

2021-2022 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. 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 November	Winter Starts January/February	Spring Starts March	Summer Starts May
5 Pin Bowling	Introduction to Strength Training	Basketball	Bocce
10 Pin Bowling		Track and Field	Golf
Alpine Skiing			Outdoor Soccer
			Pickle Ball
Curling			Softball
			Walk Club
Floor Hockey			
Indoor Soccer			
Rhythmic Gymnastics			
Snowshoeing			
Swimming			
YOUTH PROGRAMS			
Fall Starts November	Winter Starts January/February	Spring Starts March	Summer Starts May
Active Start			Outdoor Soccer
Indoor Soccer			
Little Bowlers			
Youth Multi-Sport			

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.

2021/ 2025

Winter: World Games
Summer: Provincial Games



2022/ 2026

Winter: Local Qualifiers TBD
Summer: National Games

2023/ 2027

Winter: Provincial Games
Summer: World Games

2024/ 2027

Winter: National Games
Summer: Local Qualifiers

Due to COVID 19 the games cycle may be altered

Adult Programs

FALL SEASON

5 Pin Bowling

All-Stars 1 & All-Stars 2

LOCATION	BONNIE DOON BOWLING LANES - BONNIE DOON SHOPPING CENTRE – 8330 82 AVE
SEASON	NOVEMBER - APRIL
TIME	10:00 AM – 12:00 PM (ALL STARS 1) / 1:00 PM – 3:00 PM (ALL STARS 2)
WEEKDAY	SUNDAYS
FEE	\$170
THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES, BUT IS NOT LIMITED TO: BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.	

All-Stars 3

LOCATION	PLAZA BOWLING CO. – 10418 118 AVE NW
SEASON	NOVEMBER - APRIL
TIME	10:00 AM – 12:00 PM
WEEKDAY	SUNDAYS
FEE	\$170
THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES, BUT IS NOT LIMITED TO: BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.	

10 - Pin

LOCATION	GATEWAY LANES – 3414 GATEWAY BLVD NW
SEASON	NOVEMBER – MAY
TIME	1:00 PM – 3:30 PM
WEEKDAY	SATURDAYS (EVERY SECOND SATURDAY)
FEE	\$165
THIS PROGRAM IS DESIGNED TO TEACH BOWLING SKILLS FROM BEGINNER TO ADVANCED LEVELS. INSTRUCTION INCLUDES, BUT IS NOT LIMITED TO: BOWLING TECHNIQUES, COORDINATION IMPROVEMENT, RULES AND ETIQUETTE.	

Alpine Skiing

LOCATION	SNOW VALLEY SKI CLUB – 13204 RAINBOW VALLEY RD NW
SEASON	NOVEMBER – MARCH
TIME	TBD
WEEKDAY	TBD
FEE	\$205
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	CAPITAL CITY GYMNASTICS CENTRE – 4130 101 ST. NW
SEASON	NOVEMBER – FEBRUARY
TIME	5:00 PM – 6:00 PM
WEEKDAY	MONDAYS
FEE	TBD

THIS PROGRAM IS DESIGNED TO TEACH THE FUNDAMENTALS OF ARTISTIC GYMNASTICS (GYMNASTICS WE TRADITIONALLY THINK OF). ATHLETES WILL BE EXPOSED TO TRAMPOLINE, VAULT, BARS, FLOOR ETC. THIS PROGRAM IS NOT ONLY OPEN TO FEMALES BUT MALES ARE ALSO STRONGLY ENCOURAGED TO JOIN! NO DANCE OR GYMNASTIC EXPERIENCE REQUIRED.

Cross Country Skiing

WE ARE NOT CURRENTLY OFFERING THIS PROGRAM FOR THE 2021-2022 SEASON. WE ARE SEARCHING FOR A NEW HEAD COACH! IF YOU ARE INTERESTED, PLEASE CONTACT THE OFFICE.

THIS PROGRAM IS DESIGNED TO TEACH CROSS COUNTRY SKILLS FROM BEGINNER TO ADVANCED LEVELS. ATHLETES WILL WORK ON CLASSICAL SKI TECHNIQUE AS WELL AS SAFETY AND FITTING OF EQUIPMENT. IF ATHLETES HAVE THEIR OWN GEAR, THEY ARE ENCOURAGED TO BRING IT. IF ATHLETES DO NOT HAVE THEIR OWN GEAR, RENTALS ARE AVAILABLE WITH NO COST.

Curling

LOCATION	DERRICK CURLING CLUB – 3500 119 STREET NW
SEASON	NOVEMBER - MARCH
TIME	5:30 PM – 6:45 PM
WEEKDAY	TUESDAYS
FEE	\$60

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	NOVEMBER – FEBRUARY
TIME	6:00 PM – 8:00 PM
WEEKDAY	WEDNESDAYS
FEE	\$95

THIS PROGRAM IS DESIGNED TO PROVIDE THE OPPORTUNITY TO DEVELOP SHOOTING, PASSING AND STICK HANDLING SKILLS. EACH YEAR, ATHLETES WILL PARTICIPATE IN A SKILLS ASSESSMENT ON THE FIRST DAY OF PROGRAMS. FROM THERE, 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, NOT WHAT DIVISION THEY PLAYED IN DURING PAST SEASONS.

