Calgary

Special Olympics Alberta

Fall / Winter Session
Program Information 2026-2027

ALL DATES & LOCATIONS ARE TENTATIVE AND SUBJECT TO CHANGE

Updated July 14, 2026 - Please visit https://www.specialolympics.ab.ca/communities/calgary for the most up to date information

Program	Location	Times	Dates	Age	Fee
ALPINE SKIING					
Athletes MUST attend Dryland Training outdoor skiing to participate in program. Athletes must be able to safely stop, control speed, turn, get up independently after a fall, and use a ski lift with minimal assistance. Athletes provide their own skis.					
Dryland	Paperny Family JCC **1607 - 90 Ave SW**	7:00pm - 8:00pm	Mondays: October 19 - November 23, 2026	14+	$250
Outdoor	Canada Olympic Park, **88 Canada Olympic Rd SW**	**Development:** 9:30am - 11:30am **Intermediate/Advanced:** 9:30am - 1:00pm	Sundays: November 29, 2026 - March 7, 2027		
5 PIN BOWLING					
Calgary Tournament fee may be purchased during registration. Athletes will receive a $5.00 discount, reducing the tournament fee to $25.00 if purchased with registration. *Chinook Bowladrome is not mobility aid accessible - Athletes must be able to use stairs to access facility | Access handoff is not available for programs at Chinook Bowladrome.					
North	Bowling Depot, **#146, 5255 McCall Way NE**	12:00pm - 2:00pm	Saturdays: October 17, 2026 - March 13, 2027	18+	$190
Chinook Adult AM	Chinook Mall Bowladrome, **6455 Macleod Tr S**	11:00am - 1:00pm	Saturdays: October 17, 2026 - March 13, 2027	18+	$190
Chinook Adult PM	Chinook Mall Bowladrome, **6455 Macleod Tr S**	1:30pm - 3:30pm	Saturdays: October 17, 2026 - March 13, 2027	18+	$190
Chinook Youth	Chinook Mall Bowladrome, **6455 Macleod Tr S**	1:30pm - 3:30pm	Saturdays: October 17, 2026 - March 13, 2027	8-17	$190
10 PIN BOWLING					
Calgary Tournament fee may be purchased during registration. Athletes will receive a $5.00 discount, reducing the tournament fee to $25.00 if purchased with registration.					
Splitsville	Splitsville, **2916 5 Ave NE**	10:00am - 12:00pm	Saturdays: October 17, 2026 - March 13, 2027	14+	$190
CROSS COUNTRY SKIING					
All levels welcome. Athletes must supply their own skies (own or rent). Athletes will have the option to participate in the Cookie Race and ski days at William Watson lodge.					
CROSS COUNTRY SKIING	Confederation Park Golf Course (Foothills Nordic Ski Club) **3204 Collingwood Dr NW**	10:00am - 11:30am	Saturdays: November 14, 2026 - March 13, 2027	14+	$100
CURLING	Calgary Winter Club, **4611 - 14 St NW**	3:30pm - 5:30pm	Sundays: November 7, 2026 - March 12, 2027	14+	$60
FIGURE SKATING AND INTRO TO SKATING					
All skill levels welcome. Athletes must provide their own helmet and figure skates or hockey skates. Ice times and rink location(s) will be communiated at a later date.					
Recreational and Competitive	TBD	TBD	TBD	10+	$200
FLOOR BALL					
Evaluations will be held Oct 14th and Oct 21st to determine program level and location. Athletes may be moved to a different floorball program based on evaluations. Sticks provided. Athletes must supply: Sport Goggles, shin guards (soccer), jack/jill protection, runners.					
Floorball Intermediate	Don Hartman NE Sportsplex, **5206 - 68 St NE**	6:00pm - 7:15pm	Wednesdays: October 14, 2026 - February 24, 2027	14+	$165
Floorball Advanced	Don Hartman NE Sportsplex, **5206 - 68 St NE**	7:30pm - 8:45pm	Wednesdays: October 14, 2026 - February 24, 2027	18+	$165

