



Accessibility Advisory Committee

**Monday, January 11, 2021
4:00 PM**

Henry Baker Hall, Main Floor, City Hall



OFFICE OF THE CITY CLERK

**Public Agenda
Accessibility Advisory Committee
Monday, January 11, 2021**

Appointment of Chairperson and Vice-Chairperson**Approval of Public Agenda****Minutes Approval**

Accessibility Advisory Committee - Public - Jun 8, 2020 4:00 PM

Accessibility Advisory Committee - Public - Dec 14, 2020 4:00 PM

City Clerk's Report

ACC21-1 Meeting Schedule for 2021

Recommendation

1. That 2021 meetings of the Accessibility Advisory Committee be held on Tuesdays at 4:00 p.m. on the following dates:
 - March 30
 - June 29
 - October 5
2. That the first meeting of the Accessibility Advisory Committee in 2022 be held on Tuesday, January 18, at 4:00 p.m.

Administration Report

ACC21-2 Safe Sidewalks - Accessibility and Inclusion Consultation

Recommendation

That Accessibility Advisory Committee receive and file this communication.

Communication

ACC21-3 Inclusive Recreation and Activities

Recommendation

That the Accessibility Advisory Committee receive and file this report.



OFFICE OF THE CITY CLERK

Resolution for Private Session

AT REGINA, SASKATCHEWAN, MONDAY, JUNE 8, 2020
AT A MEETING OF ACCESSIBILITY ADVISORY COMMITTEE
HELD IN PUBLIC SESSION

AT 4:00 PM

These are considered a draft rendering of the official minutes. Official minutes can be obtained through the Office of the City Clerk once approved.

Present: Sandra Palandri, in the Chair
Amy Alsop (Videoconference)
Michelle Busch (Videoconference)
Jennifer Cohen (Videoconference)
Bonnie Cummings-Vickaryous (Videoconference)
Judy Winship (Videoconference)
Dylan Morin
Ashley Nemeth (Videoconference)
Shae Sackman (Videoconference)
Allard Thomas (Videoconference)
Councillor John Findura (Videoconference)
Councillor Lori Bresciani (Videoconference)

Regrets: Bernadine Flaman

Also in Council Officer, Ashley Thompson
Attendance: Manager, Paratransit & Accessibility, Lynette Griffin
Coordinator, Social Inclusion, Dave Slater (Videoconference)

APPROVAL OF PUBLIC AGENDA

Dylan Morin moved, AND IT WAS RESOLVED, that the agenda for this meeting be approved, as submitted.

RECESS

Dylan Morin moved, AND IT WAS RESOLVED, that the Committee recess for ten minutes.

The Committee recessed at 4:10 p.m.

The meeting reconvened at 4:20 p.m.

ADOPTION OF MINUTES

Jennifer Cohen moved, AND IT WAS RESOLVED, that the minutes for the meeting held on January 13, 2020 be adopted, as circulated.

ADMINISTRATION REPORTS

ACC20-2 Paratransit Policy and Procedure Guide Update

Recommendation

It is recommended that Accessibility Advisory Committee:

Receive and file this report.

(Ashley Nameth left the meeting)

Jennifer Cohen moved that this report be received and filed.

Amy Alsop	Yes
Michelle Busch	Yes
Jennifer Cohen	Yes
Bonnie Cummings-Vickaryous	Yes
Dylan Morin	Yes
Shae Sackman	Yes
Allard Thomas	Yes
Judy Winship	Yes
Sandra Palandri	Yes

The motion was put and declared CARRIED.

ACC20-3 Paratransit Operations and Maintenance Contract

Recommendation

It is recommended that Accessibility Advisory Committee:

Receive and file this report.

(Bonnie Cummings-Vickaryous left the meeting)

Jennifer Cohen moved that this report be received and filed.

Amy Alsop	Yes
Michelle Busch	Yes
Jennifer Cohen	Yes
Dylan Morin	Yes
Shae Sackman	Yes
Allard Thomas	Yes
Judy Winship	Yes
Sandra Palandri	Yes

The motion was put and declared CARRIED.

ADJOURNMENT

Dylan Morin moved, AND IT WAS RESOLVED, that the meeting adjourn.

The meeting adjourned at 5:40 p.m.

Chairperson

Secretary

AT REGINA, SASKATCHEWAN, MONDAY, DECEMBER 14, 2020

AT A MEETING OF ACCESSIBILITY ADVISORY COMMITTEE

HELD IN PUBLIC SESSION

AT 4:00 PM

These are considered a draft rendering of the official minutes. Official minutes can be obtained through the Office of the City Clerk once approved.

Present: Sandra Palandri, in the Chair
Amy Alsop (Teleconference)
Michelle Busch (Teleconference)
Jennifer Cohen (Teleconference)
Bernadine Flaman (Teleconference)
Dylan Morin (Teleconference)
Ashley Nemeth (Teleconference)
Allard Thomas
Councillor Lori Bresciani (Teleconference)
Councillor Terina Shaw

Regrets: Judy Winship
Shae Sackman
Bonnie Cummings-Vickaryous

Also in Attendance: Council Officer, Ashley Thompson
Director, Parks, Recreation & Cultural Services, Laurie Shalley
Manager, Community & Recreation Programs, Bobbie Selinger
Manager, Facilities Engineering, Jamie Hanson
Manager, Paratransit & Accessibility, Lynette Griffin

APPROVAL OF PUBLIC AGENDA

Jennifer Cohen moved, AND IT WAS RESOLVED, that the agenda for this meeting be approved, as submitted.

ADMINISTRATION REPORTS

ACC20-4 Winter City Strategy Motion – Accessibility and Inclusion Consultation

Recommendation

That Accessibility Advisory Committee receive and file this communication.

Ashley Nameth moved, AND IT WAS RESOLVED, that this communication be received and filed.

RESOLUTION FOR PRIVATE SESSION

Allard Thomas moved, AND IT WAS RESOLVED, that in the interest of the public, the remainder items on the agenda be considered in private.

RECESS

Allard Thomas moved, AND IT WAS RESOLVED, that the Committee recess for five minutes.

The Committee recessed at 4:47 p.m.

Chairperson

Secretary

Meeting Schedule for 2021

Date	January 11, 2021
To	Accessibility Advisory Committee
From	City Clerk's Office
Service Area	Office of the City Clerk
Item No.	ACC21-1

RECOMMENDATION

1. That 2021 meetings of the Accessibility Advisory Committee be held on Tuesdays at 4:00 p.m. on the following dates:
 - March 30
 - June 29
 - October 5
2. That the first meeting of the Accessibility Advisory Committee in 2022 be held on Tuesday, January 18, at 4:00 p.m.

ISSUE

City Council, at its meeting held on December 16, 2020, approved the meeting schedule for 2021. A calendar which lists approved meeting dates for City Council and Committees is attached as Appendix "A". Their schedule is set each year in accordance with the provisions of *The Procedure Bylaw, 9004*. The purpose of this report is to facilitate the establishment of 2021 regular meeting dates for the Accessibility Advisory Committee.

IMPACTS

None.

OTHER OPTIONS

None.

COMMUNICATIONS

An updated calendar will be circulated which includes the meeting dates of City Council and all committees. This calendar will be provided to the local media and any other interested parties who request the information.

DISCUSSION

The Accessibility Advisory Committee should establish its regular meeting schedule for 2021, with the dates selected:

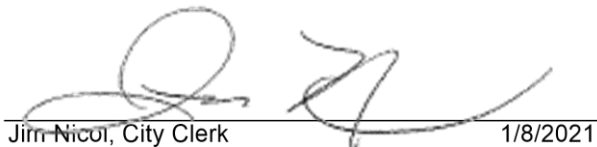
- to allow timely submission of reports to City Council or other committees;
- to avoid conflict with other scheduled meetings, such as the Executive Committee; and
- to fit the schedules of Committee members.

It is also proposed that the Accessibility Advisory Committee select a date for its first meeting in 2022. Based on this year's meeting schedule, it is proposed the Committee hold its first meeting of 2022 on Tuesday, January 18 at 4:00 p.m.

DECISION HISTORY

The Accessibility Advisory Committee has the authority to establish a meeting schedule.

Respectfully submitted,


Jim Nicol, City Clerk 1/8/2021

Prepared by: Tracy Brezinski, Council Officer

ATTACHMENTS

Appendix A - 2021 Council and Committee Meeting Calendar

2021 COUNCIL AND COMMITTEE MEETINGS

Appendix A

JANUARY						
S	M	T	W	T	F	S
					◆ 1	2
3	4	5	EX RPC 6	7	8	9
10	11	12	CWC C 13	14	15	16
17	18	19	EX OCS 20	21	22	23
24 31	25	26	C 27	28	29	30

FEBRUARY						
S	M	T	W	T	F	S
	1	2	EX RPC 3	4	5	6
7	8	9	CWC C 10	11	12	13
14	◆ 15	16	EX OCS 17	18	19	20
21	22	23	C 24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	EX RPC 3	4	5	6
7	8	9	CWC C 10	11	12	13
14	15	16	EX OCS 17	18	19	20
21	22	23	24	25	26	27
28	29	30	C 31			

← Budget →

APRIL						
S	M	T	W	T	F	S
				1	◆ 2	3
4	◆ 5	6	EX RPC 7	8	9	10
11	12	13	CWC C 14	15	16	17
18	19	20	EX OCS 21	22	23	24
25	26	27	C 28	29	30	

MAY						
S	M	T	W	T	F	S
						1
2	3	4	EX RPC 5	6	7	8
9	10	11	CWC C 12	13	14	15
16	17	18	EX OCS 19	20	21	22
23 30	◆ 24 31	25	C 26	27	28	29

JUNE						
S	M	T	W	T	F	S
		1	EX RPC 2	3	4	5
6	7	8	CWC C 9	10	11	12
13	14	15	EX OCS 16	17	18	19
20	21	22	C 23	24	25	26
27	28	29	30			

◆ Holiday

C = City Council - meets at 1:00 p.m.

CWC = Community Wellness Committee – meets at 9:00 a.m.

EX = Executive Committee - meets at 9:00 a.m.

OCS = Operations and Community Services Committee - meets at 2:00 p.m.

RPC = Regina Planning Commission - meets at 4:00 p.m.

All meetings are held in Henry Baker Hall unless otherwise indicated.

FOR FURTHER INFORMATION
CONTACT THE OFFICE OF THE
CITY CLERK AT 306-777-7262

2021 COUNCIL AND COMMITTEE MEETINGS

JULY						
S	M	T	W	T	F	S
				◆ 1	2	3
4	5	6	EX RPC	7	8	9
10	11	12	CWC C	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST						
S	M	T	W	T	F	S
1	◆ 2	3	EX RPC	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	◆ 6	7	EX RPC	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	EX RPC	6	7	8
9	10	◆ 11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER						
S	M	T	W	T	F	S
	1	2	EX RPC	3	4	5
6	7	8	9	10	◆ 11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER						
S	M	T	W	T	F	S
			EX RPC	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	◆ 27	◆ 28	29	30	31

C = City Council - meets at 1:00 p.m.

CWC = Community Wellness Committee – meets at 9:00 a.m.

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RPC = Regina Planning Commission - meets at 4:00 p.m.

◆ Holiday

All meetings are held in Henry Baker Hall unless otherwise indicated.

FOR FURTHER INFORMATION
CONTACT THE OFFICE OF THE
CITY CLERK AT 306-777-7262

Memo

January 11, 2021

To: Members,
Accessibility Advisory Committee

Re: Safe Sidewalks - Accessibility and Inclusion Consultation

RECOMMENDATION

That Accessibility Advisory Committee receive and file this communication.

BACKGROUND

Administration is preparing a report to respond to *Motion MN19-9*. Report *PWI19-18* was considered at the December 12, 2019 meeting of the Public Works and Infrastructure (PWI) Committee requesting that Administration provide information about how the City of Regina (City) is managing sidewalk safety and what work is being done to improve walkability and accessibility of sidewalks for pedestrians.

The intention of the report *PWI19-18* was to provide an overview of the classification, condition, maintenance treatments and repair prioritization of City-owned sidewalk assets. The report also outlined the ways sidewalk improvements coordinated with other City programs as well as treatments available to address concrete deficiencies, and a brief summary of the results of a municipality survey regarding these topics. During the discussion the PWI Committee requested Administration provide an update on the sidewalk priority system and recommendations for improving sidewalk accessibility for consideration in future budget planning.

DISCUSSION

Policy/Strategic Impact

Repair and enhancement of sidewalks and other concrete assets, such as pedestrian ramps and curbs under the Concrete Distress Program and other City programs helps to improve pedestrian safety and better accommodate those who are using them. Sidewalk accessibility is advanced by implementing pedestrian accessibility ramps where practical and feasible, and repairing sidewalk deficiencies that pose the greatest risk to the public.

Administration's requirements regarding the repair and maintenance of sidewalks and other concrete assets specified in *Section 306(1)* of *The Cities Act* where these assets must be kept in a "reasonable state of repair". This requirement, as defined in *Section 306(1.1)*, considered to be met if "those who use the street, road or other public place can, exercising ordinary care, do so with safety".

The *Concrete Inspection and Maintenance Policy* was developed in 2004 to provide the framework under which sidewalks would be monitored and deficiencies addressed in order to fulfill the requirements of *The Cities Act*.

Sidewalk Prioritization

Sidewalks in the City are classified as either Group A or Group B. These categories are determined by the commercial and high-density residential areas and several other factors that attract higher user volumes. The classification is intended to reasonably differentiate between the sidewalks that have, or have the potential for, higher pedestrian user volumes with those considered as having normal user volumes. The sidewalk classification is used in lieu of performing pedestrian counts on all sidewalks throughout the city, which would be a costly and labour-intensive task with variable results.

Sidewalks will receive a Group A classification considering high user volume, vicinity to schools, churches, hospitals, shopping centres, and senior citizens complexes (with more than 20 units). All other sidewalks in the city that don't receive the Group A classification are classified as Group B.

Administration has also been reviewing the transit ridership data as another data source for informing the sidewalk classification. There is some correlation between the streets which have received a Group A classification and streets that have transit stops, but this is not an exact overlay. There are many instances where transit stops exist on Group B sidewalks, as transit stops are required throughout the city to ensure public access to the transit system even though the annual ridership counts for these stops may be low. During the next review, within our five-year plan, of the *Concrete Inspection and Maintenance Policy*, additional data including the transit ridership will be reviewed to determine if there is new criteria that could be introduced to improve the accuracy of the sidewalk classification.

Sidewalk Maintenance Priority

The Concrete Distress Program (CDP) was developed to satisfy the requirements of the *Concrete Inspection and Maintenance Policy* with the purpose of addressing the sidewalk deficiencies to improve safety as well as the overall sidewalk condition. The prioritization of repairs considers the following:

- 1. Severity:**

Administration follows a "worst-first" prioritization strategy for repairing sidewalk deficiencies. The strategy recognizes that the more severe the rating a deficiency receives, the more risk it poses to the public. By addressing the most severe deficiencies

first, the overall risk to the City and the public is decreased to a larger amount compared to addressing the less severe deficiencies first.

2. Sidewalk Usage:

As discussed previously, the sidewalks are classified as either Group A or Group B based on their expected usage. Where a Group A sidewalk would be expected to have higher user volumes.

To balance the requirement to address the worst deficiencies first while ensuring the repair crews are functioning efficiently, maintenance crews systematically move through the community addressing deficiencies on Group A sidewalks rated 1 through 4 and Group B sidewalks rated 1 or 2 (critical deficiency locations). Note, severity ratings are from 1 to 10, where 1 is the worst.

New Initiatives for Temporary Sidewalk Repairs

Administration has limited repair options available to address deficiencies in the winter/cold temperatures. Permanent repairs using concrete or hot-mix asphalt are impractical due to the extra costs required to complete this work outside of the regular construction season. Therefore, temporary repairs are used in the winter to make these locations safe until more permanent repairs can be completed when temperature permits. The most used method of temporary repair in the winter is granular fill (gravel). This helps to reduce trip hazards resulting from removed sidewalk panels, but the finished surface is more irregular/uneven compared to concrete. Gravel can also be worn away with usage requiring additional maintenance and upkeep.

Administration is currently researching practices in other municipalities, and products available in the industry to enhance accessibility during the winter months.

Repair Timelines for Repairing Deficiencies

Administration is currently updating systems that will improve its ability to track deficiencies and generate reports and statistics based on the concrete distress inventory. The entire repair inventory was inspected this fall with recommendations for repair types made to get an understanding of the scope and budgetary impact of these repairs. Following the sidewalk prioritization mentioned above, Administration is targeting to have utility cut reinstatement and distress repairs on Group A sidewalks rated either 1 or 2 completed by the end of June with the remainder of the planned repairs being completed by season's end. There have been two improvements made to achieve these goals including increased contracted support as well as more integrated repairs with underground utilities. When possible, crews will be coordinating repairs on high pedestrian use sidewalks at the same time the underground repair is made. The benefits of this initiative will be realized by residents who will be impacted for a very short duration and does carry some cost savings to our maintenance budgets.

Sidewalk deficiencies are inspected within two weeks of being reported during an active inspection cycle (May to September of each year). If a distress is reported outside of an active inspection cycle, it is added to a list to be inspected once the next inspection cycle begins.

COMMITTEE ENGAGEMENT

Administration would like to have an open dialogue with the Accessibility Advisory Committee about the current state of sidewalk accessibility in Regina, and what gaps might exist in realizing our goal of a safe and accessible sidewalk network. Please provide feedback for enhancements in the following areas of focus:

1. Criteria in prioritization of sidewalks
2. Sidewalk accessibility in the winter months regarding repairs and maintenance
3. Sidewalk repair timelines

Respectfully submitted,



Chris Warren, Director, Roadways & Transportation

1/5/2021



Kim Ohra, Executive Director, Citizen Services

1/8/2021

Memo

January 11, 2021

To: Members,
Accessibility Advisory Committee

Re: Inclusive Recreation and Activities

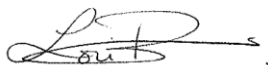
RECOMMENDATION

That the Accessibility Advisory Committee receive and file this report.

BACKGROUND

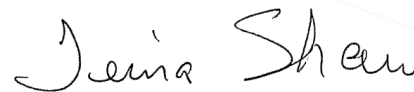
The purpose of this communication to initiate a round table discussion and gather feedback respecting recreation programming offered through the City of Regina. Attached are Appendices A and B which includes information on recreation programs offered by the City of Edmonton and City of Ottawa.

Respectfully submitted,



Lori Bresciani
Councillor – Ward 4

Respectfully submitted,



Terina Shaw
Councillor – Ward 7



Recreation Opportunities for Individuals with Disabilities

An activity guide for Edmonton and surrounding areas

Fall 2019 – Summer 2020 Edition

Edmonton

Introduction

The City of Edmonton offers this guide as a list of resources only and is not necessarily associated with the organization that submitted the advertisement. Check out the City of Edmonton program guides for inclusive recreation opportunities.

