



Special Olympics Richmond offer sports programs for people all ages that have with an intellectual disability. We provide an opportunity for our athletes to get fit, have fun and a chance to go to competition regionally, provincially, nationally and internationally. Our programs run from September to June each year. We do not offer programs during the July and August.

Our sports programs include the following:

1. Our Active Start program is for youngsters from 4-7 years. This program gets them started in fitness.
2. Our Fundamental programs are for kids 8-11. This program gives them a learning experience on how different sports are played. When they are ready, they can participate in our mainstream programs or continue in Sport Start Programs.
3. Our Sport Start programs are for young people from 12-21 years. They are usually new to sports and they feel that they need more time to get better with the sport before moving on to the main stream programs.
4. Our main stream programs are for people 12 Years and older. Some of these programs are developmental programs. We try to place the athletes in the appropriate program based on their abilities. Some program will require some familiarity with the sport and the physical ability to play in the sport. Our main stream programs include:
 - a. 5 pin bowling - must be able to handling a 5 lb. bowling ball
 - b. 10 pin bowling - must be able to handle a 10 lb. bowling ball
 - c. Aquatics - should have some swimming experience
 - d. Athletics - this is track and field that include running and jumping
 - e. Basketball - should able to dribble and shoot a basketball
 - f. Bocce – fun and good exercise. Should be able to roll a small ball
 - g. Curling - must be able to move on ice and able to lift a 20 curling stone
 - h. Figure skating - learn to skate
 - i. Fitness - exercises for general health
 - j. Floor hockey B - for advance players



- k. Floor hockey C - for developmental player. Player should be at 12 years old.
May include physical contact during play.

Registration Day for next year's programs is usually held on the last Sunday in July. The annual registration fee is \$25 which allows you to participate in any of the programs listed. Some restrictions may apply. For more information contact Chuck Yee at [sobrichmondprog@gmail.com](mailto:sobr-richmondprog@gmail.com) or Lisa Jamieson at jamieson_l@surreyschools.ca