Youth 8-17	Paperny Family JCC **1607 - 90 Ave SW**	7:00pm - 8:30pm	Wednesdays: October 14, 2026 - February 24, 2027	8+	$165
Development	Paperny Family JCC **1607 - 90 Ave SW**	7:00pm - 8:30pm	Wednesdays: October 14, 2026 - February 24, 2027	18+	$165
Intro to Floorball (Combined floorball and floor hockey) *New Program*	Genesis Centre **7555 Falconridge Blvd NE**	7:00pm - 8:30pm	Wednesdays: October 14, 2026 - February 24, 2027	14+	$165
FLOOR HOCKEY					
Shinny style games. Evaluations will be held to determine program level and location.Athletes may be moved to a different floorball program based on evaluations. Athletes must supply: Hockey helmet with full face mask, jack/jill protection, shin guards (hockey or soccer), runners					
Novice - Shinny Style	Don Hartman NE Sportsplex, **5206 - 68 St NE**	6:00pm - 7:00pm	Mondays: October 19, 2026 - February 22, 2027	14+	$165
Intermediate - Shinny Style	Don Hartman NE Sportsplex, **5206 - 68 St NE**	7:30pm - 8:30pm	Mondays: October 19, 2026 - February 22, 2027	18+	$165
SNOWSHOEING	Glenmore Athletic Park, **5300 - 19 St SW**	12:30pm - 2:00pm	Sundays: October 18, 2026 - March 7, 2027	14+	$85
SWIMMING					
Programs offered are NOT Red Cross or Lifesaving Society certified swim lessons. Youth: Ages 8-14 | Novice: Swimmers must be able to complete an assisted front and back glide for half the length of the pool. Swim Training and Development -Athletes will be assigned a specific time slot. Athletes must be able to swim 4 lengths of freestyle and 4 lengths of backstroke without assistance, demonstrate basic breaststroke skills, be at least 14 years old Head Coach approval required if under 14)					
Swim Training and Development (Novice to Advanced) *New Program*	Foothills Aquatic Centre **2915 24 Ave NW**	9:00am - 10:00am 10:00am - 11:00am	Saturdays: October 17, 2026 - February 6, 2027	14+	$85
Youth	Shouldice Aquatic Centre **5303 Bowness Rd NW**	6:00pm - 7:00pm	Thursdays: October 15, 2026 - February 25, 2027	8-14	$165
Novice	Bob Bahan **4812 14 Ave SE**	6:30pm - 8:00pm	Tuesdays: November 4, 2025 - March 24, 2026	14+	$165
PICKLEBALL					
Recreational and Competitive pickleball athletes welcome. Sessions are scheduled from 11:00am to 12:00pm and 12:00pm - 1:00pm. Athletes will be assisgned a specific time slot based on skill level, experience, and athlete numbers.					
Session #1	MNP Community Sports Centre **2225 Macleod Trail SE**	11:00am - 12:00pm 12:00pm - 1:00pm	Sundays: October 11, 2026 - December 13, 2026	14+	$100
Session #2	MNP Community Sports Centre **2225 Macleod Trail SE**	11:00am - 12:00pm 12:00pm - 1:00pm	Sundays: January 10, 2027 - March 21, 2027	14+	$100
POWERLIFTING					
New athletes are required to attend an evaluation before their registration can be approved. Athletes who are tentatively accepted and will receive the evaluation details by email. Athletes should be able to safely squat a 45 lb bar, safely bench press a 45 lb bar, safely deadlift 65 lbs, participate in a two-hour training session without a 1:1 support person.					
POWERLIFTING *Fall session added*	Kings Fitness, **125, 2985 23 Ave NE**	6:30pm - 8:30pm	Wednesdays: September 16, 2026 - December 9, 2026	14+	$115
WELLNESS IN MOTION					
NEW PROGRAM All abilities welcome and encouraged! A low-impact movement and wellness program designed to support athletes in maintaining an active and healthy lifestyle. Designed to be accessible, combining gentle exercise, wellness talks, and social connection. Activities are adaptable to meet each athlete's needs and abilities, ensuring everyone can participate, build confidence, and enjoy the benefits of movement in an inclusive and welcoming environment.					
Wellness in Motion *New Program*	Hillhurst Sunnyside **1320 5 Ave NW**	7:30pm - 8:30pm	Wednesdays: October 21, 2027 - December 16, 2027	18+	$60

Please Note:

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Special events and other important dates can be found here: https://www.specialolympics.ab.ca/communities/calgary