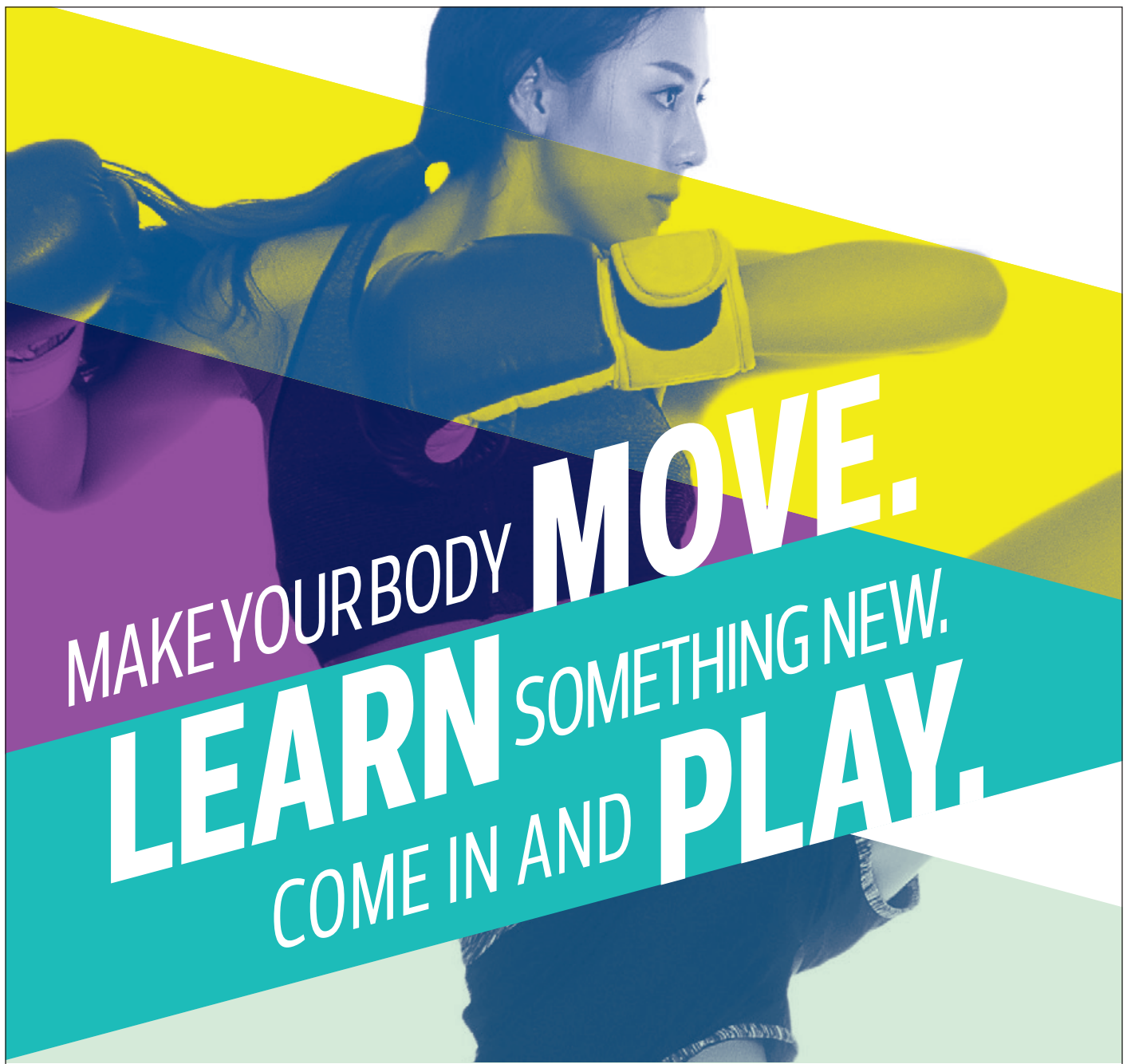
Take time to enjoy many of the leisure opportunities available throughout Edmonton. Get fit, enjoy a new outdoor activity, be creative, meet new friends, have fun and keep active!

This guide, produced by the City of Edmonton's Citizen Services Department, lists recreation opportunities throughout Edmonton suitable for individuals with disabilities. This guide provides a summary of specialized programs and other valuable contacts. If you require further information about a specific program, please call the organization directly.

The City of Edmonton welcomes children and adults of all abilities at our facilities and is committed to the inclusion of individuals with disabilities in our programs. In order for us to plan more effectively, please indicate what, if any, supports or accommodations are required to ensure successful participation in our programming. We want to work together, along with other community organizations as needed, to ensure a positive and fun experience. Individuals who require additional assistance are welcome to bring an attendant. Attendants can attend at no additional cost when assisting an individual to attend our facilities, services or programs.

The following leisure brochures are available by calling 311 or by visiting www.edmonton.ca/activities_parks_recreation/program-guides.aspx:

- Rec Centres Summer Guide
- Summer Day Camps Guide
- Summer in the City
- Central Lions Seniors Association Summer Guide
- Priceless Fun Guide



Hundreds of drop-in activities and registered programs for all ages and abilities. Spots are limited. Register today.

MOVELEARNPLAY.EDMONTON.CA



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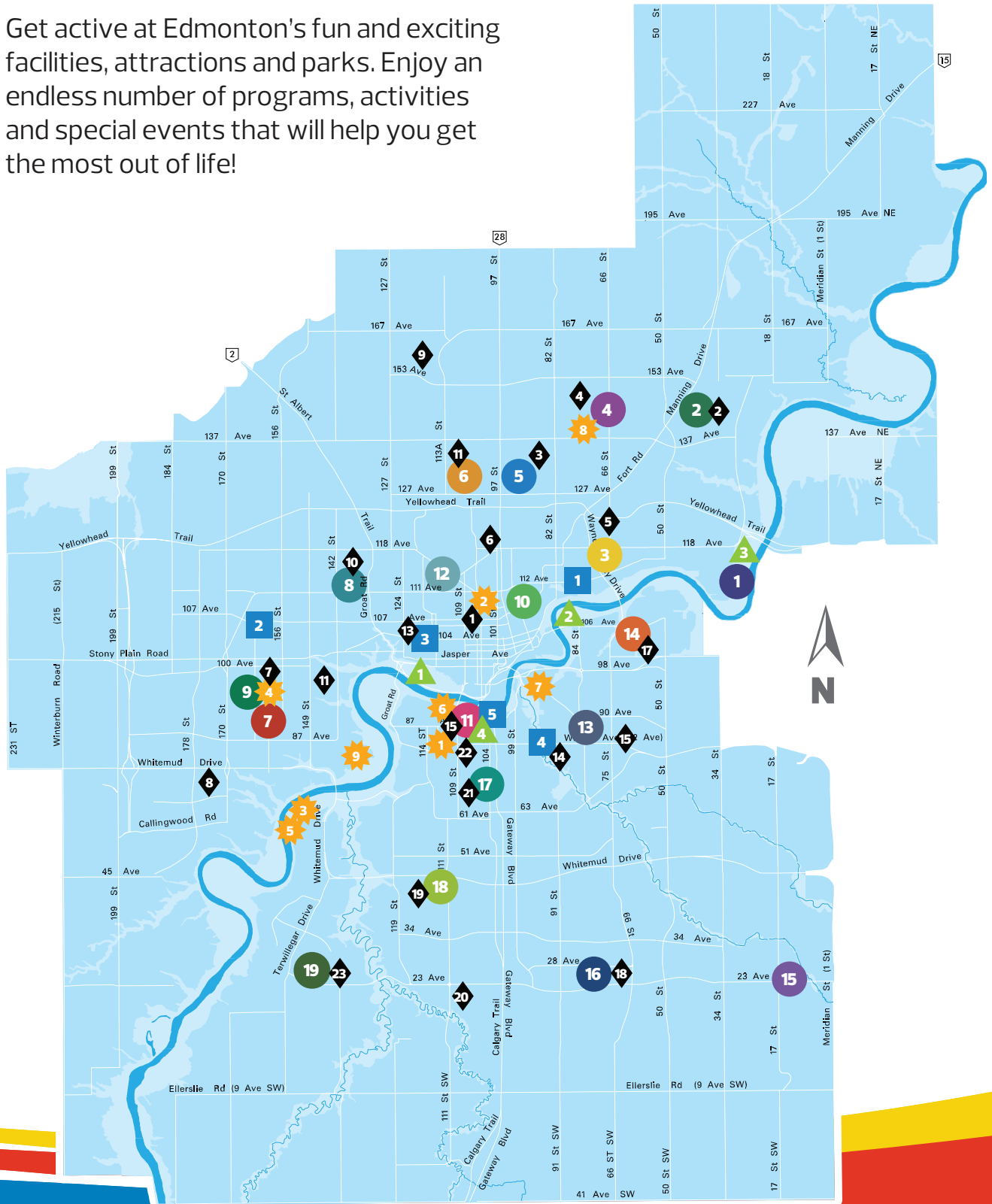


FACILITY ACCESSIBILITY GUIDE			A.C.T	BONNIE DOON	CLAREVIEW	CENTRAL LIONS	COMMONWEALTH	CONFEDERATION	EASTGLEN	GRAND TRUNK	HARDISTY	JASPER PLACE	KINSMEN	LONDONDERRY	THE MEADOWS	MILL WOODS	O'LEARY	PETER HEMINGWAY	TERWILLEGAR
BUILDING AND EXTERIOR	PARKING	ACCESSIBLE PARKING STALLS	20	4	8	7	6	4	2	4	5	0	6	4	23	4	2	4	22
		SAFE DROP-OFF AND PICK-UP	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		CURB CUT	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
	ENTRANCE X	W/C RAMP TO DOOR	•	NA		•	NA	•	•	NA	•	•	•	NA	•	•	•	NA	•
		NO. STAIRS TO DOOR	0	0	0	0	0	0	6	0	0	•	18	0	0	0	0	0	0
		MOST ACCESSIBLE DOOR	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	MAIN	WEST	MAIN	MAIN	MAIN	MAIN
	FACILITY INTERIOR	W/C ACCESSIBLE WASHROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		UNISEX WASHROOMS	•	•	•	•	•	•	•	•	•	•		•	•	•			•
		ACCESS PHONE	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•
		STAIRS, RAMPS, ELEVATORS	NA	NA	E	NA	3	E	12S	NA	NA	15S	E	E	2E 1R	E	NA	NA	3
		LOWERED SERVICE COUNTER	•		•	•	•								•			•	•
		ACCESSIBLE CHANGEROOMS	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•
		ACCESSIBLE SPECTATOR VIEWING	•			NA	•	•	•	•	•	•	•	•	•	•	•	•	•
AQUATIC FACILITIES	CHANGEROOMS	CO-ED/FAMILY CHANGEROOMS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		ACCESSIBLE WASHROOM STALLS	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
		SHOWER BENCH	•	•		•	•	•	•	•	•		•	•	•	•	•	•	•
		MECHANICAL TRANSFER LIFT	•				•						•		•				•
		EXTRAS (CURTAINS, HEAT LAMPS)	H/C	C	H	C	**		C	C	C	C			•	H		C	
	POOL ACCESS	RAILINGS	•	•	•		•			•				•	•				•
		RAMP INTO POOL	•	NA			•							•	•	•			•
		POOL LIFT	•	•	•		NA	•			•		•		•		•	•	•
	POOL DECK	PORTABLE STAIRS		•	•		NA	•	•	•	•	•	•		•		•	•	•
		MAIN POOL TEMPERATURE (°C)	32.5	29.5	29.5		28.0	29.5	29.5	29.8	29.5	29.5	27.0	29.5	29	29.0	29.8	27.5	29.0
		SALT/CHLORINE GAS	C	C	S		S	S	S	C	C	C	C	C	S	C	C	C	S
		HOT TUB (40 °C)	•	•	•		•	•	•	•	•			•	•	•	•	•	•
		COMMODORE OR W/C FOR WATER	•	•	•		•			•	•			•	•	•	•		•
		GURNEY FOR WATER	•												•				
	AMENITIES	ACCESS TO STEAM ROOM	NA	•	•		•	•	•	•	•	•	NA	•	•		•	•	•
		ACCESS TO SAUNA	NA	•	NA		NA	NA	NA	NA	•		•	•		•	NA	•	
		LIFT ACCESS TO HOT TUB	•	•	•		NA						NA		NA				•
		ACCESS TO FITNESS CENTRE	NA	NA	•		•	NA	NA	•	•	•	•	•	•	•	•		•

**Individual rooms with doors

WHAT'S IN YOUR **NEIGHBOURHOOD?**

Get active at Edmonton's fun and exciting facilities, attractions and parks. Enjoy an endless number of programs, activities and special events that will help you get the most out of life!



City of Edmonton Leisure, Sports and Fitness Facilities

NORTHEAST

- 1 A.C.T. Aquatic and Recreation Centre
2909 – 113 Avenue
- 2 Clareview Community Recreation Centre
3804 – 139 Avenue
- 3 Eastglen Leisure Centre
11410 – 68 Street
- 4 Londonderry Fitness and Leisure Centre
14528 – 66 Street
- 5 O'Leary Fitness and Leisure Centre
8804 – 132 Avenue

NORTHWEST

- 6 Grand Trunk Fitness and Leisure Centre
13025 – 112 Street
- 7 Jasper Place Fitness and Leisure Centre
9200 – 163 Street
- 8 Peter Hemingway Fitness and Leisure Cen.
13808 – 111 Avenue
- 9 St. Francis Xavier Sports Centre
9240 – 163 Street

CENTRAL

- 10 Commonwealth Community Recreation Cen.
11000 Stadium Road
- 11 Kinsmen Sports Centre
9100 Walterdale Hill
- 12 Central Lions Recreation Centre
11113 – 113 Street

SOUTHEAST

- 13 Bonnie Doon Leisure Centre
8648 – 81 Street
- 14 Hardisty Fitness and Leisure Centre
10535 – 65 Street
- 15 The Meadows Community Rec Centre
2704 – 17th Street NW
- 16 Mill Woods Recreation Centre
7207 – 28 Avenue
- 17 Scona Leisure Centre
Operated by an independent contractor
10450 – 72 Avenue

SOUTHWEST

- 18 Confederation Leisure Centre
11204 – 43 Avenue
- 19 Terwillegar Community Rec Centre
2051 Leger Road NW

Outdoor Swimming Pools

NORTHEAST

- 1 Borden Park Outdoor Pool
11200 – 74 Street
- 2 Fred Broadstock Outdoor Pool
15720 – 105 Avenue

CENTRAL

- 3 Oliver Outdoor Pool
10315 – 119 Street

SOUTHEAST

- 4 Mill Creek Outdoor Pool
9555 – 84 Avenue
- 5 5 Queen Elizabeth Outdoor Pool
9100 Walterdale Hill

City of Edmonton Golf Courses

- 1 Victoria Golf Course & Driving Range
12130 River Road
- 2 Riverside Golf Course
8630 Rowland Road
- 3 Rundle Golf Course
2902 – 118 Avenue
- 4 Kinsmen Pitch and Putt

Operated by the Kinsmen Club of Edmonton

9100 Walterdale Hill

City of Edmonton Attractions and Specialized Facilities

- 1 City Arts Centre
10943 – 84 Avenue
- 2 City of Edmonton Archives/ Prince of Wales Armouries
10440 – 108 Avenue
- 3 Fort Edmonton Park
Fox Drive & Whitemud Drive
- 4 Jasper Place Annex
9200 – 163 Street
- 5 John Janzen Nature Centre
Fox Drive & Whitemud Drive
- 6 John Walter Museum
9100 Walterdale Hill
- 7 Muttart Conservatory
9626 – 96A Street
- 8 Northgate Lions Recreation Centre
7524 – 139 Avenue
- 9 Edmonton Valley Zoo
Buena Vista Road and 134 Street

City of Edmonton Indoor Ice Arenas

CENTRAL

- 1 Downtown Community Arena
10330 – 105 Avenue

NORTHEAST

- 2 Clareview Recreation Centre
3804 – 139 Avenue
- 3 Glengarry Arena
13340 – 85 Street
- 4 Londonderry Arena
14520 – 66 Street
- 5 Russ Barnes Arena
6725 – 121 Avenue
- 6 Westwood Arena
12040 – 97 Street

NORTHWEST

- 7 Bill Hunter Arena
9200 – 163 Street
- 8 Callingwood Rec Centre
17740 – 69 Avenue
- 9 Castle Downs Rec Centre
11520 – 153 Avenue
- 10 Coronation Arena
13500 – 112 Avenue
- 11 Crestwood Arena
9940 – 147 Street
- 12 Grand Trunk Arena
13025 – 112 Street
- 13 Oliver Arena
10335 – 119 Street

SOUTHEAST

- 14 Donnan Arena
9105 – 80 Avenue
- 15 Kenilworth Arena
8311 – 68 A Street
- 16 The Meadows Community Rec Centre
2704 – 17th Street NW
- 17 Michael Cameron Arena
10404 – 56 Street
- 18 Mill Woods Recreation Centre
7207 – 28 Avenue

SOUTHWEST

- 19 Confederation Arena
11204 – 43 Avenue
- 20 Kinsmen Twin Arena
Operated by Kinsmen Club of Edmonton
1979 – 111 Street
- 21 George S. Hughes South Side Arena
Formerly known as South Side Arena
10525 – 72 Avenue
- 22 Tipton Arena
10828 – 80 Avenue
- 23 Terwillegar Subway Arena
2051 Leger Road NW

For more information about any of these City of Edmonton Recreation Centres, sports fields, parks or trails, please call 311 (780-442-5311 if outside Edmonton) or visit movelearnplay.edmonton.ca.

PROGRAM REGISTRATION (City of Edmonton programs)

How to Register

Registrations are accepted on a first-come, first-served basis and are subject to availability. Please register as soon as possible.

New! City of Edmonton Recreation Centre Members have the opportunity to register one day early.

ONLINE

Register online at any time with movelearnplay.edmonton.ca.

BY PHONE

You can register for programs any time by calling 311. Please call 780-442-5311 if outside Edmonton.

IN PERSON

You can register for programs in person at any City of Edmonton Leisure, Sports and Fitness Facility.

Providing Registration Information

When registering, please provide the necessary information regarding guardianship, medical, physical or behavioural conditions, and emergency contact phone numbers.

Payment and Confirmation

Program fees are subject to change and will be confirmed with you at the time of registration. Fees must be paid in full at the time of registration. Participants are not considered registered until payment has been received.


Payment can be made by VISA, American Express, MasterCard, cheque, money order, debit or cash. Make cheque or money orders payable to the City of Edmonton. Post-dated cheques are not accepted. Please do not send cash in the mail.

Once you are registered, a course confirmation will be mailed to you, as well as additional program requirements.

For the Advanced Aquatic Courses, fees will be adjusted to include the course material and the exam fees at the time of registration.

Program Registration Fees

Program registration fees do not include drop-in admission.



Withdrawing or Transferring

You can transfer immediately into another program, subject to availability. Withdrawals and transfers are permitted without penalty up to 15 days prior to the program start date. A \$10 administration fee will apply if a withdrawal or transfer is requested 15 days or less prior to the program start date. If the program has started, a \$10 administration fee will apply, and a prorated balance of the program fee will be refunded.

Program Cancellations

In the event that a program is cancelled due to inclement weather conditions, low registration, facility or equipment problems, instructor illness or unavailability, staff will notify participants prior to the program start date.

Emergency Medical Procedures

In the event of an emergency, staff may render first aid and/or contact emergency medical services.

Photography and Media Consent

On occasion, the City of Edmonton may invite a photographer or the media to visit a program. In this case, you may be asked to sign a consent form giving permission for the images to be used for news or promotional purposes.



AAC Little Bits



LEISURE ACCESS PROGRAM (LAP)

Edmonton

WHAT IS THE LEISURE ACCESS PROGRAM?

The program allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities and attractions (swimming pools, fitness centres, Edmonton Valley Zoo etc.) through an annual pass or a subsidized monthly pass.

PROUDLY
WORKING WITH



ANNUAL PROGRAM

The LAP Annual Program is valid for one year from issue date and provides free unlimited access to participating facilities and discounts on registered programs (daycamps, art classes, swimming lessons etc).

You may qualify for the LAP Annual Program if:

- You are currently on AISH
- You have an income below the low income threshold
- You are a recently landed immigrant or refugee
- You are not a full-time student at University of Alberta, NAIT or MacEwan University, unless you have children

MONTHLY PASS

The LAP Monthly Pass provides discounted opportunities to participating facilities, including drop-in and instructor-led programs. Individual passes are \$20/month and family passes are \$70/month.

You may qualify for the LAP Monthly Pass if:

- You have an income near the low income threshold

Note: If you have an income below Edmonton Transit Service's (ETS') Ride program's low income threshold, you may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians for \$35/month. You do not need to submit a separate application to apply for Ride Transit. Learn more at edmonton.ca/ridetransit.

HOW CAN I GET AN APPLICATION FORM?

- At any City of Edmonton Recreation Centre
- At www.edmonton.ca/lap
- By calling **311**
- Edmonton Tower 2nd Floor
10111-104 Avenue NW
Edmonton, Alberta T5J 0J4

LEISURE PROGRAMS AND GROUPS

Citizen Services Department, City of Edmonton

Box 2359
Edmonton, AB T5J 0J4

Contact: 311

Website: www.edmonton.ca

Swim, enjoy the river valley, learn about nature, skate outdoors or at an arena, cross-country ski or attend a special event. These are some of the many activities available through the City of Edmonton's Citizen Services Department.

A.C.T. Aquatic and Recreation Centre

2909 – 113 Avenue
Rundle Park
Edmonton, AB T5W 0P3

Water Works

Water Works is an aquatic exercise program specifically for people with joint and mobility problems. A trained instructor takes participants through soothing movements accompanied by soft music. Water Works is safe, easy and is perfect for people with arthritis or fibromyalgia.

Dates/Times: Monday, Wednesday and Friday from 12:00 – 1:00 pm

Specialized Programs at ACT

The following programs are specifically designed for individuals with disabilities. Individuals with medical needs or who require supervision must provide their own attendant. No fee is charged for attendants.

Multi-Sensory Environment

We are excited to announce new equipment in the sensory room.

Great for all ages and abilities – especially those who like to stimulate or relax their senses. Our Multi-Sensory Environment includes a bubble tube, fiber-optics, light machines and much more. Benefits of usage can include: leisure and relaxation, stimulation and interactive development of motor skills. Call 311 for more information.