Indoor Soccer – Adult

Recreation

LOCATION	TBD
SEASON	NOVEMBER - MARCH
TIME	TBD
WEEKDAY	TBD
FEE	\$90

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.

***SOE IS AT THE MERCY OF THE SOCCER FACILITY BOOKINGS. WE MAY NOT KNOW THE DATE, TIME, AND LOCATION UNTIL CLOSE TO PROGRAM STARTS. WE APOLOGIZE FOR THE INCONVENIENCE.**

Advanced

LOCATION	TBD
SEASON	OCTOBER - MARCH
TIME	TBD
WEEKDAY	TBD
FEE	\$90

**** 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.

***SOE IS AT THE MERCY OF THE SOCCER FACILITY BOOKINGS. WE MAY NOT KNOW THE DATE, TIME, AND LOCATION UNTIL CLOSE TO PROGRAM STARTS. WE APOLOGIZE FOR THE INCONVENIENCE.**

Rhythmic Gymnastics

LOCATION	PRINCETON ELEMENTARY SCHOOL – 7720 130 AVE NW
SEASON	NOVEMBER – MAY
TIME	6:00 PM – 7:00 PM
WEEKDAY	THURSDAYS
FEE	\$50

****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	1:00 PM – 2:30 PM
WEEKDAY	SUNDAYS
FEE	\$50
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 & Intermediate

LOCATION	GERRY KELLY AQUATICS CENTRE (MACEWAN UNIVERSITY) – 10800 105 AVE NW
SEASON	NOVEMBER – MARCH
TIME	8:15 PM – 9:15 PM
WEEKDAY	MONDAYS
FEE	\$120
*** 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. 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 AQUATICS CENTRE (MACEWAN UNIVERSITY) – 10800 105 AVE NW
SEASON	NOVEMBER – MARCH
TIME	8:15 PM – 9:15 PM
WEEKDAY	MONDAYS & WEDNESDAYS (WEDNESDAYS MAYBE SUBJECT TO CHANGE)
FEE	\$155
** 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. 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. *WEDNESDAYS ARE SUBJECT TO CHANGE. SHOULD WEDNESDAYS CHANGE, A REFUND WILL BE ISSUED TO MATCH THE OTHER TWO PROGRAMS. THIS IS DEPENDENT ON ATHLETE ENROLLMENTS.	

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
FEE	\$70
<p>PREVIOUSLY FUNDAMENTALS OF SPORT PERFORMANCE THIS PROGRAM SUPPORTS 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 CLASS IS A PRE-REQUISITE FOR SPECIAL OLYMPICS ADVANCED POWERLIFTING PROGRAM!</p>	

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
FEE	\$70
<p>THIS PROGRAM SUPPORTS ATHLETES TO LEARN THE FUNDAMENTALS OF OLYMPIC POWERLIFTING. ATHLETES WILL WORK WITH A QUALIFIED STRENGTH AND CONDITIONING COACH TO WORK ON INDIVIDUALIZED SPORT SPECIFIC FITNESS GOALS. MUST PARTICIPATE IN A MINIMUM OF ONE SEASON IN THE INTRODUCTION TO STRENGTH TRAINING. SUBJECT TO COACH SELECTION.</p>	

Track & Field

LOCATION	WINTER (FEB – APRIL) KINSMEN FIELD HOUSE – 9100 WALTERDALE HILL NW SUMMER (MAY – JUNE) FOOTE FIELD, UNIVERSITY OF ALBERTA SOUTH CAMPUS - 11601 - 68 AVENUE NW
SEASON	FEBRUARY - JUNE
TIME	7:00 PM – 8:30 PM
WEEKDAY	MONDAYS
FEE	\$85
<p>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.</p>	

SPRING SEASON

Basketball

Novice

LOCATION	TBD
SEASON	MARCH - JUNE
TIME	6:00 PM – 7:30 PM
WEEKDAY	MONDAYS
FEE	\$65
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	LEGACY ATHLETICS BASKETBALL – 6034 83 ST NW
SEASON	MARCH - JUNE
TIME	6:00 PM – 8:00 PM
WEEKDAY	THURSDAY
FEE	\$65
** 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	LEGACY ATHLETICS BASKETBALL – 6034 83 ST NW
SEASON	MARCH - JUNE
TIME	6:00 PM – 8:00 PM
WEEKDAY	THURSDAY
FEE	\$65
** 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
FEE	\$50
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
FEE	\$110
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.	

