

Special Olympics Saskatchewan Regina
PROGRAM OVERVIEW
2022-2023

Sport / Program	Season	Program	Location
		Days & Times	
Active Start (Ages 2-8)		To be Determined	St Mary's Church 3337 15th Avenue
Fundamentals Athletics			
Fundamentals Bowling			
Fundamentals Basketball			
Fundamentals Soccer			
Alpine Skiing	Winter Months	Mainly Weekends; Some Evenings	Local Ski Hills
Aquatics	Oct. 2022 - Apr. 2023	Sundays 5:15 pm - 6:15 pm	Lawson Aquatic Centre
Athletics	Jan 2022 - June 2023	Sundays 6:30 pm - 8:00 pm	Regina Fieldhouse & Douglas Park
Basketball (Recreational)	Feb 2023- May 2023	TBD	TBD
Basketball (Competitive)	Feb 2023- June 2023	Saturdays AM	Various
Bocce	May 2023 - July 2023	Mondays 6:30 pm - 8:00 pm	Kinsmen Park
Bowling - Adult 5 & 10 Pin	Sept 17 2022- April 22 2023	Saturdays 12:30,1:00,2:00 & 3:30 pm	Glencairn Bolodrome
Youth Bowling	Sept 19 2022- April 3 2023	Mondays 6:00 pm - 6:45 pm	Glencairn Bolodrome
Curling	Nov 2022 - March 2023	Sundays 11:00 am - 12:30 pm	Callie Curling Club
Figure Skating	Oct 2022 - March 2023	Sundays 1:45 pm - 2:30 pm	Wickenheiser Arena
Fitness Novice	Oct 2022 - Dec 2022	Thursdays 6:30 pm - 7:30 pm	George Lee School
Fitness High Performance	Oct 2022 - Mar 2023	Sundays 11:00 am	Level 10 Fitness
Floor Hockey (Vipers)	Oct 2022 - Mar 2023	Tuesdays 8:15 pm - 9:15 pm	Core Ritchie Gym
Floor Hockey (Raptors)	Oct 2022 - Mar 2023	Tuesdays 7:15 pm - 8:15 pm	Core Ritchie Gym
Floor Hockey (Outlaws)	Oct 2022 - Mar 2023	Tuesdays 6:15 pm - 7:15 pm	Core Ritchie Gym
Golf - Advanced	May 2022 - July 2022	TBD	Goulet Gof Course
Golf - Novice	May 2022 - July 2022	TBD	TBD
Power-lifting - # of athletes will depend on available coaches	Oct 2022 - Jan 2023	Thursday	Trench Fitness
Rhythmic Gymnastics	Sept 2022 - June 2023	TBD	Knox Metropolitan Church
Snowshoeing	Winter Months	TBD	TBD
Adult Soccer - Outdoors	May 2022 - June 2022	Thursday 6:30 pm - 8:00 pm	Henry Janzen Schoolground, Rink Avenue
Softball - Wildcats	May 2023- August 2023	Tuesdays 6:30 pm - 8:00 pm	Rambler Park
Softball - Hitmen	May 2023- August 2023	Tuesdays 6:30 pm - 8:00 pm	Dover Park
Softball - Blue Jays	May 2023- August 2023	Tuesdays 6:30 pm - 8:00 pm	Dover Park
Speed Skating	TBD	Tuesdays and/or Thursdays	Wickenheiser Arena
Walking Program	Nov 2022 - Jan 2023	Sunday 6:30- 8:00	Regina Fieldhouse

Additional Volunteers are needed to coach / assist with the following programs: Alpine, Athletics, Aquatics, Bowling,

Curling, Floor Hockey (Outlaws), and Recreational Basketball

Lack of coaches and volunteers could affect the existing programs.

We are looking for Board members, please visit our facebook page or website(<http://specialolympicsregina.org/>)

BINGO WORKER VOLUNTEERS ARE ALWAYS NEEDED - contact specialolympicsregina@gmail.com

SPECIAL OLYMPICS REGINA CONTACTS

**Community Manager
Program Coordinator
Treasurer
Secretary**

**Rhonda Penno
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Mike Penno
Shauna Baron**

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