Locations: ACT Aquatic and Recreation Centre

Details: Up to 5 people can use the equipment at a time plus attendant/parents. The Multi-Sensory Environment is booked on a first come, first serve basis, when the room is available. Please call the Program Coordinator for more info.

Dates: Weekdays, September to June

Times: 9:00 am – 4:00 pm, drop in or quick reservation bookings are available to hold a spot in the room.

PROGRAMS FOR PERSONS WITH DISABILITIES PWD

These programs are geared towards Persons with Disabilities providing City Wide opportunities to explore arts, crafts and recreation while having fun and making new friends! All activities are adaptable!

*Participants requiring an attendant are to supply their own for the program.

REGISTERED

CRAFT N' CREATIONS

A creative program that offers the opportunity to meet new people and experience a variety of crafts projects. This program is geared towards persons with disabilities and all activities are adaptable. Fee includes all materials needed.

FIT NIGHT

Get fun and physical in Fit Night! Enjoy sports and fitness in the first portion of class then finish your class splashing around in the pool!

SOCIAL NIGHT

The focus of this program is a variety of recreational activities centered on a principle theme for that evening. This includes seasonal activities, dancing, arts, culture and games all within the natural beauty of Rundle Park!

PAPER GALORE, SCRAPBOOKING & MORE!

Explore the world of art through the magic of paper! This class will feature a variety of projects including scrapbooking, papier mache, adult colouring, watercolours, silhouettes and more! The possibilities are endless!

LEARN-TRY-INQUIRE

Do you have a thirst for knowledge and eagerness to try new and exciting things? Learn-Try-Inquire will take you on an educational adventure each week and you'll never know what you'll be learning next! From ooey-goey science experiments to understanding what makes bread rise, the knowledge is limitless!

COOKING CLUB

This program will provide the skills needed to prepare and cook food while having fun making new friends. Learn how to create food that is not only good for you but tastes great too! Enjoy a variety of dishes each week.

EDMONTON EXCURSIONS

Get ready to explore City of Edmonton attractions and affiliated facilities with Edmonton Excursions! These excursions will be held during a variety of times including weekdays, evenings and weekends to allow a wider range of opportunities within our beautiful city.

DROP-IN & SPONTANEOUS USE

FIT N' FUN

A variety of cardio and resistance exercises specifically designed for Persons with Disabilities.

SOCIAL DANCES

Get out with your friends and hit the dance floor at our PWD Social Dances! There are theme dances throughout the year and light refreshments provided. Social Dances include [Rockin in Rundle](#), [Twistin in Terwillegar](#) and more to come!

ROCKIN IN RUNDLE GOLD

Enjoy an afternoon of toe-tapping music provided by a live band and light refreshments. There is nothing better than sharing a warm beverage with dear friends while enjoying great tunes from across the decades. Our GOLD programs are catered towards the Older Adult.

ZUMBA GOLD

Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

SENSORY ROOM

Check out our Multi-Sensory Environment at the ACT Aquatic & Recreation Centre! Contact 311 for more information

City of Edmonton PWD Programs (Programs for Persons with Disabilities)

The PWD programs are designed for adults with developmental or other disabilities. Participants who require close supervision, individual attention, or who have medical needs must come with a personal care attendant. Programs include crafts, fitness, cooking, social dance, outing clubs, Zumba and more. Please contact the Program Coordinator or go to www.edmonton.ca/surf for more information.

Location: City of Edmonton Recreation Facilities

Contact: PWD Program Coordinator, 780-414-8650

Website: www.edmonton.ca/surf

Dates: Fall/Winter/Spring/Summer Classes

Disability Group: Adults with Developmental Disabilities

Pools/Leisure Centres

Phone: 311

Many pools have additional amenities such as whirlpools and exercise areas. Try the accessibility features which are available at most pools: easy ladders and wider stairs to enter the pool, wheelchair accessible pool lifts, accessible change rooms or unisex change rooms and power doors. Please see the "Community Facilities and River Valley Parks Accessibility" Brochure for more detailed accessibility information.

Red Cross Swim Adapted

Contact: 311 to register

This course is offered at ACT Recreation Centre, Mill Woods Recreation Centre, Jasper Place Fitness & Leisure Centre and Terwillegar Community Recreation Centre. This course is designed for children with limited mobility, physical impairments or other disabilities. A parent or attendant must accompany students in the water for all levels.

Red Cross Swim Adapted Levels 1 & 2 is for children 4 years or older. It introduces movement in the water, assisted and unassisted front and back floats, glides, front and back swim.

Red Cross Adapted Levels 3 & 4 is for children 6 years or older. It further enhances their unassisted floats, glides, front and back swim and introduction to deep water. Prerequisite for Level 3 & 4 is completion of Level 2.

Water Works

Water Works is for persons suffering from arthritis or other joint mobility problems. Program consists of mild exercises and slow movements. Open to swimmers and non-swimmers comfortable in shallow or mid-pool.

Date: Tuesdays and Thursdays, 3:00 – 4:00 pm

Location: Hardisty Leisure Centre, 10535 – 65 Street

Central Lions & Northgate Lions Senior Recreation Programs

Central Lions Seniors Association (CLSA) and North Edmonton Seniors Association (NESA) provide daytime recreation programs, social activities and events for older adults (55+). Community programs are offered in the evening. Both buildings are accessible and senior-friendly and have state of the art Fitness Centres with equipment specifically designed for older adults.

Both Centres offer a large variety of programs throughout the year including: computers and devices, crafts and hobbies, dance, drawing and painting, fitness classes, general interest and language courses, health, wellness and clinics, music, social outings and offsite adventures, drop-in activities and clubs (non-instructional, groups of interest). While most programs are inclusive (in part at the instructor's discretion), not all programs or clubs are adaptable to various ability levels. Where needed, participants must supply their own personal aide. Programs are offered at both member and non-member rates.

Central Lions Seniors Association (CLSA)

11113 – 113 Street NW
Edmonton, AB T5G 2V1

Phone: 780-496-7369

Email: CLSAinfo@clsaedmonton.ca

Newsletter: CLSAnews@clsaedmonton.ca

Website: www.CLSAedmonton.ca or
www.movelearnplay.edmonton.ca (for online registration)

CLSA – “Come for the programs, stay for the people!” CLSA works in partnership with the City to provide three seasonal program guides a year. Participants may register for CLSA programs in person (cash, cheque, debit or credit), online (via www.movelearnplay.edmonton.ca – programs under ‘Seniors’ section) or by phone (call 311 locally; 780-442-5311 if outside Edmonton). Memberships (\$30 per year) must be purchased in person at Central Lions Recreation Centre. Visit CLSA's website or call 780-496-4369 for more information.

Northgate Lions (NESA)

7524 – 139 Avenue
Edmonton, AB T5C 3H7

Phone: 780-496-6969

Email: info@nesa1.ca

Website: www.nesa1.ca Seasonal Program
Guides and Newsletters

Facebook: [www.facebook.com/
northedmontonseniors](https://www.facebook.com/northedmontonseniors)

Twitter: @NESAYeg

Instagram: @NESAYeg

The North Edmonton Seniors Association [NESA] where “Fun Keeps You Young” is the largest seniors organization in Edmonton, providing Edmonton’s most comprehensive older adult recreational and social programs and experiences. For more information, please call, stop by, or visit the website!

Membership details: 55 Years and Older, an annual membership is \$30, 54 years old and younger, an annual membership is \$60. A subsidy program may be available to seniors who meet the financial criteria. Contact our Outreach Department at 780-414-8790 for more information.

River Valley Programs

Phone: 311 to register

Website: [www.edmonton.ca/
rivervalleyprograms](http://www.edmonton.ca/rivervalleyprograms)

We provide inclusive programming for multiple ages and abilities throughout Edmonton’s beautiful river valley. To learn more, please go to www.edmonton.ca/rivervalleyprograms

Fort Edmonton Park

7000 – 143 Street (corner of Whitemud Freeway and Fox Drive)
Edmonton, AB T6H 4P3

Phone: 311

Construction on a \$165 million enhancement project is underway at Fort Edmonton Park. The Park is closed for the 2019 general admission season, however, remains open for private and special events. The impact on the 2020 season is unknown at the time of printing, and the Park will be fully reopened in May 2021. For more information, please visit FortEdmontonPark.ca or call 311.

Fort Edmonton Park has partial accessibility with ramps and washrooms available at many locations throughout the Park. However, due to the historic nature of the facility, there are a number of buildings that would be challenging for persons with limited mobility and impassable for wheelchairs.

The Park is situated on 158 acres and although period transportation is available only the stream train is equipped for wheelchairs, and the physical demands of walking the site are considerable.

Programs offered at the Park accommodate special needs wherever possible. Notification of any special needs requirements must be identified at the time of registration. Personal Care Attendants are admitted free of charge.

Starting in Fall 2018, construction will begin on a \$165 Million enhancement project at Fort Edmonton Park. The Park will remain open for private and special events, however, the impact to core heritage programming for the summer of 2019 is unknown at the time of printing. For more information, please visit FortEdmontonPark.ca or call 311.

John Walter Museum

9180 Walterdale Hill NW
Edmonton, AB

Contact: 311

Website: www.edmonton.ca/johnwalter

John Walter Museum displays the three original homes of John Walter, one of Edmonton's early entrepreneurs. Here you will learn not only about John Walter, but also about the changing fortunes of Edmonton's river valley communities.

John Walter Museum is partially accessible. Paved walkways and boardwalks connect the houses and the public parking lot. John Walter's Third House, completed in 1901, is accessible by ramp. Accessible washrooms are found in the Visitor Orientation Building. The museum is open on select days, please check the website for details edmonton.ca/johnwalter Programs accommodate special needs wherever possible.

Please note at time of booking if any accommodations may be required. Personal Care Attendants are welcome to attend free of charge.

How to Book:

Email: cmsschoolbookings@edmonton.ca

Phone: 780-442-1442

Online: Submit your booking request at edmonton.ca/edprogrambookings

To book a program, please call 780-442-1442 or e-mail: cmsschoolbookings@edmonton.ca.

Please note at the time of registration that accommodation may be required. Personal Care Attendants are welcome to attend at no extra cost. Please visit the website for a full list of programs: edmonton.ca/johnwalter

John Janzen Nature Centre

7000 – 143 Street NW (Next to Fort Edmonton Park)
Edmonton, AB T5J 2R7

Phone: 311

Website: www.edmonton.ca/johnjanzen

A gateway to the heart of Edmonton's River Valley, the John Janzen Nature Centre takes visitors for a walk on the wild side with programs, events and interactive exhibits designed to promote awareness and engagement with nature in an urban setting. John Janzen Nature Centre has limited accessibility, depending on the area of the facility accessed. Please contact the facility for more information. A wheelchair lift provides access to the classrooms which are used during programs and special events.

Programs accommodate special needs wherever possible. Please note at time of booking if any accommodations may be required. Personal Care Attendants are welcome to attend free of charge.

How to Book:

Email: cmsschoolbookings@edmonton.ca

Phone: 780-442-1442

Online: Submit your booking request at edmonton.ca/edprogrambookings

Muttart Conservatory

9626 – 96 A Street
Edmonton, AB T6C 4L8

Phone: 311

Website: www.edmonton.ca/muttart-conservatory

The Muttart Conservatory will close to the public starting July 2019 for scheduled rehabilitation work. We anticipate to reopen in early 2021. For more information visit edmonton.ca/Muttart.

What good is having one of the most unique living natural collections of plants, if everyone can't enjoy it? The Muttart Conservatory is committed to providing the best, easiest access possible to all its exhibits. There is accessible parking, power doors at the entrance way and into pavilions and accessible washrooms. There are ramps to pavilions, but they are steep and some assistance may be required. One pyramid has several steps and is only partially accessible.

Programs accommodate special needs wherever possible. Please note at time of booking if any accommodations may be required. Personal Care Attendants are welcome to attend free of charge.

How to Book:

Email: cmsschoolbookings@edmonton.ca

Phone: 780-442-1442

Online: Submit your booking request at edmonton.ca/edprogrambookings

Edmonton Valley Zoo

13315 Buena Vista Road
Edmonton, AB T5J 2R7

Phone: 311

Website: www.valleyzoo.ca

Intimate. Inspiring. Nurturing. Natural. Cool. Nestled on the banks of the North Saskatchewan River, the Edmonton Valley Zoo is a small and intimate zoo that provides authentic and engaging animal experiences. Open year-round, except on Christmas Day.

- Most of the Edmonton Valley Zoo is accessible, including the elephant viewing area and our new Arctic Shores Exhibit and Wander Trail.
- Walkways are a combination of paved and gravel surfaces.
- The outer zoo has some steeper inclines.

Programs accommodate special needs wherever possible. Personal Care Attendants are welcome to attend free of charge.

On Site Group Programs

Program Length:	1.5 hours; program fee includes admission to the Zoo
Fees:	\$215

How to Book:

Email: cmsschoolbookings@edmonton.ca

Phone: 780-442-1442

Online: Submit your booking request at edmonton.ca/edprogrambookings

2020 City of Edmonton Summer Daycamps: Facilities and Neighbourhoods

The City of Edmonton offers a wide range of daycamps for children and youth 3 to 17 years of age. Registration is required for all daycamps. You may register your child one of three ways:

Online: movelearnplay.edmonton.ca
Register day or night through the online registration system. It's fast, easy and secure. First time users will require a PIN number. Go online for details on acquiring a number.

Phone: Call 311 (780 – 442 – 4311) to register. Phone lines are open 24 hours per day.

In Person: Your registration can be completed at any City of Edmonton facility.

For payment use:
Visa, MasterCard or AMEX
Cheque
Cash/Debit Card

Alberta Abilities Lodges Society

P.O. Box 4455
Edmonton, AB T6E 4T5

Contact: Ross Wein

Phone: 780-436-0141

Email: rosswein@shaw.ca

Website: www.aals.ca

Facebook: see photo album at "Coyote Lake Lodge Alberta"

Adapted Outdoor Equipment and Events for Seniors and Persons with a Disability

Alberta Abilities Lodges Society, a registered charity, provides opportunities for seniors and persons with physical or cognitive challenges to enjoy nature. We believe outdoor experience with nature raises the quality of life, gives respite, breaks isolation and increases health and wellness. We will partner with any group that has complementary goals. We hold special events that are organized by our board members and volunteers. We encourage camps, parks and other outdoor facilities in natural areas to work toward universal access and inclusiveness. We own TrailRiders, tandem bicycles, canoes, double kayaks, trekking poles, hockey sledges, sit-skis and other outdoor equipment. Above all, we wish to support families and groups so they can give their loved ones the thrill and the medical/wellness benefits of experiencing nature.

Location: Various River Valley locations in Edmonton. Secondly, at our 480 acre Coyote Lake Lodge (60 km west of Leduc) we have overnight accommodation, trails, gardens and silence. We are family inclusive and accept all skill levels, all ages and all disability groups.

Cost: Our lodge operations are modelled after William Watson Lodge in Kananaskis but we are family rather than government funded. We opened for guests on July 1, 2017. Cabins are rented at \$100 per night and sleep four persons. Event and equipment rental costs are negotiated. The society provides receipts for tax purposes for donations for lodge development, events and for equipment repairs/replacement.

Alberta AdaptAbilities Association

Head Office: 10130 – 82 Avenue
Edmonton, AB T6E 1Z4

Contact: Bonnie Walzack, Program Manager

Phone: 780-431-8446

Fax: 780-669-5762

Email: info@adaptabilities.ca

Website: www.adaptabilities.ca

AdaptAbilities, a registered charity, provides essential respite care to families and individuals with special needs, creating the opportunity for families to pause, take a break and practice self-care. AdaptAbilities offers a variety of programming for individuals 3 – 18+, empowering individuals to grow, succeed and belong.

AdaptAbilities incorporates three components into each day:

- Essential Life Skills
- Expressive Arts and Recreation
- Motor Development

Our Relief Care and Community Specialists are trained in a human rights approach to provide goal-directed respite programs where individuals learn and grow as members of their own community. AdaptAbilities strengthens individuals and families, building a vision of inclusion, one person at a time.

Orange Hub Respite Centre: 10045 – 156 Street

Snoezelen Room and Sensory/Motor Development Room

AdaptAbilities is excited to announce an expansion initiative into the Orange Hub facility in Edmonton's West End, and we are pleased to offer a new Snoezelen and Sensory/Motor Development rooms within the space.

A multi-sensory environment provides a feeling of both relaxation and stimulation, through the senses of touch, sight, hearing and smell. Individuals are free to choose, control and explore the stimuli within the space, engaging different areas of the brain, and tackling problems with behavior in overactive and distressed individuals.

The Sensory/Motor Development space will offer a safe, structured environment for individuals to hone fine and gross motor skills through a variety of fun, engaging opportunities. Boasting a climbing wall, ball pit and a variety of exciting swings, tunnels, and rockers, the space can support individuals with a range of disabilities and challenges.

Weekend Respite

Weekend respite provides children and their families with the opportunity to receive high-quality care when parents need to run errands, take a break or go to an appointment.

Out-of-School Care/High School Transition

AdaptAbilities Out-of-School Care offers a number of structured activities in a safe and supportive environment. Each day, children and youth have the opportunity to do homework, play games and keep active. High School Transition supports adults who are continuing their high school education by offering a safe and welcoming "home away from home" after school. Individuals will begin to explore what it means to become an independent adult through experiential learning opportunities.

Social Nights

Each week we offer youth and young adults the chance to hang out and meet new friends. Individuals plan a variety of recreational activities and participants are guided in making appropriate and fun choices. We strive to improve decision making skills, independence and inclusion in the community.

Essential Transit Training

Essential Transit Training aims to build independence within individuals on public transit, through a structured, 2 part program. Each week, individuals participate in a lesson centering around safety, navigation, and communication; and then apply the skills they have learned by taking transit to a community location for a field trip. At the end of the program (which runs from September – June), participants should be successfully able to navigate the Edmonton Transit system independently.

In-Home Program

We introduce Community Specialists to individuals and families, and together they develop a personalized plan for success. Services offered include respite, establishing community connections, finding employment and personal care.

Community Connect

Once finished high school, Community Connect supports young adults 18+ to build confidence and autonomy by identifying personal strengths, interests and desires. Based on their chosen pathway, we will support individuals to volunteer, find employment, connect with community, build meaningful relationships, seek further education and live an active healthy lifestyle.

Hearts In Action Camps

Hearts In Action (HIA) Camps are unique day camps providing enjoyable, goal-directed activities during school holidays, exam breaks and professional development days. The small group settings foster the growth of the whole child/youth – socially, physically, mentally and emotionally. HIA offers additional support with daily routines where participants rotate through AdaptAbilities' program components within their designated age group.

Inclusive Camp Opportunities

Are you looking for an inclusive camp for your child? AdaptAbilities believes all children should have a memorable experience in a camp where they feel they belong. Trained Community Specialists will support children to participate in a community camp of their choice. The focus is to develop friendships, explore interests and most importantly, have fun in an inclusive setting.

Please visit www.adaptabilities.ca for more information, program locations or to register for programs.

Alberta Cerebral Palsy Sports Association (ACPSA)

Percy Page Centre, 11759 Groat Road
Edmonton, AB T5M 3K6

Email: contact@acpsa.ca

Website: www.acpsa.ca

The Alberta Cerebral Palsy Sports Association is a vibrant community based provincial sport organization that is dedicated to developing and providing sport opportunities for individuals with cerebral palsy and other related conditions.

Our current programs include Boccia, Power Chair Soccer, Para Soccer and Inclusive Cross Training. Through our activities we wish to provide opportunities and support to individuals who wish to lead an active lifestyle.

We offer ongoing programming throughout the year in the following sports:

Boccia

Our program introduces individuals to the sport of boccia in a fun and supportive environment. The sport is easily adaptable for individuals with varying levels of mobility, using equipment such as ramps. Boccia is a tactical and strategic sport that can be laid individually or in teams, both recreationally and competitively. Our program is for all ages and ability levels.

Power Chair Soccer

Power soccer is a competitive team sport played by individuals who use power wheelchairs, with guards attached to pass an enlarged soccer ball. Ages 6+ invited to participate, no experience necessary. A power wheelchair is required; all other equipment is provided, but limited so register early.

Para Soccer

The Para soccer program is for any individual, ages 6+ with a disability and is interested in developing their soccer skills in a social and supportive environment. We welcome anyone with a physical, cognitive or developmental disability who is ambulatory (can walk or run independently) to join our group!

Inclusive Cross Training

We are offering a new inclusive cross-training program for youth with and without disabilities and we are trying to spread the word about this new program. Participants will work on speed, agility and physical literacy skills! The class runs for 1.5 hours split into two 45 minute sessions.

