

## Sports Programs

Our sports programs are open to all individuals with an intellectual disability and are designed to promote and increase fitness, develop individual and/or team skills and to promote sportsmanship and fair play.



## Sports Offered

We offer a variety of sports throughout the year:

- Alpine Skiing
- Basketball
- 5 Pin Bowling
- 10 Pin Bowling
- Figure Skating
- Floor Hockey
- Golf
- Learn to Skate
- Martial Gym
- Nordic Skiing
- Rhythmic Gymnastics
- Snowshoeing
- Soccer
- Softball
- Speed Skating
- Swimming
- T - Ball
- Track & Field

## Volunteers

Without volunteer support, willing hands and caring hearts, our athletes would not be able to participate. Our coaches, program volunteers and executive board are dedicated members of the community who give freely of their time and knowledge.



To volunteer or for further information about Special Olympics Ontario - Durham Region, please contact:

### Volunteer Coordinators

#### Email:

[durhamregionsportscouncil@specialolympicsontario.ca](mailto:durhamregionsportscouncil@specialolympicsontario.ca)

or

visit our website at:

[durhamregionsportscouncil.specialolympicsontario.ca](http://durhamregionsportscouncil.specialolympicsontario.ca)

Sports Programs



**Special Olympics**  
Ontario  
Durham Region



**“Let me win. But if I cannot win, let me be brave in the attempt.”**

## Ajax / Pickering

### Summer - May to September

#### Soccer - Junior - Pickering

Contact: Franco Traverna ..... 647.284.8872

#### Softball - Ajax

Contact: Debbie May ..... 905.686.2538

#### T-Ball - Ajax

Contact: Debbie May ..... 905.686.2538

#### Softball Learn-to-Play - Ajax

Contact: Debbie May ..... 905.686.2538

#### Track & Field - Pickering

Contact: Janet White ..... 905.428.7299

#### Nordic Skiing - Ajax

Contact: Marcia Mitchell ..... 905.427.0332

#### Rhythmic Gymnastics - Pickering

Contact: Donna Edwards ..... 905.683.7610

#### Snow Shoeing - Ajax

Contact: Marcia Mitchell ..... 905.427.0332

#### Soccer Skills Training - Pickering

Contact: Franco Traverna ..... 647.284.8872

#### Speed Skating - Ajax

Contact: Chris May ..... 905.686.2538

#### Basketball - Oshawa

Contact: Janice Dewland ..... 905.436.9059

#### 5 Pin Bowling - Oshawa

Contact: Bob O'Neill ..... 905.983.9576

#### 10 Pin Bowling - Oshawa

Contact: George Henderson ..... 905.240.5975

#### Curling

Contact: Hilton Smith ..... 905.725.0026

#### Rhythmic Gymnastics - Whitby

Contact: Donna Edwards ..... 905.683.7610

#### Swimming - Oshawa

Contact: Heather Smith ..... 905.839.4025

### Spring/Winter - September to May

#### Basketball - Ajax

Contact: Debbie May ..... 905.686.2538

#### Basketball Learn-to-Play - Ajax

Contact: Debbie May ..... 905.686.2538

#### 5 Pin Bowling - Ajax

Contact: Shelly Kuijpers ..... 289.240.2463

#### Figure Skating - Ajax

Contact: Terri Stewart ..... 905.995.9923

#### Floor Hockey - Ajax

Contact: Dan Kuijpers ..... 289.240.2463

#### Learn to Skate - Ajax

Contact: Terri Stewart ..... 905.995.9923

#### Martial Gym - Pickering

Contact: Donna Edwards ..... 905.683.7610

## Oshawa / Whitby

### Summer May - September

#### Soccer - Whitby

Contact: Cathy Furiano ..... 905.686.2775

#### Softball - Oshawa

Contact: Hilton Smith ..... 905.725.0026

#### 18 years and up

Contact: Diane Evans ..... 289.240.2140

#### Speed Skating - Oshawa

Contact: JoAnne Swaine ..... 905.438.1255

### Spring / Winter - September to May

#### Alpine Skiing - Oshawa

Contact: Cindy Olynyk ..... 905.427.5255

## Uxbridge

### Summer May - September

#### Golf - Youth

Contact: Maria Borges ..905.862.2822