Calgary

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Spring Session

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Program	Location	Times	Dates	Age	Fee
ATHLETICS					
Novice: All abilities welcome | Intermediate: Must be able to run 75m without walking | Advanced: Must be able to run 150m without walking					
Novice - Indoor	Central Memorial Highschool, **5111 21 St SW**	1:30pm-2:30pm	Sundays: March 21 2027 - April 18 2027	14+	$85
Novice - Outdoor	Glenmore Athletic Park, **5300 19 Street SW**	1:00pm-2:30pm	Sundays: April 25, 2027 - June 27, 2027	14+	
Intermediate - Indoor	Central Memorial Highschool, **5111 21 St SW**	11:00am - 12:30pm	Sundays: March 21 2027 - April 18 2027	14+	$85
Intermediate - Outdoor	Glenmore Athletic Park, **5300 19 Street SW**	12:30pm - 2:00pm	Sundays: April 25, 2027 - June 27, 2027	14+	
Advanced - Indoor	Paperny Family JCC **1607 90 Ave SW**	7:00pm - 8:30pm	Mondays: March 8,2027 - April 19, 2027	14+	$85
Advanced - Outdoor	Glenmore Athletic Park, **5300 19 Street SW**	7:00pm - 8:30pm	Mondays: April 26, 2027 - June 21, 2027	14+	
BASKETBALL					
Development: For athletes new to the sport. Learn basic skills and rules | Novice: For athletes with some experience. Build on basic skills, body control, teamwork, and rules Intermediate: For athletes with game and skill experience. Learn team strategies, game skills, and compete in in-program games | Advanced Titans or Bulldogs: Coach invitation only					
Development	Colonel I J Fred Scott School, **171 Whitehorn Rd NE**	6:30pm - 8:00pm	Wednesdays: April 21,2027 - June 16, 2027	10+	$60
Novice	King George Elementary School, **2108 10 St NW**	7:00pm - 8:30pm	Wednesdays: April 7, 2027 - June 16, 2027	12+	$60
Intermediate	Don Hartman North East Sportsplex, **5206 68 Street NE**	6:30pm - 8:30pm	Wednesdays: March 11, 2027 - June 17, 2027	16+	$100
Advanced - Titans	St Helenas Jr High School, **320 64 Ave NW**	6:30pm - 8:00pm	Mondays: March 15, 2027 - June 14, 2027	18+	$115
Advanced - Bulldogs	St Rosa Jr High School, **2419 50 St NE**	6:45pm - 8:15pm (March), 6:30pm - 8:00pm (remaining)	Mondays: March 15, 2027 - June 14, 2027	18+	$115
BOCCE	Huntington Hills Community Centre, **520 78 Ave NW**	10:00am - 11:30am	Saturdays: May 1 25, 2027 - June 26, 2027	14+	$60
GOLF					
Athletes may be moved to a different golf program dependant upon skill level Youth Learn to Golf: For athletes new to the sport or some experience. Learn basic golf techniques | Youth Advanced: Golf at the Dome and Par 3. Must bring clubs, arrive on time, attend with chaperone. Intermediate: Athletes must have a basic understanding of golf rules, equipment, and swing techniques, and be comfortable participating in a skill-focused golf environment. Build on skills at the Dome and potentially play the par 3 course. Athletes must have their own clubs, attend with a chaperone, not use Access, and be able to have limited washroom access when at the par 3. Advanced Golf North or South - Coach Invitation only. Athletes must bring their own clubs					
Youth: Learn to Golf	Eaglequest Golf Dome @ Fox Hollow, **1025 32 Ave NE**	7:00pm - 8:00pm	Tuesdays: May 4, 2027 - June 22, 2027	8-17	$85
Youth: Advanced	Eaglequest Golf Dome @ Fox Hollow, **1025 32 Ave NE +** McCall Lake Golf Course, **1600 32 Ave NE**	7:00pm - 8:30pm	Tuesdays: May 4, 2027 - June 22, 2027	8-17	$85
Intermediate	Eaglequest Golf Dome @ Fox Hollow, **1025 32 Ave NE +** McCall Lake Golf Course, **1600 32 Ave NE**	7:00pm - 8:30pm	Tuesdays: May 4, 2027 - June 22, 2027	14+	$100
Advanced (North)	McCall Lake Golf Course, **1600 32 Ave NE**	6:00pm - 9:00pm	Tuesdays: May 4, 2027 - June 22, 2027	18+	$225