The first 45 minute session is geared towards youth without a disability – they are taught an agility and speed cross-training program usually offered to junior and professional athletes by a certified trainer. The second group for 45 minutes will be geared to athletes with a disability aimed to improve physical literacy skills. The youth in the first group will also participate, and help the individuals in the second group where needed.

Locations and dates change each season, so check our website acpsa.ca for all the details, including online registration.

Alberta Northern Lights Wheelchair Basketball Society

Saville Community Sports Centre, University of Alberta

Office # 2 – 209, 11610 – 65 Avenue
Edmonton, AB T6G 2E1

Contact: Ross Norton

Email: info@albertanorthernlights.com

Website: www.albertanorthernlights.com

Wheelchair Basketball Open Gym

Alberta Northern Lights welcomes anyone who would like to try the sport of wheelchair basketball. We have athletes of all skill levels who play our sport from ages 4 to 64, and if you would like to try, come out to our open gym night!

Dates: Thursday nights

Times: 6:00 – 8:00 pm

Location: GO Centre – Saville Community Sports Centre

Skill Levels: All Levels

Cost: Free to try

Alberta Sports and Recreation Association for the Blind (ASRAB)

Percy Page Centre
11759 Groat Road NW
Edmonton, AB T5M 3K6

Contact: Edmonton Program Coordinator
Phone: 780-683-1227 or 780-263-0128
Email: program.edmonton@asrab.ab.ca
Website: www.asrab.ab.ca

The Alberta Sport and Recreation Association for the Blind (ASRAB) supports Albertans who are blind or visually impaired to live physically active lives and participate in competitive and recreational sport programs. Our association was developed by a group of people who believed that blind and partially sighted individuals should have the same opportunities as their sighted peers to learn, participate and compete in sport and recreation. We do this by:

- Providing developmental and competitive sport programs
- Supporting and encouraging individuals with visual impairments to actively participate in a broad spectrum of sport and recreation opportunities
- Collaborating with others who share our vision
- Promoting the abilities of the blind and visually impaired

Goalball

Goalball is a fast-paced team sport developed in 1946 to help in the rehabilitation of blinded war veterans. The game was introduced to the world in 1976 at the Paralympics in Toronto and has been played at every Paralympics since. World Championships are held every four years; the first was in Austria in 1978. Goalball is now played competitively in 85 countries worldwide.

Goalball has three characteristics that distinguish it from all team ball games played by sighted people: (1) it is played with a ball that is audible, so that the player can hear it when it is in motion; (2) it is played on a court with tactile markings so the players can find their positions on the court by checking the markings with their feet or hands; and (3) all players wear blacked out goggles so they have equal vision: none.

ASRAB runs a regular recreational Goalball program in the Fall through Spring. It is open to any age and experience level, and is supported by a group of knowledgeable coaches and volunteers. Goalball demonstrations can be arranged for your school or community group, to learn and experience this unique sport. Contact us to make arrangements.

To stay up to date on ASRAB's programs and events, contact us for information or to join our newsletter list!

Art Gallery of Alberta

2 Sir Winston Churchill Square
Edmonton, AB T5J 2C1

Contact: Dara Armsden, Head of Education & Learning

Phone: 780-422-6223

Email: dara.armsden@youraga.ca

Website: www.youraga.com

Classes are led by professional artists who have extensive experience working with a wide range of students, including adults with developmental disabilities. Space is limited, register early!

Art Express – Special Needs Adult Art Classes

Dates: September 12 – October 24;
November 4 – December 23 Check the website for more information

Time: 12:00 – 1:00 pm, Thursdays

Location: AGA Education Studios, Lower Level 1

Disability Group/Skill level: All welcome, independent as well as assisted individuals

Cost: \$54 + GST

Autism Edmonton

101, 11720 Kingsway Avenue
Edmonton, AB T5G 0X5

Contact: Autism Support Services Team

Phone: 780-453-3971,
PRESS 1

Email: support@autismedmonton.org

Website: www.autismedmonton.org



Parents of Adults with ASD

Contact: Autism Support Services,
support@autismedmonton.org

This group of parents discusses the challenges and the regards of having adult children with ASD, as well as how to advocate for the supports and programs they need to live full, healthy lives.

Dates: First Wednesday evening of the month

Times: 7:00 – 9:00 pm

Location: Autism Edmonton

Skill Levels: For parents of adults with ASD

Cost: No cost. Must be a member of the Autism Edmonton (FREE)

The League of Extraordinary Individuals

Contact: support@autismedmonton.org

The League of Extraordinary Individuals is a group specifically designed for members age 18 + who have a relatively high level of independence. Most are in the process of finishing school, seeking employment/ volunteer opportunities and lacking fulfilling social opportunities with peers. Historically, the League has acted as a support group providing facilitated conversations about topics related to this transitional age. Due to members' feedback, the League is working to build strong community through more activity- based meetings, which are chosen by the group.

Dates: First and third Wednesdays of the month

Times: 7:00 – 9:00 pm

Location: Various locations

Disability Group: For adults with ASD 18+ not eligible for PDD funding

Cost: TBA – Must be a member of the Autism Edmonton (FREE). Activity costs vary for activities.

Requires an intake interview.

Adults with Autism

Contact: Autism Support Services, support@autismedmonton.org

Adults with an ASD diagnosis get together several times per month for social outings, facilitated discussions and learning topics. Group members have the opportunity to meet other adults with ASD and share tips and tricks for success and learn about new resources in the Edmonton community while expanding their social network. Group members contribute to the direction and plans for this group.

Dates: Various

Location: Various

Disability Group: Adults with ASD, 25 years and older, able to participate in a group setting without staffing support

Cost: TBA – Must be a member of the Autism Edmonton (FREE). Activity costs vary for community activities

Family Connections

Contact: Autism Support Services, support@autismedmonton.org

Autism Edmonton Members are invited to family events! Details are sent out in our e-bulletin to members and range from family pool parties to family nights at community attractions.

Dates: TBA

Times: TBA

Location: Various

Cost: Must be a member of the AutismEdmonton (FREE)

Partners of Individuals with Autism

Contact: Autism Support Services,
support@autismedmonton.org

Members will meet to learn about high functioning autism and discuss the challenges and victories associated with having an ASD diagnosis. Focus of the group will also be to expand social network supports in the autism community. (Partners of group members do not need to have an official diagnosis of Asperger's or ASD to be included in this group.)

Dates: TBA

Times: TBA

Location: Autism Edmonton

Cost: Must be a member of the Autism Edmonton (FREE)

Occasio – Social Recreational Respite Program

Contact: Autism Support Services,
support@autismedmonton.org

Occasio is a spectrum-inclusive social recreational respite program for youth and adults ages 10+ (including 18+). Occasio provides families with easy access to respite support in the Edmonton area, while also allowing participants to build relationships with their peers in a safe and supportive environment. Activities range from low key events like games night, video games night or board games to community activities like Galaxyland, Jurassic Forest or the West Edmonton Waterpark. Participants register for activities individually and as interested or as needed, rather than signing up for sessions.

Dates: Various

Times: Various

Location: Various

Cost: Must be a member of the Autism Edmonton (FREE). Hourly respite rate between \$15.50 – \$24/hour dependent on level of support and funding (can be covered by FSCD respite funding), activities costs (vary with each activity)

Braille Tone Music Society of Canada

#107, 15207 Stony Plain Road
Edmonton, AB T5P 3Y4

Contact: Fahim Rajabali
Email: info@btones.ca
Website: www.btones.ca

Braille Tone Choir

Contact: Susan Farrell (Director)
Phone: 780-298-5027
Email: choir@btones.ca

The Braille Tone Choir is a safe, fun and enriching choir for adults with all levels of ability, musical and otherwise! Rehearsals are led by our professional conductor and accompanist and the choir sings in four part harmony with the help of section leaders drawn from local choirs in Edmonton. The choir performs many times a year at various venues around Edmonton. Contact Susan Farrell, our choir director, for more information!

Dates: Saturdays from September to June
Hours: 10:30 am – 12:00 pm
Locations: Kiwanis Place
(10330 – 120 Street), Edmonton
Ages: All adults with any level of ability and musical experience
Cost: Free

Semitones Children's Choir

Contact: Susan Farrell (Director)
Phone: 780-298-5027
Email: choir@btones.ca

The Semitones Children's Choir is an integrated and inclusive choir for all children aged 8 – 16. It is made up of children with and without special needs. Professionally directed and accompanied, this choir sings in two part harmony and recruits helpers from local choirs in Edmonton. The choir performs two to three times per year. The choir aims to promote confidence, leadership and building community among its members in a fun, engaging and safe environment! Contact our director, Susan Farrell, for more information!

Dates: Saturdays from September to June
Hours: 11:45 am – 1:00 pm
Locations: Kiwanis Place
(10330 – 120 Street), Edmonton
Ages: Ages 8 – 16 years with all levels of ability
Cost: Free

Music Lessons

Contact: Fahim Rajabali

Email: lessons@btones.ca

Dates: TBD by student and teacher running from September to June

The Braille Tone Music Society also funds private, individual lessons for students with special needs. We have experienced teachers drawn from many schools in Edmonton and the surrounding area, currently teaching guitar, keyboard/piano, percussion and voice. The society subsidizes lessons, making them affordable or in some cases free, depending on the teacher's rates. Students perform twice yearly at the Winter and Year End Recitals. Contact Fahim for more information!

Hours: TBD by student and teacher

Locations: Various locations in Edmonton and surrounding area

Ages: 8 and up, all abilities

Cost: Lessons are subsidized; cost depends on teacher's fee

Camp Health, Hope & Happiness (Camp He Ho Ha)

Box 182

Seba Beach, AB T0E 2B0

Contact: Kelly French

Phone: 780-429-3277 ext. 240

Fax: 780-797-3812

Email: coordinator@camphehoha.com

Website: www.camphehoha.com

Summer Camps for People with Disabilities

Camp Health, Hope & Happiness provides adapted summer camp programs for individuals with any type or degree of disability, starting at the age of 6. The fully modern, accessible facility includes a 40-foot climbing wall and ropes course, waterfront activities, indoor swimming pool, arts and crafts programs and much more. Camp He Ho Ha hires 35 post-secondary students to provide all personal care, behavior management, and summer camp programming. Supervision ratios are approximately 3 campers per staff member. There are also two nurses hired each summer to operate the onsite medical center and provide all medication administration or medical care.

Dates: 10 residential camp programs (6 days long) running from May to August

Location: Approximately 85 kilometres west of Edmonton on Lake Isle

Ages: 6 – 105 years

Disability Group: Children, adults, seniors with any type or degree of mental and/or physical disabilities

Canadian Adaptive Snowsports — Edmonton (CADS)

P.O Box # 35073
10818 Jasper Ave
Edmonton, AB T5J 0B7

Contact: Sharon Veeneman

Phone: 780-721-7071

Fax: 587-269-1731

Email: coordinator@cadsedmonton.ca

Website: www.cadsedmonton.ca

CADS Edmonton Ski & Snowboard Program

CADS Edmonton offers programs in both downhill skiing and snowboarding. Our programs are aimed at instructing individuals in our community with disabilities in the various adapted skiing techniques. Our volunteer instructors are trained in adaptive ski instruction as developed by the CADS national certifying body. CADS Edmonton is dedicated to creating an open community of athletes, instructors and supporters. We continue to celebrate a love of sport in all of its forms.

Dates: Monday nights,
January 2020 – March 2020

Times: 7:00 – 9:00 pm

Location: Rabbit Hill

Disability Group: Beginner to Advanced

Cost: TBD – depending on how many lessons are being held

AND

Dates: Saturdays,
January 2020 – March 2020

Times: 9:30 – 11:30 am

Location: Rabbit Hill

Disability Group: Beginner to Advanced

Cost: TBD – depending on how many lessons are being held

Edmonton Adaptive Sports Association (EASA)

PO Box #92566

Nottingham PO

Sherwood Park, AB T8A 3X4

Contact: Sharon Veeneman

Phone: 780-721-7071

Email: info@edmontonadaptivesports.ca

Website: www.edmontonadaptivesports.ca

The Edmonton Adaptive Sports Association was formed to educate and provide a positive experience for participants of all abilities through the sport of sledge hockey.

Fall/Winter: September 2019 – March 2020

Times: TBD

Location: TBD

Cost: \$450

Young Adult Services Recreation and Social Program

Young Adult Services Recreation and Social Programs offers wellness oriented, recovery focused programming for those 16 – 25 who are living with a mental concern and / or addictions. The format of this program is an experiential learning approach to teach recreation and leisure skills and to develop enhanced social and personal development skills. Outcomes expected include: improved mental health; transferable skill development; reduced substance use; increased social, peer and sibling connection; increased community integration; and reduced stigmatization and isolation.

Young Adult Services strives to provide opportunities for individuals to make meaningful friendships reduce social isolation and provide opportunities for individuals to establish healthy, active lifestyles using a resiliency orientated, strength based approach.

Eligibility: The eligibility criteria for Young Adult Services (YAS) group programming is young adults aged 16–25 years of age who are impacted by mental health concerns and/or addictions, emotional or behavioral issues, do not require one to one support to participate in programming, whose interpersonal style is suited to being in a group, and who would have the ability to safely navigate home if separated from the group in the community. Registered groups may have additional criteria for participation

How to get connected: On Wednesdays from 11:30 – 12:30 on a weekly basis we offer an Orientation to Young Adult Services groups & programming. This provides young adults with a chance to learn about the group opportunities, evaluate their current goals, and determine what programming might be the best fit for them. Young adults are asked to please arrive a few mins early as group starts promptly at 11:30. The doors will be closed at that time as it is disruptive to the other attendees.

Location: Bill Rees YMCA

Room 01N – 10211 – 105 Street, Edmonton AB

Program times: Every weekday afternoon

Catch the Wave Water Fitness

Edmonton, AB

Contact: Susan
Kisilevich

Phone: 780-915-1132

Email: susan@

catchthewavewaterfitness.com

Website: www.catchthewavewaterfitness.com



Personal Aquatic Training and Aquatic Rehabilitation

Promoting Wellness Through Water®. Catch the Wave Water Fitness® provides each individual with a safe and unique water fitness or rehabilitation experience. By creating a specifically targeted aquatic program, individuals are able to improve muscle strength, endurance, flexibility, posture, balance and cardiorespiratory fitness.

Catch the Wave Water Fitness® Values:

- **Dedication:** Dedicated to the well being of each client.
- **Collaboration:** Collaborates with health industry leaders, physicians and organizations to provide clients with relevant health and wellness information.
- **Celebration:** Celebrates the steps, however big or small that each individual makes towards their fitness or rehabilitation goals.

To book a session, contact Susan.

Dates: Available upon request

Times: Available upon request

Location: Any City of Edmonton Pool

Centre for Autism Services Alberta

4752 – 99 Street

Edmonton, AB T6E 5H5

Phone: 780-488-6600

Email: info@centreforautism.ab.ca

Website: www.centreforautism.ab.ca

Join us for some unforgettable adventures this summer!



Community Recreational Activities

The Centre for Autism Services Alberta offers a wide range of recreational activities for children and youth diagnosed with autism spectrum disorder. Our community-based group activities take place in various locations in the Edmonton area. For full program details, including dates and registration fees, please visit the Centre for Autism Services Alberta website or contact Gail.

Contact: Gail Stanford, Community and Family Services Coordinator

Phone: 780.488.6600 ext. 216

Fax: 780.488.6664

Website: www.centreforautism.ab.ca

Email: info@centreforautism.ab.ca or
gstanford@centreforautism.ab.ca

Cooking Programs

Shop, Cook and Learn

In Shop, Cook and Learn, teens will enjoy hands-on experience while developing their cooking skills. Teens learn recipe planning, shopping, budgeting and money management. Participants will gain an understanding of healthy eating and will develop the confidence to create delicious meals at home.

Ages: 13 – 17 years

Date: Fall, Winter and Spring programs

Location: Centre for Autism Services,
4752 – 99 Street

Junior Chef Cooking Class

Children will learn the basics of food preparation, kitchen safety, cooking and baking techniques, measuring, knife skills, healthy eating – but most of all, they'll learn how to have fun creating and enjoying delicious food. Kids will learn to make all of the recipes from scratch, learn how to use a variety of utensils, learn kitchen safety and hygiene, how to properly measure dry and liquid ingredients, how to follow a recipe, table etiquette and much more.

Ages: 7 – 12 years

Date: Fall and Spring programs

Location: Centre for Autism Services,
4752 – 99 Street

Visual Arts Programs

The Centre offers a range of art classes throughout the year. Whether one already likes art or is new to the process, the Centre provides individuals with an opportunity to try their hand at a variety of mediums including painting and drawing.

Offered in partnership with the Nina Haggerty Centre for the Arts.

Fun with Art

Get ready to discover your inner artist! Draw, paint and work with other media under the guidance of supportive professional artists. Unleash your creativity as you express yourself through art. Create your own masterpieces!

Ages: 7 – 12 years

Dates: Fall, Winter and Spring programs

Location: Nina Haggerty Centre for the Arts



Centre for Autism

Exploring Art

Join us for art, expression and fun! Young artists will draw, paint, work with clay and learn how to make prints and mixed media compositions. Exploring Art will stimulate your imagination while developing cognitive and problem-solving skills. Taught by professional artists with experience supporting individuals with autism, young artists will explore age-appropriate projects at their own pace while meeting new friends.

Ages: 13 – 17 years

Dates: Fall, Winter and Spring programs

Location: Nina Haggerty Centre for the Arts

Creative Expression

Unleash your creativity in this stimulating class that provides you the freedom to explore the world of visual arts. Taught by professional artists, Creative Expression offers instruction on a wide variety of techniques and media including drawing, painting, ceramics and digital media. When this class is over, you'll have an opportunity to display your work in the Stollery Gallery.

Ages: 18+

Dates: Fall, Winter and Spring programs

Location: Nina Haggerty Centre for the Arts

Sports & Recreation Programs

Basketballers

Basketballers is designed to build confidence and skills while having fun playing basketball. Participants practice skills such as dribbling, passing and shooting while learning about teamwork and game play in a supportive environment.

Ages: 7 – 12 years

Dates: Fall, Winter and Spring programs

Location: Alberta Avenue Community League

Kickstart Soccer

Kickstart Soccer is a great way to introduce children with autism to the world's most popular game. Children will develop soccer skills and learn game-play concepts and strategies in a no-pressure environment. Best of all, they will build the skills foundation necessary to integrate into community-based programs along with their peers.

Ages: 7 – 12 years

Dates: Fall, Winter and Spring programs

Location: Alberta Avenue Community League

Teen Basketball

Teens rule the court, developing their basketball skills while learning what it means to be a teammate!

Ages: 13 – 17 years

Dates: Fall, Winter and Spring programs

Location: Alberta Avenue Community League



Active for Life

Young adults with autism get motivated and moving with **Active for Life**. Presented in partnership with the YMCA of Northern Alberta, this unique fitness program inspires participants to keep active each week. A movement expert (kinesiologist) develops and leads all classes. We keep the focus on fun, grouping everyone according to ability and compatibility.

Ages: 13 – 29 years

Dates: Fall, Winter and Spring programs

Location: Jamie Platz YMCA

Skating

First Steps (4 years and older):

2:45 – 3:30 pm

This program introduces children to skating. No experience necessary.

Second Steps & Advanced: 2:45 – 3:45 pm

Some skating experience is required for this program, including the ability to get up after a fall and the ability to skate forward.

Please note: All participants need to have an adult helper who is a proficient skater. A helper may be a family member, Skating Edge volunteer or a Centre volunteer.

Dates: Sundays; Fall, Winter and Spring

Location: Londonderry Arena
(14528 – 66 Street)

Contact: Extreme Edge, 780-456-6851,
extreme.edge@shaw.ca

Cost: please contact for details

Taekwondo — Young Masters Club

Back by popular demand, this adapted program is designed specifically to help participants who have trouble focusing on daily tasks. By dedicating an hour each week to practice cognitive behaviour strategies, participants increase awareness of their energy levels and work on adopting strategies to achieve “just right” levels of attention and energy. Besides being an excellent source of fitness and recreation, Taekwondo can foster improved self-esteem, perseverance, self-control and courtesy. The program incorporates occupational therapy strategies, Taekwondo, yoga and relaxation training.

Ages 6 and under: 5:15 – 6:15 pm

Ages 12 and under: 6:15 – 7:15 pm

Ages 18 and under: 7:15 – 8:15 pm

Date: Wednesdays; Fall, Winter and Spring

Website: www.qicreative.com

Contact: Jon Rivero, Qi Creative:
780-554-8745, info@qicreative.com

Cost: please contact for details

Summer Day Camps

Registration for summer programs opens February 1, 2020. Our camps are very popular and spaces fill quickly. Avoid disappointment and register early! Keep an eye on our website for the latest information.