Intermediate &

LOCATION	COUNTRYSIDE GC – 51466 RR 232, SHERWOOD PARK
SEASON	MAY - JUNE
TIME	6:00 PM – 8:30 PM
WEEKDAY	TUESDAYS
FEE	\$130
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 REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY	

Advanced

LOCATION	COUNTRY SIDE GC – 51466 RR 232, SHERWOOD PARK
SEASON	MAY - JUNE
TIME	6:00 PM – 8:30 PM
WEEKDAY	TUESDAYS
FEE	\$155
THIS PROGRAM IS DESIGNED TO ENHANCE GOLF FUNDAMENTALS ASSOCIATED WITH DRIVING, CHIPPING AND PUTTING, AS WELL AS TO CONTINUE TO TEACH THE RULES AND ETIQUETTE OF THE GAME. ALL ATHLETES REGISTERING FOR THIS PROGRAM WILL BE REQUIRED TO ATTEND A SKILLS ASSESSMENT WHERE PLAYERS WILL BE DIVISIONED ACCORDING TO ABILITY	

Outdoor Soccer - Adult

Recreation

LOCATION	TBD
SEASON	MAY - AUGUST
TIME	6:30 PM – 8:00 PM
WEEKDAY	THURSDAYS
FEE	\$55
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	CONFEDERATION FIELD - 11204 43 AVE
SEASON	MAY - AUGUST
TIME	6:30 PM – 8:00 PM
WEEKDAY	MONDAYS & THURSDAYS
FEE	\$65
** 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 St NW
SEASON	MAY - AUGUST
TIME	6:00 PM – 7:00 PM
WEEKDAY	TUESDAYS
FEE	\$60
NEW PROGRAM - ONLY 16 SPOTS AVAILABLE IN OUR FIRST SEASON! WE HAVE PARTNERED WITH THE EDMONTON PICKLEBALL CLUB TO BRING PICKLEBALL TO OUR ATHLETES FOR THE FIRST TIME.. 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	ERMINEKIN DIAMONDS - 25 AVE. & 107 STREET NW
SEASON	MAY - AUGUST
TIME	6:00 PM – 8:00 PM
WEEKDAY	WEDNESDAYS
FEE	\$60
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
FEE	\$20
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

Active Start

Time Slot 1

ATHLETE AGE	4 -6 YEARS OLD
LOCATION	WESTMOUNT FITNESS CLUB – 12840 109 AVE NW
SEASON	JANUARY - MARCH
TIME	9:00 AM – 10:00 AM
WEEKDAY	SATURDAYS
FEE	\$55
THIS PROGRAM IS DESIGNED TO INTRODUCE YOUNG ATHLETES TO THE WORLD OF SPORT AND IMPROVE THEIR SOCIAL SKILLS. IT WILL FOCUS ON THE BASICS THAT ARE CRUCIAL TO COGNITIVE DEVELOPMENT AND ON PHYSICAL ACTIVITIES THAT DEVELOP MOTOR SKILLS AND HAND-EYE COORDINATION.	

Time Slot 2

ATHLETE AGE	2-4 YEARS OLD
LOCATION	WESTMOUNT FITNESS CLUB – 12840 109 AVE NW
SEASON	JANUARY - MARCH
TIME	10:15 AM – 11:00 AM
WEEKDAY	SATURDAYS
FEE	\$55
THIS PROGRAM IS DESIGNED TO INTRODUCE YOUNG ATHLETES TO THE WORLD OF SPORT AND IMPROVE THEIR SOCIAL SKILLS. IT WILL FOCUS ON THE BASICS THAT ARE CRUCIAL TO COGNITIVE DEVELOPMENT AND ON PHYSICAL ACTIVITIES THAT DEVELOP MOTOR SKILLS AND HAND-EYE COORDINATION.	

Youth Multi-Sport

ATHLETE AGE	7-14 YEARS OLD
LOCATION	WESTMOUNT FITNESS CLUB – 12840 109 AVE NW
SEASON	JANUARY - MARCH
TIME	9:00 AM – 10:30 AM
WEEKDAY	SATURDAYS
FEE	\$55
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.	

Indoor Youth Soccer

ATHLETE AGE	7 – 14 YEARS OLD
LOCATION	TBD
SEASON	NOVEMBER - JANUARY
TIME	10:30 AM – 11:30 AM
WEEKDAY	SATURDAYS
FEE	\$65
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	EMPIRE PARK COMMUNITY LEAGUE – 4804 107 ST NW
SEASON	MAY – JULY
TIME	10:30 AM – 11:30 AM
WEEKDAY	SATURDAYS
FEE	\$55
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

ATHLETE AGE	5 – 14 YEARS OLD
LOCATION	BONNIE DOON BOWLING LANES - BONNIE DOON SHOPPING CENTRE 8330 82 AVE
SEASON	NOVEMBER - APRIL
TIME	10:00 AM – 12:00 PM
WEEKDAY	SUNDAYS
FEE	\$80
THIS PROGRAM IS DESIGNED TO HELP YOUNG ATHLETES DEVELOP BOWLING SKILLS AND SOCIAL SKILLS. ATHLETES WILL LEARN BOWLING BASICS AND WILL WORK ON THEIR BOWLING FUNDAMENTAL SKILLS, AND THEY WILL HAVE FUN!	

Youth Basketball

ATHLETE AGE	7 – 14 YEARS OLD
LOCATION	TBD
SEASON	MARCH - JUNE
TIME	6:00 PM – 7:30 PM
WEEKDAY	MONDAYS
FEE	\$55
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!	

All information can also be found online at our website!

www.specialolympicsdmonton.ca