Advanced (South)	McKenzie Meadows Golf Club, **17215 McKenzie Meadows Dr SE**	6:30pm - 9:00pm	Sundays: May 2, 2027 - June 27, 2027	18+	$225
POWERLIFTING					
New athletes are required to attend an evaluation before their registration can be approved. Athletes who are tentatively accepted and will receive the evaluation details by email. Athletes should be able to safely squat a 45 lb bar, safely bench press a 45 lb bar, safely deadlift 65 lbs, participate in a two-hour training session without a 1:1 support person.					
Powerlifting	Kings Fitness, **125, 2985 23 Ave NE**	6:30pm - 8:30pm	Wednesdays: Feb 24, 2027 - June 23, 2027	14+	$115
RHYTHMIC GYMNASTICS					
Recreational: Introduces and builds on basic skills | Pre Competitive: Builds on current skills. Athletes learn 1 -2 routine(s) and participate in 1-2 competition(s) Competitive: Designed for athletes with advanced rhythmic skills. Athletes will learn multiple routines throughout the season and participate in performances and competitions.					
Recreational + Pre-Competitive	Paperny Family JCC **1607 90 Ave SW**	6:30pm - 7:30pm	Wednesdays: March 10, 2027 - June 24, 2027	10+	$115
Competitive	Paperny Family JCC **1607 90 Ave SW**	6:30pm - 8:30pm	Wednesdays: March 10, 2027 - June 24, 2027	10+	$115
SOCCER					
Recreational: Builds on basic skills and rules Competitive: Focuses on team play and strategies. Participates in games, and competitions. Evaluations to be held April 8th and 15th. Athletes will be placed on a team based on evaluations.					
Recreational	Indoor: Absolute Soccer Dome, 2221 Crowchild Trail NW Outdoor: Huntington Hills Soccer Field, **320 64 Ave NW**	Indoor: 6:00pm - 7:00pm Outdoor: 6:30pm - 8:00pm	Thursdays: Indoor:Apr 8-June 2 Outdoor:May 6-June 24	8+	$90
Competitive	Indoor: Absolute Soccer Dome, 2221 Crowchild Trail NW Outdoor: Huntington Hills Soccer Field, **320 64 Ave NW**	Indoor: 7:30pm - 8:30pm Outdoor: 6:30pm - 8:00pm	Thursdays: Indoor:Apr 8-June 2 Outdoor:May 6-June 24	14+	$90
SOFTBALL					
Athletes may be moved to a different softball program dependant upon skill level. Novice: For athletes new to the sport or with some experience. Learn basic skills, teamwork, and game rules Intermediate: For athletes with game and skill experience. Learn team strategies and game skills, and compete in internal program games | Advanced: Coach invitation only					
Novice	Indoor: Absolute Baseball Academy, **2221 Crowchild Trail NW** Outdoor: Huntington Hills Community Centre **520 78 Ave NW**	10:00am - 11:30am	Sundays: April 11, 2027 - June 27, 2027	8+	$85
Intermediate	Indoor: Absolute Baseball Academy, **2221 Crowchild Trail NW** Outdoor: Huntington Hills Community Centre **520 78 Ave NW**	12:00pm - 2:00pm	Sundays: April 11, 2027 - June 27, 2027	14+	$85
Advanced	Indoor: Absolute Baseball Academy, **2221 Crowchild Trail NW** Outdoor: Bridgeland Riverside Diamond **McDougall Rd & 11 St NE**	12:00pm - 2:00pm	Sundays: Starts April 11, 2027	18+	$85
SWIMMING					
Programs offered are NOT Red Cross or Lifesaving Society certified swim lessons. Youth: Ages 8-14 Intermediate/Advanced: Sessions are scheduled from 10:00am to 11:00am and 11:00am to 12:00pm. Athletes will be assigned a specific time slot based on skill level, experience, and athlete numbers. Intermediate: Must be able to swim 4 laps of freestyle without assistance, 4 laps of backstroke without assistance, familiarity with breaststroke, Head Coach approval is required if under 14 Advanced: Swimmers must be able to swim 6 lengths freestyle without assistance, 4 lengths backstroke without assistance, and must be familiar with breaststroke and butterfly					
Youth	Shouldice Aquatic Centre **5303 Bowness Rd NW**	6:00pm - 7:00pm	Thursdays: March 15, 2027 - June 24, 2027	8-14	$165
Intermediate/Advanced	Foothills Aquatic Centre **2915 24 Ave NW**	10:00am - 12:00pm	Saturdays: March 6, 2027 - June 26, 2027	14+	$165
HEALTH AND WELLNESS (outdoor walk/run club)	Calgary Curling Club, **720 3 Street NW**	6:30pm - 8:00pm	Tuesdays: April 20, 2027- June 22, 2027		$60
BADMINTON					
Recreational and Competitive badminton athletes welcome. Athletes requiring 1:1 assistance must register in the recreational program. Sessions are scheduled from 10:00am to 11:00pm and 11:00pm - 12:00pm. Athletes will be assigned a specific time slot based on skill level, experience, and athlete numbers.					
Recreational	Gao Badminton Tao, **4839 47 Street SE**	10:00am to 11:00am 11:00pm - 12:00pm	Sundays: April 18, 2027 - June 13, 2027	14+	$60
Competitive	Gao Badminton Tao, **4839 47 Street SE**	10:00am to 11:00am 11:00pm - 12:00pm	Sundays: April 18, 2027 - June 13, 2027	14+	$60

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