Little Aces

Make this the best summer yet with Little Aces half-day, week-long programs. Your child will receive a diverse range of age-appropriate activities designed to encourage development, including physical activities like climbing, swinging and water play. There are plenty of opportunities to socialize, invent and play with a wide range of age-appropriate toys. Our expertise in autism spectrum disorder means that your child will receive the best of care while developing important skills through play.

Ages: 3 – 5 years

Date: July / August – dates TBA

Time: 9:30 am – 12:30 pm

Location: Centre for Autism Services Alberta

Camp ACE

Children with autism rock the summer with the help of our well-trained support staff. This full-day, weeklong, themed camp offers a fun and supportive environment for children to learn and grow. We focus on building essential skills through play and interactions within the community. Each day, campers head out for a new adventure aboard the yellow camp bus, and come home with new confidence and memories to last a lifetime. Each week of camp includes a full day visit to the very popular Our Lady Queen of Peace Ranch. Through stories, activities and games, the Ranch helps build outdoor skills and an appreciation for nature.

Ages: 5 – 12 years

When: July/August – dates TBA

Time: 8:30 am – 3:30 pm

Location: Campers meet at the Centre and climb aboard buses to head out for the day's adventure!

Teen Camp

Not your ordinary summer camp! Our Teen Camps have something fun and inspiring for every camper. Each full-day camp program is built around a theme (no overnight programs). Computer Camp will teach you how to design your own video and soundtrack; you'll take the stage at the Citadel in Drama Camp; learn to be a photographer in our Photography Camp; explore your creative side in Art Camp; and have a new quest every day at Adventure Trek Camp! We're creating new interest-based camps every year, so be sure to check our website for the 2019 selection, announced in February.

Ages: 13 – 19 years

Date: July/August – dates TBA

Time: 8:30 am – 3:30 pm

Location: Various locations in the Edmonton area



Centre for Autism

Community Works Canada®

Community Works Canada® (CWC) is a job sampling, volunteer experience for teens with ASD and their peers.

This innovative program provides a structured opportunity for high school students with ASD to prepare for future employment and build their resumes while volunteering in their community:

- Incorporates peer mentors
- Sample jobs and find your interests
- Develop employment-readiness skills in a supportive environment
- Gain valuable skills for life
- Work with peer mentors
- Build lasting friendships

An initial screening assessment will be conducted to ensure appropriateness of program application. This program is now eligible for FSCD funding!

For more information or to apply:

Contact: Brady Hughes

Email: bhughes@centreforautism.ab.ca

Phone: 780.488.6600 ext. 249

Ages: 14 – 17 years

Date: Several sessions available year-round, enrollment is ongoing

Location: Various locations in the Edmonton area, including the Centre

Employment Works

Employment Works offers employment preparedness training and job sampling work experience for individuals who have been diagnosed with ASD. The program has been designed for those seeking opportunities to develop the essential skills necessary to obtain meaningful and sustainable paid employment. It is a peer/co-worker supported program that uses adult learning principles to focus on social, communication and job skills development in a variety of workplace settings and teams.

Program Breakdown:

This program is 6 months in length

- Months 1 – 3: Structured Learning and On-Site Work Experience
- Months 4 – 6: Supported transition from weekly programming to active job seeking and employment

Ages: 15 – 64 years

Date: several sessions available year-round, enrollment is ongoing

Location: Various locations in the Edmonton area, including the Centre

APPLY TODAY!

For more information or to apply:

Contact: Ewa Bochinski

Email: ewa.bochinski@centreforautism.ab.ca

Phone: 780.488.6600 ext. 240

This project is funded in part by the Government of Canada's Opportunities Fund for Persons with Disabilities program.

Let's Ride

Are you a teen (aged 13 – 17) with autism looking to gain better access to your city and increase your independence? Let's Ride gives young people the confidence they need to navigate their community.

Offered in partnership with Edmonton Transit System, Let's Ride provides all you need to know to use public transit. From planning your trip using ETS trip tools and using your smartphone to get the latest information to boarding, riding, transferring, and finding your destinations, Let's Ride is designed to help you be an independent public transit traveller. You'll get lots of practice in the community alongside new friends and, with an emphasis on safety, you'll be well-prepared to make the most of your new-found independence.

Two sessions to choose from!

Time: Saturdays | May 25 – June 22

1 pm – 4 pm OR

Everyday | August 19 – 23

9:30 am – 12:30 pm

Drop-off and pick-up at Centre for Autism Services Alberta

For more information or to apply:

Contact: Brady Hughes

Email: bhughes@centreforautism.ab.ca

Phone: 780.488.6600 ext. 249

This program is partially supported by Edmonton Transit System and Family Support for Children with Disabilities.

Cerebral Palsy Association in Alberta

CEREBRAL PALSY
ASSOCIATION IN ALBERTA



Edmonton Programs

Main Contact: Kim Henye

Phone: 1-888-477-8030

Email: kim@cpalberta.com

Website: www.cpalberta.com

Program Information, Registration Support or Drop-in Inquiries please contact:

Kim Henye (Client Services Coordinator) at 780-238-9232 or kim@cpalberta.com

Cerebral Palsy Association in Alberta (CPAA) offers programs to people with cerebral palsy and other disabilities that provide essential social interaction and healthy activities in nurturing environments. We believe that sport, recreation and leisure activities foster a balance between mental, physical, emotional and spiritual well-being. All CPAA programs are inclusive which means, they are open to all members and clients within the age categories regardless of ability.

Art Expressions (In partnership with Art Gallery of Alberta)

An integrated community-based creative arts program for persons with disabilities; all abilities welcome. This program enables participants to develop their fine motor skills while working with a variety of media on diverse projects, including painting, drawing, sculpture, printing, collage and more. Clients additionally learn to think creatively, and interpret instructions in their own way to produce their own artistic expressions.

Fall Session: September 25;
October 2, 9, 16, 23, 30;
November 6, 13, 20, 27; December 4, 11, 2019

Times: Wednesdays, 2:30 pm – 4:30 pm

Location: Art Gallery of Alberta (#2 Sir
Winston Churchill Square)

Room: LL1 (Orange studio)

Age: Adult

Disability Group: All disabilities and skill
levels are welcome

Cost: \$150 /12 week session

Edmonton Meet-up Group

Contact: Kim Henye

Phone: 1-888-477-8030

Direct Line: 780-238-9232

Email: kim@cpalberta.com

This group is for persons with cerebral palsy and other disabilities who wish to develop a social network and explore the community in a group setting. The group provides a private forum to seek advice as well as to develop strong bonds with others who have common interests.

Dates: Ongoing

Location & Time: Varies depending on
activity

Age: All ages welcome

Disability Group: All disabilities and skill
levels welcome

Fee: \$5 (Monthly Registration) or \$60
(Annual Registration)

*Registration is required to participate in
events, to register visit: www.cpalberta.com

Event Calendar: Once registered you will
receive event schedule for the month(s)

****Please note:** some activities require an
additional cost**

Computability – Powered by Telus

Allows participants the opportunity to learn basic skills in computer usage. The basic computer skills can be applicable in today's everyday life settings and awards participants with improved confidence in technology.

Location: ATB Tower, Main Floor (Suite #103, 10025 Jasper Avenue NW)

Dates: Tuesday, Wednesday and Thursday

Age Group: Adult

Session Fees: \$90/12 week session

Curriculum Course Options: (Please see schedule below to select: Course, Session, Day & Time)

*Weekly classes are 1 hour in duration

iPad (Intro)

Learn how to use iPads for everyday basic use. This program provides an introductory knowledge of how to use basic iPads applications. Devices provided.

Fall Session: September 24;
October 1, 8, 15, 22, 29;
November 5, 12, 19, 26;
December 3, 10, 2019

Tuesday Time Schedule: *Select Class Time Below

12:00 pm to 1:00 pm

1:00 pm – 2:00 pm

iPad (Social Media)

Learn how to use social media applications on iPads (Facebook, Instagram, YouTube, etc.), how to create email accounts, post pictures, movies and more. A lot of practice time is included so you can practice your new skills!

Fall Session: September 25;
October 2, 9, 16, 23, 30;
November 6, 13, 20, 27;
December 4, 11, 2019

Wednesday Time Schedule: *Select Class Time Below

12:00 pm to 1:00 pm

1:00 pm – 2:00 pm

Basic 1

Learn the basics about computers in a supportive environment. The Basic 1 is for anyone who wants to learn how to use basic Microsoft Office programs as well as the basics of social media. Participants do not need to own a computer or have any previous experience. Just come and learn!

Fall Session: September 26; October 3, 10, 17, 24, 31; November 7, 14, 21, 28; December 5, 12, 2019

Thursday Time Schedule: *Select Class Time Below

11:00 am to 12:00 pm

12:00 pm – 1:00 pm

Basic 2

Learn the basics about computers in a supportive environment. The Computability Basic 2 teaches more Microsoft Office Programs skills and explores social media more in depth. A lot of practice time is provided so you can apply your new skills.

Fall Session: September 26;
October 3, 10, 17, 24, 31;
November 7, 14, 21, 28; December 5, 12, 2019
Thursday Time Schedule: 1:00 pm – 2:00 pm

Social Circuit

An alternative to our regular Computability curriculum. This program lets the participants enjoy some non-structured time on computers and iPads and offers a fun-focused atmosphere with some games for fun provided as well. Team of supportive instructors provided.

Fall Session: September 26;
October 3, 10, 17, 24, 31;
November 7, 14, 21, 28; December 5, 12, 2019
Thursday Time Schedule: 2:00 pm – 3:00 pm

CookAbilities

CookAbilities is an integrated, Community-based cooking program for persons with disabilities. This program allows our CookAbilities Chefs to experience different recipes each week related to themes & hands on experience in making the recipes. Clients explore different flavors and textures through these diverse dishes, while working as a team with their peers.

Fall Session: September 20, 27;
October 4, 18, 25; November 1, 8, 15, 22, 29;
December 6, 13, 2019 (No Class October 11 Thanksgiving Weekend)
Times: Fridays, 11:00 am – 12:30 pm
Location: Palates Culinary Kitchen & Learning Centre (5546 Calgary Trail NW)
Age: Adult
Cost: \$180/12 Week Session
Fee: \$15/Class *Drop in registration contact
kim@cpalberta.com or 780-238-9232

Dance Without Limits

This inclusive program allows children of all abilities the opportunity to truly feel like ballerinas. This dance class is tailored to the special needs of these children and is facilitated by a certified ballet teacher and physical therapist. This program combines physical therapy with the opportunity to experience something new and is sure to boost your child's confidence and self-esteem!

Fall Session: Saturdays, September 14, 21, 28; October 5, 19, 26; November 2, 16, 23, 30; December 7, 2019

Recital: Sunday, December 15, 2019

Children's Class

Time: TBD

Age Group: 2.5 – 6 years

Youth Class Time: TBD

Age Group: 7 – 16 years

Location: TBD

Cost: \$125/12 week session

Morning Bliss Yoga (Day) (In partnership with the Winnifred Stewart Association)

This introductory gentle movement yoga class is designed to assist with healing body and mind and provides the opportunity for participants to explore Yoga in a warm, non-competitive, and supportive environment. Clients increase mobility and manage stress by stretching their muscles in this class.

Fall Session: September 18, 25;

October 2, 9, 16, 23, 30;

November 6, 13, 20, 27; December 4, 2019

Times: Wednesday, 10:30 am – 11:30 am

Location: Winnifred Stewart Association
(upstairs 1st level gym; 11130 – 131 Street)

Age: Adult

Cost: \$120/12 week session

Drop-in Fee: \$15/Class *Drop in registration
contact kim@cpalberta.com or
780-238-9232

Scribbles & Giggles

Contact: Kim Henye

Phone: 1-888-477-8030

Direct Line: 780-238-9232

Email: kim@cpalberta.com

This eight week children's art program is open to children of all disabilities. The adapted program is designed to enhance children's physical, mental and emotional well-being through the exploration of various art forms such as painting, clay and much more!

1st Session: July 21, 28; August 4, 11, 18, 25; September 8 & 15, 2018

(No class September 1)

Location: Art Gallery of Alberta (#2 Sir Winston Churchill Square)

Times: Saturday, 12:00 pm – 1:00 pm

Room: LL1 (Orange Room)

Age: 4 – 17 years

Disability Group: All disabilities and skill levels are welcome

Cost: \$120/8 week session

Sound Connections

Through this Music Therapy Program, participants gain the opportunity to learn and express themselves through a variety of instruments and songs, while interacting with peers in a community-based group setting. The supportive, warm atmosphere of this program provides a safe space for participants to make their own sound, and has been shown to increase self-confidence.

Fall Session: September 26;

October 3, 10, 17, 24, 31;

November 7, 14, 21, 28; December 5, 12, 2019

Times: Thursday, 6:30 pm – 7:30 pm

Location: ATB Tower, Main Floor
(Suite #103, 10025 Jasper Avenue NW)

Age: 15 years +

Cost: \$150/12 week session

Tempo Gusto (In Partnership with the Winnifred Stewart Association)

Through this Music Therapy Program, participants gain the opportunity to learn and express themselves through a variety of instruments and songs, while interacting with peers in a community-based group setting. The supportive, warm atmosphere of this program provides a safe space for participants to make their own sound, and has been shown to increase self-confidence.

Fall Session: September 17, 24;

October 1, 8, 15, 22, 29;

November 5, 12, 19, 26; December 3, 2019

Times: Tuesday, 1:00 pm – 2:00 pm

Location: Winnifred Stewart Association
(Upstairs 1st level gym, 11130 – 131 Street NW)

Age: Adult

Cost: \$150/12 week session

Tranquil Movements Yoga (Evening)

This introductory gentle movement yoga class is designed to assist with healing body and mind and provides the opportunity for participants to explore Yoga in a warm, non-competitive, and supportive environment. Clients increase mobility and manage stress by stretching their muscles in this class.

Fall Session: September 24;

October 1, 8, 15, 22, 29;

November 5, 12, 19, 26; December 3, 10, 2019

Times: Tuesday, 6:30 pm – 7:30 pm

Location: ReYu Paralysis Recovery Centre
(17716 – 107 Avenue NW)

Age: Adult

Cost: \$120/12 week session

YogaBees

Contact: Kim Henye

Phone: 1-888-477-8030

Direct Line: 780-238-9232

Email: kim@cpalberta.com

This introductory gentle movement yoga class for children and youth is designed to assist with healing body and mind and provides the opportunity for children to explore yoga in a warm, non-competitive and supportive environment.

1st Session: July 6, 13, 20, 27; August 3, 10, 17, 24, 2018

Times: Friday, 11:00 am – 12:00 pm

Location: ATB Tower, Main Floor, TELUS
Plaza North, Suite# 103, 10025 Jasper
Avenue NW

Age: 4 – 17 years

Disability Group: All disabilities and skill levels are welcome.

Cost: \$120/8 week Session

Support Program & Groups

Youth Transitions

The Youth Transitions Program is offered to families and persons with disabilities, with the goal of offering unique and individualized support, and workshops in various topics, such as Employment, to aide in transitioning from Youth to Adulthood. By identifying strengths, dreams and skills. This program assists people aged 15 – 25 and their families with planning for the future.

Sip and Learn – A support group for parents of children 6 and under

In collaboration with the Whitemud Public Library, the Sip and Learn Parent Support Group will offer parents with children under 6 years, the opportunity to connect with peers and to learn from each other, by brainstorming solutions to concerns, guest speakers and learning opportunities on topics chosen by the parents. While the parents are meeting, their children will be welcomed to attend a child program, with the support of volunteers. Starts April 30th, 2019 from 10:00 to 11:00 am, and meets the last Tuesday of the month, except for May; will be meeting on May 21st. We will be breaking for the summer and Fall dates TBD.

Life's Journey – A support group for parents of adult children with disabilities

A Parent's Support Group provides a unique opportunity for parents of adult children with disabilities, to share their experiences and their role as both a parent and an advocate. The parents learn from each other by sharing

community resources and support services and provide support within the group as required.

*If interested in the Youth Transitions Programs, Sip & Learn or Life's Journey Supports Groups posted above, please contact Kimberly Mayer for more details: Direct Line 780-405-2954 or email: kimberly@cpalberta.com

Choral Morphosis

1204 – 56 Street SW
Edmonton, AB T6X 1R4

Contact: Melissa
Hladyshevsky

Phone: 780-964-4860

Email: info@choralmorphosis.com

Website: www.choralmorphosis.com



Choral Morphosis

Choral Morphosis is a program for adults 16 and over with a developmental or physical disability. It is open to anyone no matter what their musical ability. Choral Morphosis currently has two programs running each week. They have a Choral Program which is singing and instrument use which runs Saturdays 10:00 – 11:15 am. This group is open to anyone no matter their musical ability. Their second program is a Choral Arts program which is like a musical theatre program. They work on singing, acting and dramatic skills. They put on two productions a year. Members of this program are also members of the Choral program.

Dates: Saturdays

Hours: 10:00 am – 12:30 pm

Location: Robertson – Wesley United Church (10209 – 123 Street, Edmonton)

Disability (skill level): Anyone with a disability is welcome.

Cost: \$100/new members

CNIB

11150 Jasper Avenue
Edmonton, AB T5K 0L1

Contact: CNIB Office

Phone: 780-488-4871

Fax: 780-482-0017

Email: alberta@cnib.ca

Website: www.cnib.ca



Edmonton VIP's

Join this lively bunch for presentations, entertainment and fun! This is one of CNIB's largest and most active groups.

Dates: Third Wednesday of the month from September – June at 1:30 pm

Location: 600, 11150 Jasper Ave

Ages and Disability group: Senior focused; blind or partially sighted individuals, support persons welcome

Cost: \$1 – 2 (for snacks)

CNIB Men's Group

Men with vision loss meet to discuss informational topics and have discussions related to the successes and challenges of having vision loss.

Dates: 2nd and 4th Wednesdays of the month @ 1:00pm

Location: 600, 11150 Jasper Ave

Ages and Disability group: All ages, Men only preferred; blind or partially sighted individuals, support persons welcome

CNIB Women's Group

Women with vision loss meet to discuss informational topics and have discussions related to the successes and challenges of having vision loss.

Dates: 1st Thursday of the month @ 1:00pm

Location: 600, 11150 Jasper Ave

Ages and Disability group: All ages, Women only; blind or partially sighted individuals, support persons welcome

Buddy Group

Please see website or contact CNIB for more information.

Dates: Monthly throughout the school year.

Time: Monday evening once per month

Location: CNIB Edmonton office

Ages/Group: School age children and teenagers with vision loss

Cost: None

Parent Support Group

Our parent support group is geared towards topics that families may find useful when raising a child with vision loss. Examples include PUF Funding, stories from adults with vision loss and time for resource sharing. Please contact the Children's Team at CNIB for more information.

Dates: Monthly throughout the school year. Please see website or contact CNIB for more information.

Time: Monday evening once per month, during Buddy Group

Location: CNIB Edmonton office, and by call-in teleconferencing

Ages/Group: For parents of children with vision loss

Cost: None

Play Groups

Our playgroups are sensory-based, providing tactile, auditory and highly visual and motor based activities. There is a range of activities for young infants to older toddlers and preschoolers.

Dates, times and locations: Vary depending on the time of year. Please see website or contact CNIB for more information.

Ages: 0 – 5 years

Disability group: All participants must be CNIB clients with some level of vision loss

Cost: Varies depending on activity (\$0 – \$10 per family)

Family Halloween Party

Dress up and carve pumpkins with the CNIB Children's Team to celebrate one of children's favourite holidays. Bring your favourite sweet treat to share. Drinks and dinner will be provided by CNIB. Join staff and other families for a costume contest, holiday themed games and more.

Date: TBA

Time: 5:30 – 7:30 pm

Location: CNIB Edmonton Children's Centre (600, 11150 Jasper Avenue)

Ages: Birth – 18 years old

Cost: None

Family Holiday Party

To get the holiday festivities rolling, whip up a tasty treat and bring it along to our potluck holiday party. We will provide the turkey and drinks. Come mingle with staff and other families while enjoying entertainment, games and more!

Date: TBA

Time: 5:30 – 7:30 pm

Location: CNIB Edmonton Children's Centre (600, 11150 Jasper Avenue)

Ages: Birth – 18 years old

Cost: None

Community Linking Programs

In Edmonton, approximately one in five individuals has a mental health concern. Recreation and leisure opportunities are important components of maintaining good mental and physical health. The Community Linking Committee was formed to address the need for the provision of high quality, low cost community leisure programs for individuals with mental health concerns in the Edmonton area.

Purpose

To provide leisure programs for adults with addictions or mental health concerns (e.g. schizophrenia, major mood disorders), who would benefit from supportive leisure environments.

