDAYS

YOUNG ATHLETES WILL EXPLORE THE SOCIAL ELEMENT OF SPORT - INCLUDING TEAM WORK, SPORTSMANSHIP, BEING A FAN, ETC. THROUGH DIFFERENT SPORTS! MUCH LIKE AN INCLUSIVE GYM CLASS, ATHLETES WILL PARTICIPATE IN UNITS AND WILL GET THE OPPORTUNITY TO TRY OUT VARIOUS DIFFERENT SPORTS TO SEE WHAT THEY LIKE BEST. WE WILL WORK ON DEVELOPMENT OF SPORT AND SOCIAL SKILLS IN A FUN AND RELAXED ENVIRONMENT WHERE ATHLETES CAN EXPLORE THE WORLD OF SPORT AND LEARN HOW TO MAKE IT THEIR OWN! SPORT UNITS WILL BE ANNOUNCED PRIOR TO PROGRAM START. ATHLETES PREVIOUSLY ENROLLED IN FUNDAMENTALS ARE ENCOURAGED TO REGISTER FOR THIS PROGRAM.

Indoor Youth Soccer

ATHLETE AGE	7 – 14 YEARS OLD
LOCATION	TBD
SEASON	FEBRUARY – APRIL
TIME	10:00 AM – 11:00 AM
WEEKDAY	SATURDAY

THIS PROGRAM IS DESIGNED TO HELP YOUNG ATHLETES DEVELOP SOCCER SKILLS AND SOCIAL SKILLS. ATHLETES WILL ALSO BEGIN TO LEARN HOW TO WORK AS A TEAM BUT MOST IMPORTANTLY, THEY WILL HAVE FUN!

Outdoor Youth Soccer

ATHLETE AGE	7 – 14 YEARS OLD
LOCATION	GRANDVIEW COMMUNITY LEAGUE - 6223 124 ST NW, EDMONTON, AB T6H 3V1
SEASON	MAY – JULY
TIME	10:30 AM – 11:30 AM
WEEKDAY	SATURDAYS

THIS PROGRAM IS DESIGNED TO HELP YOUNG ATHLETES DEVELOP SOCCER SKILLS AND SOCIAL SKILLS. ATHLETES WILL ALSO BEGIN TO LEARN HOW TO WORK AS A TEAM BUT MOST IMPORTANTLY, THEY WILL HAVE FUN!

Littlebowlers – 5-Pin

ATHLETE AGE	5 – 14 YEARS OLD
LOCATION	BONNIE DOON BOWLING LANES, BONNIE DOON SHOPPING CENTRE – 8330 82 AVENUE NW
SEASON	OCTOBER – MARCH
TIME	10:00 AM – 12:00 PM
WEEKDAY	SUNDAYS

Youth Basketball

ATHLETE AGE	7 – 14 YEARS OLD
LOCATION	WESTMOUNT FITNESS CLUB – 12840 109 AVE NW
SEASON	MARCH - JUNE
TIME	6:00 PM – 7:30 PM
WEEKDAY	MONDAYS

THIS PROGRAM IS DESIGNED TO HELP YOUNG ATHLETES DEVELOP BASKETBALL SKILLS AND SOCIAL SKILLS. ATHLETES WILL LEARN BASICS OF BASKETBALL INCLUDING DRIBBLING, PASSING, SHOOTING, AND WORKING AS A TEAM. THIS PROGRAM IS DESIGNED AS A FUN INTRODUCTION TO THE SPORT OF BASKETBALL!