



# Special Olympics Ontario/London | 2019-2020 SPORT SCHEDULE

## FALL/WINTER 2019-2020

TEAM/CLUB	DAY	TIME	LOCATION	SEASON
<b>Basketball</b>				
C	Thursday	7PM - 8PM	Eagle Heights Public School	Oct 17/19 to Apr 09/20
D		7PM - 8PM		
DD		6PM - 7PM		
<b>Bocce</b>				
Allstars (min age: 12)	Tuesday	7PM - 8PM	University Heights Public School	Nov 05/19 to Mar 10/20
Mission Imbocceball (min age: 12)		6PM - 7PM		
<b>Bowling</b>				
Cost: 1 game = \$3.95, 2 games = \$7.90, 3 games = \$11.85 • NOTE: 10 Pin Competitive attends tournaments				
5 Pin Recreational (min age: 18)	Wednesday	6PM - 8PM	Fleetway Bowling	Sept 11/19 to Apr 15/20
10 Pin Recreational (min age: 18)		6PM - 8PM		
10 Pin Competitive (min age: 18)		6PM - 8PM		
5 Pin Youth (ages 10-21)		6PM - 8PM		
10 Pin Youth (ages 10-21)		6PM - 8PM		
5 Pin Competitive (min age: 18)		8:15PM - 10:30PM		
5 Pin Recreational (min age: 18)	Friday	6:15PM - 8:15PM	Fairmont Lanes	Sept 13/19 to Apr 17/20
<b>Curling</b>				
Curling (min age: 12)	Sunday	9AM - 11AM	Ilderton Curling Club	Oct 13/19 to Mar 15/20
<b>Figure Skating</b>				
MUST KNOW HOW TO SKATE	Tuesday	6:30PM - 7:20PM	Medway Arena	Oct 08/19 to Mar 24/20
<b>Floor Hockey</b>				
REQUIRES CSA-APPROVED HOCKEY HELMET, HOCKEY GLOVES, JOCK/JILL AND SHIN PADS				
B - "Blazers"	Monday	7:30PM - 8:30PM	Clarke Road Secondary School	Oct 14/19 to Apr 20/20
C - "Ringers"		6:30PM - 7:30PM		
D - "Stingers"		6PM - 7PM		
<b>Gymnastics</b>				
Rhythmic (min age: 15)	Tuesday	7PM - 8PM	Eagle Heights Public School	Sept 24/19 to Apr 21/20
Martial (min age: 15)				
<b>Indoor Soccer</b>				
B (min age: 12)	Tuesday	5PM - 6PM	BMO Centre	Jan 07/19 to end of May
C (min age: 12)		5PM - 6PM		
D (min age: 12)		6PM - 7PM		
<b>Kids</b>				
Active Start (ages 4-6)	Tuesday	6PM - 6:40PM	St Mark Catholic School	Oct 22/19 to Mar 31/20
FUNdamentals (ages 7-10)		6:50PM - 7:30PM		
Active Start (ages 4-6)	Saturday	11AM - 11:40AM	East London Community Centre	Oct 19/19 to Mar 28/20
FUNdamentals (ages 7-10)		11:50AM - 12:30PM		
<b>Powerlifting</b>				
Powerlifting (min age: 16)	Sunday	11AM - 12:15PM	Bob Hayward YMCA	Year round
	Thursday	5PM - 6:15PM		

## FALL/WINTER 2019-2020

TEAM/CLUB	DAY	TIME	LOCATION	SEASON
<b> Skiing</b>				
Alpine Ski Racers MUST KNOW HOW TO SKI	Monday	6:15PM - 8:15PM	Boler Mountain	Jan 06/20 to Feb 24/20
Nordic (Cross Country) Skiing	Sunday	10AM - noon	Springbank Park (across from Shoppers Drug Mart)	Jan 12/20 to Feb 16/20
<b> Snowshoeing</b>				
Snowshoeing (min age: 10) COMPETITIVE RACING PROGRAM	Saturday	10AM - noon	Springbank Park (across from Shoppers Drug Mart)	Jan 11/20 to Feb 15/20
<b> Speed Skating</b>				
Speed Skating MUST BE A STRONG SKATER	Thursday	6PM - 7PM	Western Fair District Sports Complex	Oct 2018 - March 2019
<b> Swimming</b>				
Pre-Competitive (min age: 12) MUST BE ABLE TO SWIM ONE LENGTH WITHOUT AIDS AND MUST BE ABLE TO SHARE SWIMMING LANES WITH OTHERS	Friday	6PM - 7PM	Robarts School for the Deaf	Oct 11/19 to Apr 24/20
Competitive (min age: 12) MUST KNOW HOW TO SWIM	Friday	7PM - 8PM	Robarts School for the Deaf	Oct 11/19 to Apr 24/20

## SUMMER 2020

<b> Bocce</b>				
Lawn Rangers (min age: 12)	Tuesday	6:30PM - 7:30PM	McMahen Park	May 19/20 to Sept 08/20
<b> Golf</b>				
C - "Chippers" (min age: 10)	Monday	6PM - 7PM 7PM - 8PM	Forest Glen Golf Centre	Jun 15/20 to Aug 24/20
	Monday	6PM - 7PM	Parkside 9 Fanshawe Golf Course	Jun 15/20 to Aug 24/20
	Wednesday	6PM - 7PM	Parkside 9 Fanshawe Golf Course	Jun 15/20 to Aug 24/20
E - "Eagles" (min age: 14)	Monday	7PM - 8:30PM	Forest Glen Golf Centre	Jun 01/20 to Aug 24/20
	Monday	7PM - 8:30PM	Parkside 9 Fanshawe Golf Course	Jun 01/20 to Aug 24/20
<b> Soccer</b>				
B - "Kings" (min age: 12)	Tuesday	6:30PM - 8:30PM	North London Athletic Fields	End of May to Aug 25/20
C - "Spikers" (min age: 12)		6:30PM - 8:30PM		
D - "Knights" (min age: 12)		6PM - 7:30PM		
<b> Softball</b>				
B - "Vipers" (min age: 18)	Wednesday	6PM - 8PM	McMahen Park	May 20/20 to Aug 26/20
C - "Marlins" (min age: 15)	Thursday	6:30PM - 8PM	John Paul Secondary School	May 21/20 to Aug 27/20
D - "Gladiators" (min age: 14)	Thursday	6:30PM - 8PM	Fanshawe College	May 21/20 to Aug 27/20
T-Ball (min age: 8)	Thursday	6PM - 7PM	Vauxhall Park	May 14/20 to Jul 23/20
<b> Track &amp; Field</b>				
Track & Field (min age: 8)	Monday	6:30PM - 8PM	Clarke Road Secondary School	Apr 27/20 to Jun 29/20
<b> Fitness</b>				
BEATactive Fitness	Saturday	11AM - noon	B Davison Secondary School	Oct 05/19 to Apr 18/20
Nutrition**	TBD	**WILL BE OFFERED ONLY IF SUFFICIENT INTEREST		
Walking Club**	TBD	**WILL BE OFFERED ONLY IF SUFFICIENT INTEREST		
Yoga**	TBD	**WILL BE OFFERED ONLY IF SUFFICIENT INTEREST		