Objectives

- To introduce a wide variety of low cost community based activities.
- To teach and develop leisure skills.
- To provide an opportunity for socialization.
- To provide low cost programs for those with limited incomes.
- To increase awareness of leisure opportunities in Edmonton.
- To increase community acceptance of persons with mental health concerns.

Please Note Programs run every day with the exception of the following:

- Statutory Holidays
- Two week break during the Christmas Holidays
- During extreme weather (colder than -25°, tornado warnings, etc). Please call program facilitator to confirm if the program is running that day if you are unsure.

Sport Check

Come and join a team sport, meet people, get active and enjoy the competition. Please note that the programs occasionally run out of the Boys & Girls Club (9425 – 109 AVE) when the Boyle Street Plaza is unavailable.

Soccer

Contact: Rebecca, 587-337-9860

rkaiser@boylestreet.org or

Mike, 780-288-1778

msiek@boylestreet.org

Date: Tuesdays

Time: 1:00 – 3:00pm

Location: 101 Boyle Street Plaza 9538 103A Avenue (Winter); McCauley Apartments 9541-108 A Avenue (Summer; after the May Long Weekend)

Ages: Adults 18-65

Cost: Drop In/Free

Floor Hockey

Contact: Contact Rebecca, 587-337-9860
rkaiser@boylestreet.org or

Mike: 780-288-1778
msiek@boylestreet.org

Date: Fridays

Time: 1:00 – 3:00pm

Location: 101 Boyle Street Plaza 9538 103A
Avenue

Cost: Drop In/Free

Community Yoga at the Bissell

Come out and experience yoga. The practice of yoga improves mental and physical health. Yoga is for everyone! The class will be adapted according to everyone's fitness level.

Contact: Alicia, alewis@bissellcentre.org

Date: Wednesdays

Time: 2:00 – 3:00pm

Location: Bissell Centre, Wicitowin Room
(10527 – 96 Street)

Cost: Drop In/Free

Central Edmonton Programs

Bridge to Sport

Opportunities to explore and develop skills for sport will be provided in a non-competitive environment. Games will focus on team building and provide modifications based on participant needs. This program's overall goal is for adults experiencing disability to connect through sport in the community. Activities will require participants to ambulate independently.

Contact: Deb, 780-722-9708

Date: Fridays

Time: 1:30 – 2:30 pm

Location: Don Wheaton YMCA
10211 – 102 Avenue

Cost: Drop In/Free with YMCA Membership
or Cost of Day Pass

Venture Out

Stay active, have fun and learn new skills with qualified instructors and a variety of specialized equipment. Some activities include: yoga, archery, cross country skiing and mountain biking.

Contact: Sherianna, 780-342-5530

Date: Tuesdays

Time: 1:00 – 2:00 pm

Location: Varies – please call for schedule

Cost: Drop In/\$1.00

Walking Club

Meet new people, socialize and get fit rain or shine!

Contact: Pathways, 780-342-7766

Date: Mondays, Wednesdays and Fridays

Time: 11:00 am – 12:00 pm

Location: Pathways 9942 – 108 Street

Cost: Drop In/Free

Community Linking Karaoke

Sing for the health of it! Come share a tune with friends in a fun and relaxing environment.

Contact: Pathways, 780-342-7766

Date: Every 2nd Friday

Time: 10:00 am – 12:00 pm

Location: Pathways 9942 – 108 Street

Cost: Drop In/Free

Drama Group

Let's get dramatic!

Contact: Joyce, 780-342-7766

Date: Thursdays

Time: 1:00 – 2:00 pm

Location: Pathways 9942 – 108 Street

Cost: Drop In/Free

LEAP

Recovery focused programming for adults aged 25 – 40 who are living with a mental health concern. A great opportunity to connect with peers while experiencing a variety of community-based social rec and leisure activities.

Contact: Pathways, 780-342-7766

Date: Thursdays

Time: 1:00 pm – 4:00 pm

Location: Meet at Pathways
9942 – 108 Street, Main floor

Cost: Cost may vary depending on activity

Prosper Place Games

Make friends and enjoy a variety of fun activities. Every Wednesday afternoon you can play cards or board games. In addition to cards/games, we offer crafts and karaoke.

Contact: 780-426-7861

Date: Wednesday

Time: 1:30 – 4:00 pm

Location: Prosper Place Clubhouse
10455 – 172 Street

Cost: Drop In/Free

West Edmonton Programs

Prosper Place Yoga

Come out and experience yoga. The practice of yoga improves mental and physical health. Yoga is for everyone! The class will be adapted according to everyone's fitness level.

Contact: Prosper Place, 780-426-7861

Date: Thursdays

Time: 2:00 – 3:00 pm

Location: Prosper Place Clubhouse,
10455 – 172 Street

Cost: Drop In/Free – please bring a mat if you have one!

Prosper Place Games

Make friends and enjoy a variety of fun activities. Every Wednesday afternoon you can play cards or board games. In addition to cards/games, we offer crafts and karaoke.

Contact: Prosper Place, 780-426-7861

Date: Wednesdays

Time: 1:30 – 4:00 pm

Location: Prosper Place Clubhouse,
10455 – 172 Street

Cost: Drop In/Free

South Edmonton Programs

Pottery Class Viva Clayworks

Come and enjoy the clay and ceramic experience taught by experienced potters. Learn as you go, the complexity of the clay body, glazing techniques and kiln firing logistics.

Contact: Lacey, 780-999-0792

Date: Last Wednesday of the month

Time: 1:00 – 3:00 pm

Location: Viva Clayworks 10125 – 81 Avenue
(free parking in back/front)

Cost: Drop In/\$15.00 (cash is preferred)

North Edmonton Programs

Bowling

Meet new people, socialize and enjoy a game of bowling.

Contact: Dana, 780-903-5785

Date: Wednesday

Time: 1:00 – 2:00 pm

Location: K-J Bowl, 12143 – 54 Street

Cost: Drop In/Cost \$4.00 (includes bowling & shoe rental)

Clareview Fitness

Improve your fitness level, learn about the equipment at the facility and meet new people.

Contact: Caitlin, 780-860-2722

Date: Fridays

Time: 10:00 – 11:30 am

Location: Clareview Community Recreation Centre, 3804 – 139 Avenue

Cost: Drop In/Free with Leisure Access Pass

Clareview Swim

Meet new people while experiencing the benefits of swimming. This program provides you with the opportunity to take part in lane swimming before relaxing in the hot tub. All levels of swimmers welcome.

Contact: Lisa, 780-405-1264

Date: Tuesdays

Time: 2:00 – 3:15 pm

Location: Clareview Community Recreation Centre, 3804 – 139 Avenue

Cost: Drop In/Free with Leisure Access Pass

Meditation through Movement

Join in this 1-hour class where you will have an opportunity to improve your ability to FOCUS on the present RELAX and REGULATE emotions and feelings.

Contact: Shelley, 780-342-5509 or Pearl, 780-342-5374

Date: Thursdays

Time: 1:30 – 2:30 pm

Location: Norwood Child Family Resource Centre Gymnasium, 9516 – 114 Avenue NW

Cost: Drop In/Free – Yoga mats provided

East Edmonton Programs

AMSA Art Programs

Have you ever wanted to create an art project? Are you looking to explore new mediums and show your art? More info: www.artmentorshipab.com/calendar.html

Contact: AMSA, 780-705-7760 or artmentorshipab@gmail.com

Dates/Times/Locations:

- Last Monday of the month 1:00 – 3:00 pm, Pathways main floor 9942 – 108 Street
- Tuesday 1:00 – 3:00 pm, St Andrews Centre 12720 – 111 Avenue
- Wednesday 1:00 – 3:00 pm, St Andrews Centre 12720 – 111 Avenue
- Thursday 1:00 – 3:00 pm, Harcourt House 10215 – 112 Street NW
- Friday 1:00 – 3:00 pm, Harcourt House, 10215 – 112 Street NW

Cost: Drop In/\$2.00

Hatha Yoga

Come out and experience a Hatha Yoga Class. The practice of yoga improves mental and physical health. The class will be adapted according to everyone's fitness level. Yoga is for everyone!

Contact: Raschel, 780-342-5378 or Jill, 780-342-5327

Date: Monday

Time: 1:30 – 2:30 pm

Location: East Edmonton Health Centre, 11240 79 Street
(North Building in the Circle Room)

Cost: Drop In/Free – Yoga mats provided

Fun with Fitness

Get fit while having fun and meeting others. Join in a variety of low impact fitness activities such as low impact aerobics, weight training, and walking. Bring your Leisure Access Pass if you have one.

Contact: Blaine, 780-863-1184

Date: Fridays

Time: 1:30 – 2:30pm

Location: Commonwealth Stadium Recreation Center 11000 Stadium Road

Cost: Drop In/\$1.00

Referral Programs

YAS YEG (Young Adult Services YEG)

Recovery focused programming for young adults 16 to 24 who are living with a mental health concern.

Contact: Deanna, 780-700-2189 for referral form and to schedule an intake

Date: Weekdays

Time: 1:00 – 3:00 pm and 4:00 – 5:30 pm

Location: Bill Rees YMCA, Room 1 – 3, 10211 – 15 Street

LEAP

Recovery focused programming for adults aged 25 – 40 who are living with a mental health concern.

Contact: Pathways to schedule intake, 780-342-7766

Date: Thursdays

Time: 1:00 – 4:00 pm

Location: Meet at Pathways 9942 – 108 Street, Main Floor

Cost: May vary depending on activity

Pathways

Recovery focused day program for adults aged 18 – 65 who are living with a mental health concern.

Contact: Pathways, 780-342-7766/
780-342-7790 for referral form and to
schedule an intake

Date: Weekday

Time: 9:30 am – 12:00 pm and
1:00 pm – 3:00 pm

Location: Pathways 9942 – 108 Street,
Main Floor

Prosper Place

Prosper Place Clubhouse is a member driven organization serving people living with the effects of mental illness.

Contact: Prosper Place, 780-426-7861 or
info@prosperplace.org

Date/Time: Monday / Wednesday

9:00 am – 4:30 pm,
Tuesday / Thursday 9:00 am – 5:30 pm,
Friday 9:00 am – 2:30 pm

Location: Prosper Place, 10455 – 172 Street

Dreamcatcher Nature– Assisted Therapy Association

53011 R. R. #213
Ardrossan, AB T8G 2C4

Contact:

Administration

Phone: 780-809-1047 ext. 1

Fax: 780-809-1046

Email: info@dreamcatcherassociation.com

Website: www.dreamcatcherassociation.com



Furry Foundations and Fuzzy Face Express

In Furry Foundations, people meet one-on-one with a skilled interventionist to work with animals to build skills in problem solving, communication, social ability and much more.

In Fuzzy Face Express, groups interact with animals to face their life challenges and increase their skills. Groups can either attend the Dreamcatcher site or the animals can be transported over to the facility requesting. All programs are fee for service and have a therapeutic focus. Funding may be accessible through government sources. Please call Dreamcatcher for more information.

Dates: By appointment

Location: 53044 R.R. #213 Ardrossan, AB or
requesting party site

Disability group: All levels

Cost: To be determined by appointment call

Edmonton Down Syndrome Society

9139 – 39 Avenue NW
Edmonton, AB T6E 5Y2

Contact: Julie Boucher
Phone: 780-944-4224
Fax: 780-944-4221
Email: contact@edss.ca
Website: www.edss.ca

EDSS Bowling League

Come bowl with us at Bonnie Doon! We have 6 teams in our league and a lot of fun playing every Saturday. We are an inclusive league, so you don't have to have Down Syndrome to join us.

Dates: September 7, 2019 – April 25, 2020
Hours: Saturdays, 10:00 am – 12:00 pm
Location: Bonnie Doon lanes
Skill Levels: 5 and up; must be able to bowl 2 games
Cost: Registration fee: \$30; Weekly bowling fee \$10 for 2 games

Edmonton Epilepsy Association

11215 Groat Road
Edmonton, AB T5M 3K2

Phone: 780-488-9600
Fax: 780-447-5486
Email: info@edmontonepilepsy.org
Website: www.edmontonepilepsy.org

Many free social and recreational programs are available on a monthly basis. Call the office for a calendar of events or to receive a bi-monthly newsletter that details upcoming special events.

The Edmonton Public Library always strives to improve customer service and respond to community and customer needs. We are inclusive of people with disabilities and special needs and will assist you with materials you borrow.

Available Materials

Large-Print Books: Includes hardcover and lightweight soft cover books available at all 20 library locations.

Daisy Books and Daisy players: Digital talking books (located at the Lois Hole Library branch), used exclusively on a DAISY player, are designed to allow you to move around the text efficiently and flexibly, i.e. able to bookmark where you stop, etc.

Audiobooks on CD: A large collection of fiction and non-fiction audiobooks on CD are available for all reading levels.

Descriptive Videos and DVDs: Movies that describe the visual elements for people with visual impairments.

Digital Content: This online goldmine includes streaming music and 100 databases including 1,700 newspapers from 92 countries with same day coverage and every issue of National Geographic magazine from 1888 to 1994. Visit <https://www.epl.ca/online-resources>

EPL has a large collection of music CDs, DVDs, video games and eBooks available. All items can be placed on hold for EPL card holders and delivered to the EPL branch of your choice for pick up. DAISY materials must be placed on hold via library staff rather than using our website. Please call your local library branch for assistance.

Residential Service: Available to people living in their own homes and residents of extended-care facilities and seniors' lodges. Staff may make selections or a customer may choose their own materials using our online catalogue at www.epl.ca. If family members are not available, carefully screened and trained volunteers deliver library materials to registered home-service customers. Book-cart service is provided to extended-care facilities and seniors lodges.

For more details including branch contact information, visit www.epl.ca/epl2you/

Edmonton Sled Hockey Club



10615 74 Street
Edmonton, Alberta T6A 2Y6

Contact: Chris Minchau

Email: eshcboard@gmail.com

Website: www.eshc.ca

Adult Sledge Hockey

The club will have two teams, Intermediate ("C") and Senior ("B"). We are a co-ed Club, offering the opportunity to play the game of sled (also known as sledge, or more recently para-ice) hockey. Upper body ability is essential, and we welcome both people with and without disabilities to participate. Each team will get 1.5 hours ice time on most Saturdays and several games per season. Contact Chris Minchau if you have any questions.

Dates: September 2019 – April 2020
(every Saturday)

Times: 1.5 hours

Location: Leduc Recreation Centre

Ages: Recreation and Competitive level

Cost: \$350 – \$400

Elves Special Needs Society

Preschool and Kindergarten Programs & FASD Respite Program

10825 – 142 Street
Edmonton, AB T5P 3A6

Contact: Student Services Coordinator

Phone: 780-454-5310

Fax: 780-454-5889

Email: elvessw@elves-society.com

Elves Adult Program

Dates: Monday – Friday

Time: 9:00 am – 3:00 pm

Ages: 20 years and up

Elves offers a day program for adults with severe multiple disabilities where they: develop functional skills, engage in recreational activities and volunteer work within a caring, supportive environment that enhances the quality of their lives and that of their families.

Disability Group: Severe to profound disabilities

Cost: Dependent on the participants needs (PDD contract)

Phone: 780-481-5335

Fax: 780-483-5316

Email: adultprogram@elves-society.com

Equality Fitness & Recreation

Edmonton, AB

Contact: Bobbi-Jo Atchison

Phone: 780-916-2521

Email: info@equalityfitness.com

Website: www.equalityfitness.com

At Equality Fitness & Recreation, our mission is to provide equitable access to fitness, physical activity, recreation, sport and wellness services for all individuals being respectful and accepting of a person's age, abilities, impairment, gender identity, sexual orientation, spirituality, cultural background or mental health.

We are a mobile service that will meet you in a community setting or in your own home and provide the guidance and expertise to support all individuals to meet their fitness, recreation and wellness goals.

One-on-One In Home Training

Disability Group/Skill level: All ages, All abilities

To help reduce barriers to being active, we provide services directly in your home or community. Our team will bring the necessary equipment and resources to support with health, athletic, wellness, functional, gross motor or sport skills, movement or physical activity goals.

Transition Support

Disability Group/Skill level: All ages, All abilities

Interested in going to a community fitness centre, but don't know how to get started? Want to enroll your child in a program, but not sure what will be the 'right fit'? Need an advocate to ensure equal access? Need accessibility support and education on how to adapt equipment for your needs? We can support you to make a positive and successful start in your own community.

Aquatic Therapy

Disability Group/Skill level: 18 years +

Water provides an equalizing environment to do basic movements (walking and balance) or exercises to help keep you strong with limited impact on your body. We provide one-on-one aquatic therapy options for adults in the community.

In Home Yoga

Disability Group/Skill level: All ages, All abilities

Akhanda Yoga emphasizes yoga techniques sequenced systematically yet artfully to align the physical, energetic, mental/emotional and intuitive self. This yoga is modified to meet everyone's level of mobility and goals. Yoga sessions are individualized to meet and challenge the participants needs and goals. Designed to incorporate various postures, breathing techniques, relaxation/meditation, adjustments/adaptations and modifications to safely participate in one's practice. Sessions can be designed specifically for children and youth, adults or offered to an entire family.



Caring for the Caregiver

Disability Group/Skill level: 18 years +

We understand how setting aside time for your own health can be very difficult when caring for another family member and this can take its toll on your own physical and mental health. We offer discounted rates for physical activity and wellness programs for parents or family members in the caregiver role.

Gateway Association

Suite 201, 10941 120 Street
Edmonton, AB T5H 3R3

Phone: 780-454-0701

Email:

info@gatewayassociation.ca

Website: www.gatewayassociation.ca;



Gateway Association offers free support to people who live with disabilities and their families, while nurturing more inclusive spaces within communities. We provide supports and services as unique as the people we serve. We understand each person lives with different needs and circumstances. We are here to help.

Our services include, but are not limited to:

- Direct family support
- Mentorship (one-to-one and a peer group that meets monthly)
- Transition planning for adulthood
- Employment support
- Crisis support
- Workshops
- Public awareness presentations

Multiple Sclerosis Society of Canada

#150, 9405 – 50 Street
Edmonton, AB T6B 2T4

Contact: Andy Wong

Phone: 780-463-1190

Fax: 780-479-1001

Email: andy.wong@mssociety.ca

Website: www.mssociety.ca/alberta/edmonton

*** All programs require pre-registration at the telephone number above.**

Art for the Heart

Individuals of all skill levels are welcome to come out and discover their inner artist at the MS Society. For more information please contact 780-471-3034.

Dates: TBD

Times: TBD

Location: TBD

Cost: \$5 (may vary)

MS Bowling (5 pin)

The Edmonton Chapter is very excited to continue offering the five-pin bowling program! Please note that Bonnie Doon Lanes are wheelchair accessible with an elevator in the mall going to the lanes. Registration is required, so please contact 780-463-1190

Dates: TBD

Times: 11:00 am – 1:00 pm

Location: Bonnie Doon Bowling Lanes

Cost: \$5/day (includes 2 games and shoe rental)

Christmas Party

To register please call 780-463-1190. For dates and times of specific programs, please check out our website.

Dates: TBD

Location: TBD

Cost: TBD

Networks Activity Centre

#214, Bonnie Doon Shopping Centre
Edmonton, AB T6C 4E3

Contact: Chelsea Nelson

Phone: 780-474-3363

Fax: 780-474-3310

Email: networks@nacentre.ca

Website: www.nacentre.ca

Networks

Networks provides a supportive environment for adult survivors of brain injury or stroke. Recreational activities such as art, creative writing, karaoke, sewing and pool to name a few are available. Please call to book a tour.

Dates: Monday – Friday
(excluding stat holidays)

Times: 10:00 am – 3:00 pm

Disability group: Must be able to access the centre independently or have own staffing

Cost: \$30/month

Nina Haggerty Centre for the Arts

9225 – 118 Avenue
Edmonton, AB T5G 0K6

Contact: Paul Freeman (Artistic Director)

Phone: 780-474-7611

Email: info@thenina.ca

Website: www.thenina.ca

Nina Haggerty Centre for the Arts

All people have the right to achieve their highest potential, which includes the right to creative expression. Creativity lies in everyone and can be powerfully expressed through the arts. The Nina Haggerty Centre for the Arts believes in the importance of the creation and exhibition of art by those who face barriers to artistic expression.

Dates: Monday – Friday

Times: 10:00 am – 2:00 pm

Location: 9225 – 118 Avenue

Age: 18 years and up

Disability Group: Adults with developmental disabilities and other barriers to art making

Cost per year: \$175 1 day/week,
\$250 2 days/week, \$300 3 days/week,
\$350 4/5 days/week

Paralympic Sports Association

#400, 11010 – 101 Street
Edmonton, AB T5H 4B9

Contact: Kacey Paplawski

Phone: 780-439-8687

Email: programs@parasports.net

Website: www.parasports.net



Fall/Winter Programming

Sledge Hockey

Sledge hockey is a program that is open for ALL abilities to participate in. It is a team sport that incorporates the same rules as 'stand-up' ice hockey. Players sit in specially designed sledges with skate blades under the seat and use two sticks, not only to pass, stickhandle and shoot the puck, but also to propel and maneuver the sledges down the ice. Coaches go over basic skills and techniques, rules and strategy of game play. Exhibition games and league games are played throughout the season.

Dates: September to April

Hours: Junior (5 – 14yrs):

Tuesdays 6:30 – 8:00 pm

Location: The Meadows Community Recreation Centre (2704 – 17 Street)

Disability Group: All abilities

Cost: TBD

Taekwondo

Learn the skills and discipline of Taekwondo. Regardless of physical ability, any individual can gain something from Taekwondo. Skilled instructors use traditional training techniques, regardless of physical limitations, to help students achieve balance between body, mind and spirit. Lessons are adapted to meet goals and abilities of each participant and each person has the opportunity to be tested and move on to the next belt level.

Dates & Hours: September to April

Junior (5 – 13 years):

Saturdays 10:00 – 11:00 am

Intermediate (14 +):

Saturdays 10:00 – 11:00 am

Location: Tiger Taekwondo

(7619 – 104 Street)

Disability Group: All abilities

Cost: TBD

Swimming

The swimming program is specially designed to meet the varying needs of our members and we provide one-on-one volunteer assistance (as best as possible) for the swimmers. Learn to improve your skills with Certified Swimming Instructors working with the group to provide individualized instruction.

Dates & Hours: Saturdays

(September to April)

Beginner: Saturdays 2:00 – 3:00 pm

Intermediate: Saturdays 3:00 – 4:00 pm

Location: Don Wheaton Family YMCA

(10211 – 102 Avenue)

Disability Group: All abilities

Cost: TBD

Wheelchair Floor Hockey

This is an instructional floor hockey program that enables participants to practice stick handling, passing and shooting as well as game skills and strategies. Athletes who use an electric or manual wheelchair are welcome to participate, but you can be an ambulatory individual and play as well. We provide extra sport wheelchairs to those who need one.

Dates: Mondays (September – December & January – May)

Hours: 6:00 – 7:00 pm

Location: ACT Centre Gym

(2909 – 113 Avenue)

Disability Group: All abilities

Cost: TBD

Wheelchair Floor Hockey Tournament

We welcome any new teams that are interested in coming out to play!

Teams must have a minimum of 6 players, up to a maximum of 10 players to compete. Anyone is welcome!

Date: May 23, 2020

Hours: 9:00 am – 5:00 pm

Location: ACT Centre Gym

(2909 – 113th Avenue)

Disability Group: All abilities

Integrated Spin Class

Try out a spin class using either upright spin bikes or handcycles on trainers with this fully integrated class. No cycling experience needed. Great cross training and winter training activity.

Dates: Mondays or Wednesdays
(September – December & January – April)

Hours: 6:30 – 8:00 pm

Location: Van Vliet Centre, U of A North Campus

Disability Group: All abilities

Cost: TBD

Adapted Golf

Classes are held on the driving range and putting green. Practice balls are included and lessons will cover practical golf skills, club selection, approach shots, iron play, sand play, chipping and putting. Participants will also receive instruction on rules, scoring, stance, alignment, proper grip and appropriate golf course etiquette.

Dates: July – August

Hours: TBD

Location: Victoria Driving Range (12130 River Valley Road)

Disability Group: All abilities welcome, ages 6+

Cost: TBD

For more info or to register please e-mail programs@parasports.net or contact the office at 780-439-8687.

Spring/Summer Programming

Swimming

The swimming program is specially designed to meet the varying needs of our members and we provide one-on-one volunteer assistance (as best as we can) for the swimmers. Learn to improve your skills with Certified Swimming Instructors working with the group to provide individualized instruction.

Dates: Saturdays (May – June)

Junior: Saturdays 2:00 – 3:00 pm

Intermediate: Saturdays 3:00 – 4:00 pm

Location: Don Wheaton Family YMCA
(10211 – 102 Avenue)

Disability Group: All abilities

Cost: TBD

Outdoor Paracycling

Depending on the level of cycling you are comfortable doing, the skills and drills we will be doing will vary. Beginner Cycling will focus on introductory skills, rules of the road and safety. Intermediate Cycling will focus on expanding the skills beyond the neighborhood and entering into the River Valley pathways. We will be increasing our ride distance, speed and difficulty throughout the program.

Dates: June – August

Beginner: Wednesdays 10:30 am – 12:00 pm

Intermediate: Wednesdays 6:30 – 9:00 pm

Location: Starts at Cloverdale Community League (9411 – 97 Avenue)

Disability Group: All abilities

Cost: TBD

Adapted Kayaking

Instructed by coaches at the St. Albert Canoe and Kayak Club, this program is completely inclusive—no—matter your ability or disability. Using as much or as little adaptive equipment, learn to paddle, steer and control the kayak.

Dates: Mondays (June – July)

Hours: 6:30 – 8:00 pm

Location: TBD for 2020

Disability Group: All abilities

Cost: TBD

Please visit our website at www.parasports.net or call 780-439-8687 for more information or to register for any of our programs!

Pathways Day Program (Alberta Health Services)

9942 – 108 Street
Edmonton, AB T5K 2J5

Contact: Pathways main line

Phone: 780-342-7766

Fax: 780-425-9317

Pathways is a Monday to Friday drop in activity day program for adults age 25 to 56, with options aimed to promote socializing, skill development, leisure and community resource connection. It is intended for individuals with challenges in these areas related to their addictions or mental health.

Participants are required to be independent in terms of travelling to and from program as well as attending to basic care needs.

Dates: Monday – Friday

Times: 9:00 am – 3:00 pm (closed for 1 hour between 12:00 – 1:00 pm)

Ages: 30 – 65 years old

Disability Group: Adults with mental health and/or addiction concerns

Cost: Free

Qi Creative

9410 – 118th Avenue
Edmonton, AB T5G 0N6



Contact: Deanna Halls

Phone: 780-554-8745

Email: adventureclub@qicreative.com

Website: qiac.qicreative.com

Qi Creative Adventure Club

The Qi Adventure Club (Qi AC) is an adventure based service for people of all abilities and special needs to create their awesome and enjoy activities in and around Edmonton.

Qi AC offers two types of adventures/ activities running throughout the year.

Quest adventures take place over a few hours or one full day.

Odyssey adventures and progressive programs that occur once a week for a number of weeks.

More information about the adventures can be found at iac.qicreative.com

Dates: Summer 2019 – see website

Location: Various locations in Edmonton

Cost: See website for details

Disability Group: All ages and abilities

FALL Adventures

Qi Climbing (Odyssey)

Participants learn to scale rock climbing walls and one-on-one coaching support is provided and adapted to each participant. Led by Coact Trent, physical therapist, skills are broken down for each participant and learning is built upon week by week. No prior experience required.



Young Master Club Taekwondo (Odyssey)

The Young Master Club is a Taekwondo adventure led by Master Jon Rivero, Occupational Therapist and 5th Dan Black Belt.

The adventure teaches participants to apply life skills practiced in the Qi Creative Dojang to the classroom, playground, workplace and home.

Courtesy, integrity, perseverance, self-control and indomitable spirit – these are the tenets of Taekwondo.

Parents/Guardians may participate at no additional registration cost. No prior experience required.

Qi Skates With You (Quest)

This adventure will support participants of all abilities to enjoy ice skating with a group. Parents and siblings are invited to also bring their skates to join in on the fun.

Qi Creative will have ice sledges available for participants who use a wheelchair (prior notification required to make arrangements).

Participants must have their own skates and CSA approved helmet, adults encouraged to wear a helmet.

We have experienced volunteers and Qi Creative coaches who collaborate to create a successful adventure for everyone. More information on all programs can be found at qiac.qicreative.com

Dates: Year round – see website www.qiac.qicreative.com

Location: Various locations in and around Edmonton

Cost: See website for details

Disability Group: All ages and abilities

WINTER Adventures

Qi Learn to Ski (Odyssey)

Qi Learn to Ski provides a one-of-a-kind ski immersion program for children and families of all abilities. The adventure includes personalized coaching from certified ski or snowboard instructors, as well as Qi Creative coaches and volunteers.



Robin Hood Association

#3 101 Spruce Avenue
Sherwood Park, AB T8C 1C2

Contact: Laurie Massie

Phone: 780-640-9401 Ext. 225

Email: massie@robinhoodassoc.com

Website: www.robinhoodassoc.com

Robin Hood Association Summer Program

This is a recreational based day camp for children with special needs between the ages of 4 –18. It promotes social interaction, skill development and daily living skills through a play environment.

Dates: TBD

Times: 9:00 am – 3:30 pm, Monday to Friday

Location: Children and youth community centre

Ages: 4 – 18 years

Cost: \$110

Disability Group: Various disabilities/skill levels

Rocky Mountain Adaptive Sports Centre

#2, 201 Carey

Canmore, AB T1W 2R7

Contact: Rocky Mountain Adaptive Office

Phone: 1-403-431-1354

Email: info@rockymountainadaptive.com

Website: www.rockymountainadaptive.com

Outdoor Pursuits (Multi Sport)

Rocky Mountain Adaptive (RMA) is a not-for-profit organization whose mission is to enable children and adults with physical, developmental and/or cognitive challenges to participate, learn and excel in all sports and recreational activities in the Canadian Rockies.

We are a multi-sport, year-round organization that provides everything needed to access mountain sport and recreation, including adaptive sports equipment, adaptive instructors, trained volunteers and specialized training.



Rocky Mountain Adaptive

Our activities include biking, canoeing, frisbee golf, golf, hiking, horse riding, kayaking, paddleboarding, skiing, snowboarding, snowshoeing, swimming, tennis, whitewater rafting and more!

We offer adaptive equipment rentals, volunteer assistance, private lessons, multi week programs, 1 – 5 day camps, and many other options of programming.

Dates: All year, including holidays

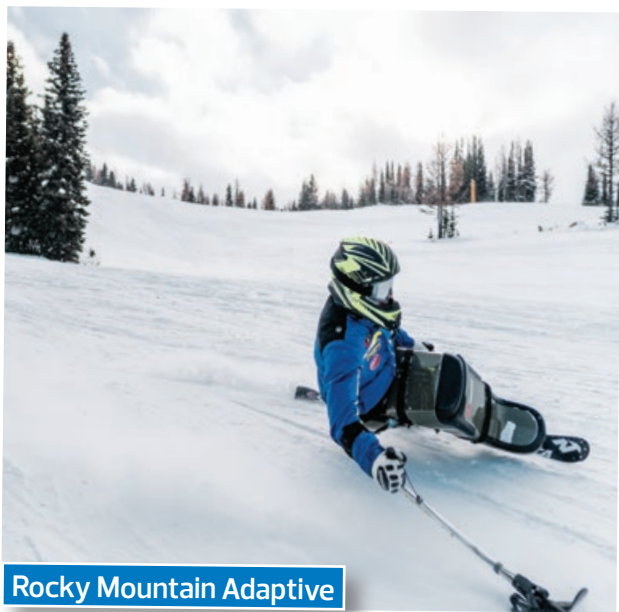
Times: Varies from a few hours, days, weeks, including weekends

Location: Banff, Canmore, Lake Louise and Kananaskis

Ages: Age 4 years +

Cost: Varies from free to \$250/day, depending on activity; group rates also available.

Disability Group: All disability groups welcome, and all skill levels.



Rocky Mountain Adaptive

Solidance Inclusive Recreation Society

Contact: Lindsay Eales
(programming director)

Phone: 780-455-5224

Email: info@solidance.ca

Website: www.solidance.ca



Solidance
Inclusive Recreation Society

All-Bodies, Accessible and Queer-Friendly Swing Dance Class

We invite you to join us for Solidance Swing classes – we will offer two fall sessions of queer and trans-friendly Lindy Hop swing dance classes for people of all bodies and abilities. Solidance is committed to creating an accessible, queer-friendly, all-bodies space that centers respect and consent. Dancers may choose to learn whichever dance role they prefer (leading, following, or both). Anyone who is willing to actively support these values is welcome to join!

Dates: TBD

Times: 6:30 – 8:00 pm

Location: Studio A in the ATB Financial Arts Barns (10330 – 84 Avenue – entrance through single door on southwest side of the building)

Ages: Adult

Cost: Sliding scale – Session 1 \$40–80 for 4 weeks; Session 2 \$60–120 for 6 weeks

Registration info: www.solidance.ca/programs or at first day of classes

Intergenerational Integrated Creative Movement and Dance Class

Join us for an exciting exploration of creative movement and dance for people with and without disabilities. We will explore integrated dance, creative movement, improvisation, ballet, jazz and hip-hop movement styles.

Our movement classes include dancers of all abilities, all genders, all diagnoses and dancers using a wide variety of mobility aids (wheelchairs, walkers, crutches, etc.). Children welcome with adult participant.

Come enjoy some great physical activity in an amazing community.

Dates: TBD

Times: 5:30 – 7:00 pm

Location: Studio A in the ATB Financial Arts Barns (10330 – 84 Avenue – entrance through single door on southwest side of the building)

Ages: All ages (young children accompanied by an adult is preferable)

Cost: Sliding scale – \$50–75 per session

Registration: www.solidance.ca/programs or at first day of classes

Special Olympics Alberta

Jerry Forbes Centre
#3, 12122 – 68 Street NW
Edmonton, AB T5B 1R1

Phone: 780–415–0719

Fax: 877–561–8055 Ext. 1002

Email: info@specialolympics.ab.ca

Website: www.specialolympics.ab.ca

Special Olympics Alberta is committed to enriching the lives of Albertans with an intellectual disability through sport. Provide individuals with an intellectual disability, of all ages and abilities, the opportunity to realize their full athletic potential, with appropriate training, coaching and competitions, to develop life skills, a healthy body and self-esteem.

Special Olympics Alberta & Alberta Schools' Athletic Association

11759 Groat Road
Edmonton, AB T5M 3K6

Contact: Shanna Kurylo

Phone: 780-427-8182

Fax: 780-415-1306

Email: Shanna@asaa.ca

Website: www.asaa.ca/sports/special-olympics-unified-sports

Special Olympics Unified Sports

Unified Sports is a Special Olympics program where high school students with and without intellectual disabilities train and compete on the same sports team. Sports include Bocce, Bean Bag Toss, Basketball and Track. Programs are all run out of individual high schools. For more information on how to get a program started at your school, please contact Shanna.

Dates: TBA

Hours: TBA

Location: TBA

Disability group: Intellectual disability

Cost: Free

Special Olympics Edmonton

Contact: Celina Comeau,
General Manager

Phone: 780-448-1886

Email:

information@specialolympicsedmonton.ca

Website: www.specialolympicsedmonton.ca



Special Olympics
Edmonton

WINNING AT LIFE

Special Olympics Alberta is dedicated to enriching the lives of Albertans with intellectual disabilities through the transformative power and joy of sport. Our vision is that sport will open hearts and minds towards people with intellectual disabilities and create inclusive communities.

Special Olympics Alberta's programs cater to all ages and a wide range of abilities to over 3,300 athletes in more than 140 communities. We provide world class sports programs that are run daily by over 1,300 volunteers. For more information on Special Olympics Alberta in Edmonton: visit, www.specialolympicsedmonton.ca.

There are 28 Sports programs for people with intellectual disabilities. For more information and details go to www.specialolympicsedmonton.ca. Registration to occur in August.

Spina Bifida and Hydrocephalus Association of Northern Alberta

#400, 11010 – 101 Street
Edmonton, AB T5H 4B9

Contact: Kim McDonald

Phone: 780-451-6921

Email: info@sbhana.org

Website: www.sbhana.org

SBHANA's Mission: To improve the quality of life for individuals affected by spina bifida and hydrocephalus through advocacy, education, research and support.

Camp Freedom

Growing up with a disability can be a very isolating experience. Camp Freedom was created to help these youth feel like they are not alone in their struggles, and to help them develop lifelong friendships. This four-night camp is designed specifically for the youth population living with spina Bifida and/or hydrocephalus who are 12 to 19 years old living in Western Canada.

Dates: TBD Usually in August *Website will be updated with camp dates

Location: Camp He Ho Ha (Range Road 55, Parkland County)

Ages: Youth aged 12 – 19 with Spina Bifida

Disability group: Youth with Spina Bifida

Cost: \$250/ camper

NoLimits Adult Peer Support Group

The NoLimits Peer Support program was created for and by adults living with spina bifida and/or hydrocephalus. We are working together to create a positive, supportive and encouraging community. Come out for friendship, support and fun!

Dates: First Thursday of each month

Hours: 6:00 – 8:00 pm

Location: Local coffee shop

Ages: Adults with spina bifida

Cost: Free with membership

All Abilities Walk Run and Roll

The All Abilities Walk, Run and Roll is a family-friendly, non-competitive, Edmonton and surrounding area event. Participants of all abilities are welcome to walk, run or wheel through a 5/10 km Walk Run or a 15 km/25 km run or wheel event on a paved course in Rundle Park (113 Avenue and 29 Street). After finishing the run, the SBHANA hosts a summer BBQ for all participants and members to come and enjoy food, friends and sunshine. Hope to see you there!

Dates: Saturday in August *TBD

Hours: 10:00 am – 2:00 pm

Location: Rundle Park (2909 – 113 Avenue)

Disability group: Anyone can participate

Cost: Individual registration: \$15 until July 15th and \$25 after; Team registration \$60 for a team of 4 until July 15th and \$100 after

Spinal Cord Injury Alberta

#400, 11010 – 101 Street
Edmonton, AB T5H 4B9

Contact: Guy Coulombe – Manager of Programs & Services Edmonton
Phone: 780-424-6312 or 587-410-2427
Fax: 587-410-2427
Email: guy.coulombe@sci-ab.ca
Website: www.sci-ab.ca

Peer & Family Social Events

People learn best from others in similar situations, which is why we host peer events where people can mingle, connect, learn from each other, form friendships or just come for the snacks! SCI Alberta was founded on the principle of peers helping peers.

Peer events have included: barbecues, poker nights, kitchen gadgets, Christmas social, etc. For more information check out our website: www.sci-ab.ca or contact the Edmonton Peer Program Coordinator by email: steve.crochetiere@sci-ab.ca

Dates: Ongoing

Time: Varies

Location: Various locations across the city and/or province

Cost: Varies

Disability Group: Spinal cord injury, all disabilities, caregivers, friends, family and professionals

The Steadward Centre for Personal & Physical Achievement



1-670 Van Vliet Complex
Faculty of Kinesiology, Sport, and Recreation
University of Alberta
Edmonton, AB T6G 1P7

Phone: 780-492-3182

Fax: 780-492-7161

Website: www.steadwardcentre.ualberta.ca



The Steadward Centre

Free2BMe – Physical Activity for Kids and Teens with Disabilities

Free2BMe Physical Activity for Kids and Teens with Disabilities is a dynamic, fully-equipped adapted physical activity program that provides physical activity and fitness opportunities for kids and teens with disabilities. Opportunities are provided for anyone aged 4 – 19 with physical, sensory or developmental impairment. Program aims include: empowering participants to be more physically active, experience success and enjoy more independence. Programs offered include a variety of group programs or one-on-one adapted fitness or motor skill development sessions.



Adapted Fitness Programs for Adults

The Adult Fitness & Recreation program provides a range of Adapted Physical Activity services including gym access, group fitness and one-on-one training for adults living with impairment. Programs are led by Adapted Physical Activity consultants and instructors in a supportive, welcoming environment. Our programs are designed to increase independence, foster self-determination and promote inclusion for people living with impairment through physical activity.

Functional Electrical Stimulation

Functional electrical stimulation (FES) is a technique by which electrical currents are applied to nerves supplying paralyzed or weakened muscle through electrodes placed on the surface of the skin. The current delivers the necessary stimulation to elicit a muscle contraction with the purpose of providing functionally useful movements. The Steadward Centre offers programs and training for the following FES modalities: cycling, arm cycling, and/or a recumbent elliptical. Participants have the option of pursuing FES at the Steadward Centre or at one of the community locations (Saville Community Sports Centre or Don Wheaton YMCA). Interested participants require an assessment to determine eligibility.



The Steadward Centre

Community Exercise Transition

Athlete Development for Paraspport focuses on engaging individuals experiencing disability who currently participate in sport to increase their current fitness levels from grassroots sport through to high performance sport. Program aims include: increased physical fitness through individualized Strength & Conditioning programs and development of competitive sport skills (swimming and athletics). Programs offered include: Para-Swimming Development, Para-Athletics, Athlete in Training, High Performance Para-Development and Team Training.

Athlete Development for Disability Sport

Athlete Development for Paraspport focuses on engaging individuals experiencing disability who currently participate in sport to increase their current fitness levels from grassroots sport through to high performance sport. Program aims include: increased physical fitness through individualized Strength & Conditioning programs and development of competitive sport skills (swimming and athletics). Programs offered include: Para-Swimming Development, Para-Athletics, Athlete in Training, High Performance Para-Development and Team Training.



The Steadward Centre

Wheelchair Sports Alberta

11759 Groat Road
Edmonton, AB T5M 3K6

Contact: Ryan van Keulen, Technical Director

Phone: 403-473-4881

Email: wsa2@telus.net

Website: <https://wheelchairsportsalberta.com>

Wheelchair Sports Alberta is the provincial governing body for wheelchair sport opportunities in the province. We support multiple clubs, organizations and athletes throughout Alberta by offering developmental camps, competitions, coaching and officiating clinics, as well as providing grants to support our clubs and athletes.

Our mission is to facilitate sporting opportunities to Albertans from the development level to high performance level of participation in athletic competitions, technical development, leadership and integration.

WSA Sports: Activities are offered for the sports listed below. To check specific dates and times follow us on Facebook, Twitter, Instagram or visit our website at www.wheelchairsportsalberta.com

- Wheelchair Basketball — Club and Provincial Team programs
- Wheelchair Rugby — Club and Provincial Team programs
- Para-Athletics — Club and Provincial Team programs

- Wheelchair Tennis — Individual and Coached programs, drop in opportunities
- Sledge Hockey — Club and Provincial Team programs
- Other Sports — Para Triathlon, Wheelchair Fencing, Wheelchair Badminton, Wheelchair Curling, Wheelchair Quidditch and more

Bridging the Gap — Getting Physically Active

Contact: Ryan van Keulen

Phone: 403-473-4881

Email: wsa2@telus.net

Bridging the Gap — Getting Physically Active is a program designed to introduce individuals with disabilities to wheelchair sports. The mission of the program is to introduce and support continued involvement of individuals with physical disabilities in wheelchair sports and recreational opportunities, promoting an active healthy lifestyle and improved quality of life.

Target Group: Newly spinal cord injured individuals and individuals with physical disabilities in the community who are inactive.

The following provides an overview of the different types of disabilities the program affects: Quadriplegia, Paraplegia, Amputees, Polio, Spina Bifida, Muscular Dystrophy, Multiple Sclerosis, Arthritis and Cerebral Palsy.

In patients and outpatients of all levels of experience. Friends and family are welcome! This program is held year round with breaks over the Christmas Season.

Times: 6:30 – 8:00 pm, Thursdays

Ages: All ages welcome

Location: Glenrose Rehabilitation Hospital

Cost: Free

Key Program Elements:

- Dedicated Wheelchair Sports Alberta staff and volunteers
- Member athletes as role models and program leaders
- Adaptive equipment
- Primarily promotes four core sports (shown below), but we also include a number of new opportunities each week : Athletics, Basketball, Wheelchair Rugby and Tennis
- Respects individual needs and provides a variety of information on other program opportunities
- Sports Wheelchairs & Wheelchair Loan Program
- Rehab Centre programs and “Have a Go” events
- Community “Have a Go” days and sport specific clinics
- Community Partnerships
- Developmental Programs, Clinics and Competitions
- Ongoing communication and follow up with participants providing peer support and offering further opportunities to get active
- Leadership recruitment and training

YMCAs

Offers an Inclusive environment, please contact for more information.

Website: www.edmonton.ymca.ca

Bridge to Wellness – Level 1 and 2

Bridge to Wellness (Level 1) is a YMCA program designed to help participants get started in a regular fitness program, developing social contacts and increasing their general knowledge of health. Led by experienced staff, Bridge to Wellness will combine activities to improve participants' balance, endurance, mobility, strength and confidence.

Bridge to Wellness Level 2 builds on your success from Level 1 and is an excellent next step on your road to fitness. Led by experienced staff, Level 2 is designed to improve overall function, health, independence and quality of life. Participants will learn exercises to further increase their strength, endurance, coordination, balance and flexibility. Prerequisite: Completion of Level 1 or ability to perform all of Level 1's fitness testing.

These are 8-week programs delivered in 60-minute classes, twice a week.

Level 1 offered at Don Wheaton, Castle Downs, William Lutsky and Jamie Platz YMCA locations, and will run pending interest and registration. Level 2 is offered at Castile Downs YMCA location. Bridge to Wellness includes a registration fee.

Program Cost: YMCA members – N/C; non-members varies at each location

To register: online registration is available or in-branch registration is on a first-come first-served basis during the hours of operation

Castledowns Family YMCA

11510 – 153 Avenue
Edmonton, AB T5X 6A3

Phone: 780-476-9622

Don Wheaton Family YMCA

10211 – 102 Avenue
Edmonton, AB T5J 0A5

Phone: 780-476-9622

Jamie Platz Family YMCA

7121 – 178 Street
Edmonton, AB T5T 2N9

Phone: 780-481-9622

William Lutsky Family YMCA

1975 – 111 Street
Edmonton, AB T6J 7C6

Phone: 780-439-9622

You Can Ride 2

11415 168 Street
Edmonton, AB T5M 3S1



Contact: Meredith Mantooth, Program Coordinator

Phone: 780-944-2699

Email: info@youcanride2.ca

Website: youcanride2.ca

Fundraising Fee: There is a \$200 fee that can be reimbursed if participants help with fundraising initiatives or can be donated for a tax receipt.

Learn to Ride

Learn to Ride is a specialized cycling course for children with special needs aged 8 and older. The goal is to help them ride a 2 wheeled bicycle without training/balance wheels. The Edmonton program runs on a referral basis only. Please contact your physio or occupational therapist to discuss if your child is eligible for our program.

Dates: 7 week course in May and June

Time: 6:00 – 7:00 pm and 7:00 – 8:00 pm

Location: Goldbar Park

Cost: \$125 – \$100 deposit and \$25 administrative fee, the deposit is refundable if equipment is returned in excellent condition

Disability Group: Children who have the physical ability to ride a 2 wheeled bicycle, but need specialized training

Borrow a Bike

The Borrow a Bike Program provides each child with an adaptive bike to take home for the summer. Registration opens January 9, 2019 and a referral from a medical professional is required. The bikes are matched to each child by volunteers and are fit to each individual child in the spring. The families take the bikes home for the summer in March or April and return the bikes in September.

Dates: Registration opens January 9, 2020

Location: 11415 168 Street

Cost: \$200 – \$100 refundable deposit, \$75 rental fee (can be waived with volunteer work) and \$25 administrative fee

Disability Group: All aged 3 to 20

ACCESSIBILITY INFORMATION

For a detailed listing of Citizen Services' facilities and parks accessibility features, call 311 or (TTY) 780-944-5555 transfer code: DISREC. Accessibility improvements are constantly being made to ensure all facilities and parks are as accessible as possible. Call the facility prior to your visit to obtain updated accessibility information. A brochure can also be found at www.edmonton.ca/accessibility

OTHER RESOURCES/ NEW INITIATIVES

City of Edmonton Accessibility Advisory Committee (AAC)

Contact: Accessibility Administrative Support

Phone: 780-496-4910

Email: accessibility@edmonton.ca

Website: www.edmonton.ca/accessibility

Fax: 780-577-3525

TTY: 780-944-5555

Transfer Code: DISBOARD

The Advisory Committee acts as a liaison between the community and City of Edmonton departments and services. The AAC keeps City departments and Council informed of the many issues affecting the disability community in our city.

DATS

DATS is a door-to-door, shared ride transit service for Edmonton residents 16 years and older who cannot use regular accessible transit for some or all trips due to a physical or cognitive disability.

All passengers must be registered with DATS before booking trips.

Registration: 780-496-4567 ext. 3

Trip bookings: 780-496-4567 ext. 2

TTY: 780-496-5506 transfer code:
DATSBOOK

Email: Dats@edmonton.ca

Website: www.takeETS.com/DATS

Access 2 Entertainment Card

Contact: Adrienne Cheng

Email: access2card@easterseals.ca

Tel: 1-877-376-6362 ext: 243

The Access 2 Entertainment card provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission. The program was developed by an advisory group of nine national disability organizations, in conjunction with Cineplex entertainment. Please visit www.access2card.ca for more information.

UPCOMING FESTIVALS AND SPECIAL EVENTS

Edmonton offers many special events and is known as Festival City. Learn about event and activity ideas in newspapers, the front section of your Yellow Pages phone book, or the listings on the www.festivalcity.ca website. Most importantly – get out and enjoy!

Festival/Event	Location	Date(s)	Contact Info
Symphony Under the Sky	Hawrelak Park	August 29 – September 1, 2019	https://www.winspearcentre.com/tickets/subscriptions/2019-20-season/symphony-under-the-sky/
Edmonton International Film Festival	Various Locations	September 26 – October 5	www.edmontonfilmfest.com
Festival of Trees	Shaw Conference Centre	November 28 – December 1, 2019	www.festivaloftrees.ca Email: info@festivaloftrees.ab.ca for more information.
New Years Eve Downtown	Alberta Legislature Grounds	December 31	Call 311 or email 311@edmonton.ca for more info
Silverskate Festival	Hawrelak Park	February 7 – 17, 2020	www.silverskatefestival.org

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Inclusive Recreation

> About Inclusive Recreation programs

Integrated and specialized recreation programs at City community centres give children, youth and adults with special needs the opportunity to participate in community recreation. Integrated and specialized programs are made possible through the support of partnership funding.



If participation in a program presents any serious risk to health and safety, a support person may also need to attend. **A support person** means someone who accompanies the participant in order to help with communication, mobility, personal care or medical needs. Participants must provide their own support person. Contact a [coordinator in your district](#) for more information on accessibility policies and procedures, and to receive a Release for Support Person form.

> Winter 2020 - 2021 Inclusive recreation programs

With the announcement of new provincial restrictions to slow the spread of COVID-19, the City has announced the temporary closure of indoor recreation and cultural facilities and the suspension of drop-in and registered programs and facility rentals. These restrictions take effect December 26 and will remain in place for 28 days.

All participants who are registered for Inclusive Recreation Programs will be notified directly of impacts to programming and will receive communication from the City of Ottawa as soon as Inclusive Recreation Programs can reopen.


> Enrolment and medical forms

- [Program Enrolment Form \[PDF - 43 KB \]](#) 
- [Medical Administration Request \[PDF - 166 KB \]](#) 
- [Accessible Formats and Communication Supports Request Form](#)

> Inclusive virtual activities

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Physical programs

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- [Seated tai chi](#)
- [10-minute workouts – Zumba Beginner's Level](#)
- [20 minute standing and seated exercise](#)
- [Seated Fuzion Fitness](#)
- [Special Olympics Montana Virtual Training #4](#)
- [Special Olympics Montana Virtual Training Episode #6](#)
- [Stay Active - Fitness Fun 1 - "Fun Fitness Challenge"](#)
- [30 Min Standing and Seated Exercise](#)
- [Stay Active - Obstacle Course 1 - "I 'Can' Do It!"](#)
- [Stay Active Obstacle Course 2 - "Ausome Agility Skills"](#)
- [Stay Active Obstacle Course 5 - Up-Over-Around](#)
- [Stay Active Obstacle Course 6 – Soccer](#)
- [Chair Workout Exercises For Abs](#)
- [Gentle Chair Yoga](#)
- [Seated Zumba](#)
- [8 minute inclusive workout by National Center on Physical Activity and Disability.](#)
- [Exercise Video for People with Intellectual and Physical Disabilities \(Part 1\)](#)
- [Exercise Video for People with Intellectual and Physical Disabilities \(Part 2\)](#)
- [HIIT Wheelchair Workout](#)
- [Seated arm aerobics and kickboxing](#)
- [Ideas for Getting Active in Your Home](#)
- [7 Easy Ways to Exercise During TV Commercials](#)
- [Running Form: Correct Technique and Tips to Avoid Injury.](#)
- [Just Move City of Ottawa Fitness](#)
- [Just Move Number #3 City of Ottawa Fitness](#)

Dance activities

- [Wheelchair Dance Fitness routine](#)
- [#KeepDancingChallenge – by Dance Ability Movement – “Uptown Funk” by Bruno Mars](#)
- [#KeepDancingChallenge – by Dance Ability Movement - “Some Things Never Change” from Frozen 2 movie](#)
- [#KeepDancingChallenge – by Dance Ability Movement – “Better When I’m Dancing” by Meghan Trainor](#)
- [#KeepDancingChallenge – by Dance Ability Movement – “The Git Up” by Blanco Brown](#)
- [How To Learn Bollywood Dance](#)
- [Tap Dancing Hands Down](#)

Yoga, meditations, affirmations

- [7 Minute Meditation to Start Your Day - Yoga With Adriene](#)
- [Laughter Yoga Session](#)
- [What is mindfulness](#)
- [Mindfulness coffee meditation](#)
- [Japanese relaxation method](#)
- [Superhero yoga](#)
- [Everyday mindfulness](#)
- [Swimming with the dolphins](#)

- [Yoga for loneliness](#)
- [Wheelchair Yoga](#)
- [Baseball yoga](#)
- [Airplane yoga](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [Melting - Flow - GoNoodle](#)
- [Wheelchair yoga and stretches](#)
- [How to Calm Your Worries and Sleep Better: A Scientist's Tips for Falling Asleep More Quickly](#)
- [A Guide to Self Care while Social Distancing](#)
- [Gentle Chair Yoga](#)
- [Meditation for ASD](#)
- [Body Scan Meditation](#)
- [Mini Session – Tropical Yoga](#)
- [Mini session Sports Yoga](#)
- [Rainbow Breathing](#)

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Cognitive activities

- [Guess that animal](#)
- [Proper hand washing](#)
- [Rate that joke](#)
- [I spy emoji riddles](#)
- [Recycle roundup](#)
- [Climate change video](#)
- [Earth Day Word Search](#)
- [Logo quiz challenge](#)
- [Guess that animal sound](#)
- [Crack the code](#)
- [Sandwich stack](#)
- [Spot the emoji difference](#)
- [Macarons 12 piece puzzle](#)
- [Turtle Maze](#)
- [Car Maze](#)
- [Egg manufacturing Virtual Reality Video](#)
- [Wordshake](#)
- [Apples from farm to table](#)
- [Interactive Scavenger Hunt with Ms. Chestnut!](#)
- [Indoor Scavenger Hunt](#)
- [Diefenbaker Jigsaw Puzzle](#)
- [What is This Dino? Museum of Natural History](#)

Life skills

- [Needs and wants lesson](#)
- [Active Listening: How To Communicate Effectively](#)
- [Paying attention to details](#)
- [Folding clothes Marie Kondo style](#)
- [Three different ways to fold towels](#)
- [Anger management tips](#)
- [Improving our communication skills](#)
- [The Best Way to Load Your Dishwasher](#)
- [Small Steps to a Healthy You](#)

Music therapy

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- [Guess the classic rock song #2](#)
- [Guess The 90s TV Show Theme Song](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [The Evolution of Dance - 1950 to 2019](#)
- [Guess the Disney Song](#)
- [Guess the Disney voice](#)
- [Teamwork makes the dream work](#)
- [Evolution of music](#)
- [The most unusual musical instruments of the world](#)
- [Music memory game](#)
- [Listen to and experience the opera from multiple points of view](#)
- [Cincinnati Music Hall Virtual Tour and scavenger hunt](#)

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Horticultural therapy

- [14 Store Bought Vegetables and Herbs You Can Regrow](#)
- [How to water a plant...the right way](#)
- [How to plant seeds in egg cartons](#)
- [How To Revive Your Perishing Plants](#)
- [10 Herbs You Can Grow Indoors on Kitchen Counter](#)
- [Top 6 struggles of growing herbs indoors](#)
- [Laundry Basket Turned Strawberry Planter](#)
- [Gardening basics for beginners](#)

Cooking, baking programs and nutrition

- [No Bake Oatmeal Energy Balls Recipe with Chocolate Chips](#)
- [How to make Smoothie Popsicles](#)
- [Healthy Avocado Tuna Salad Recipe + Light Lemon Dressing](#)
- [Nutrition and healthy lifestyles – episode #1](#)
- [10 Healthy Desk Snacks for School or Work](#)
- [20 Healthy Food Swaps](#)
- [Nutrition and healthy lifestyles – episode #2](#)
- [Homemade Hummus Recipe](#)
- [Cauliflower Crust Pizza Recipe](#)
- [Nutrition and healthy lifestyles – episode #3](#)
- [How to Create a Healthy Plate](#)
- [6 Fun Cooking Tricks](#)
- [Healthy Sweet Potato Toast Breakfast Recipe](#)
- [Nutrition and healthy lifestyles – episode #4](#)
- [Serving Sizes and Measuring Foods](#)

Art therapy

- [Follow along spring tulip drawing](#)
- [How to make a Sensory Bottle](#)
- [DIY - Fine Motor Activities All Using Home Supplies](#)
- [Twelve Easy Flower Doodles You Need To Know](#)
- [Why people believe they can't draw and how to prove they can](#)
- [Essential Watercolor For Beginners: Techniques](#)

- [Nail Polish Marbled Flower Pots](#)
- [Spruce up glass bottles to flower vases](#)
- [DIY - Watercolor Tie Dye](#)
- [How to Make A Stress Ball](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [DIY cactus Rock Garden](#)
- [How to Draw a Great White Shark](#)
- [How to Make Fork Pom Poms](#)
- [Finger Knitting](#)
- [Pressed-Flower Project](#)

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Animal therapy

- [Kitten Therapy: The Prescription for Stress](#)
- [What your dog's sleeping position says about their personality.](#)
- [Elephants 101– National Geographic](#)
- [Polar bears 101 – National Geographic](#)
- [Giraffes 101 – National Geographic](#)
- [Sea turtles 101 – National Geographic](#)
- [Koalas 101 – National Geographic](#)
- [Robert Irwin's virtual Australia Zoo tour](#)
- [Indoor cat playland](#)

Geography

- [Virtual field trip: Amazon Rainforest](#)
- [Virtual exploration of the coral reef](#)
- [Machu Picchu](#)
- [Iqaluit, Nunavut – The Canadian Arctic](#)
- [Parks Canada Virtual Tours](#)
- [Hong Kong – virtual tour](#)
- [Kenai Fjords, Alaska](#)
- [Hawai'i Volcanoes, Hawaii](#)
- [Dry Tortugas, Florida](#)
- [Niagara Falls State Park Virtual Tour](#)

Museums and famous places with virtual tours

- [The Louvre in Paris, France](#)
- [The Royal Ontario Museum in Toronto](#)
- [The British Museum in London, England](#)
- [The Guggenheim in New York, New York](#)
- [National Museum of Modern and Contemporary Art in Seoul, South Korea](#)
- [Rijksmuseum in Amsterdam, the Netherlands](#)
- [The Museu de Arte de São Paulo in São Paulo, Brazil](#)
- [The J. Paul Getty Museum in Los Angeles, California](#)
- [Nasa Space Center](#)
- [Uffizi Gallery, Florence, Italy](#)
- [Parliament Buildings Ottawa, Ontario](#)
- [Smithsonian National Museum of Natural History](#)
- [Walt Disney World](#)
- [35 Virtual Field Trips for Kids to Get Them Learning About the World](#)

Aquariums and zoos with virtual tours

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- [Sea World](#)
- [National Aquarium in Baltimore](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [National Aquarium in Washington](#)
- [Adventure Aquarium in New Jersey](#)
- [Atlanta Zoo - Panda Cam](#)
- [Houston Zoo](#)
- [San Diego Zoo](#)

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Resources

- [Recreational Respite](#)
- [Get in Motion](#)
- [Autism Ontario](#)
- [Autistica](#)
- [UNC Frank Porter Graham Child Development Institute Autism Team](#) 

> Contact us

All questions regarding 2020 summer camps should be directed to CampSummerFun@ottawa.ca.

For more information or help with scheduled payments please contact the Inclusive Recreation Admin Clerk at 613-580-2424 ext. 29283.

To schedule a telephone meeting with our staff, please call the Inclusive Recreation Coordinator in your district:

- East District: 613-580-2424 ext. 29300
- Central District: 613-580-2424 ext. 29292
- South District: 613-580-2424 ext. 29291
- West District: 613-580-2424 ext. 41226
- Health Programs: 613-580-2424 ext. 29320

> Community supports, healthcare & recreation

inclusive recreation, home support services, Ottawa Hand in Hand, finding healthcare...

[Learn More](#)

> Accessibility design standards & features

accessible play structure and play area locations...

[Learn More](#)