



# Recreation Opportunities for Individuals with Disabilities

An activity guide for Edmonton and surrounding areas

Fall 2023 – Summer 2024 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 at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) to learn more about 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!

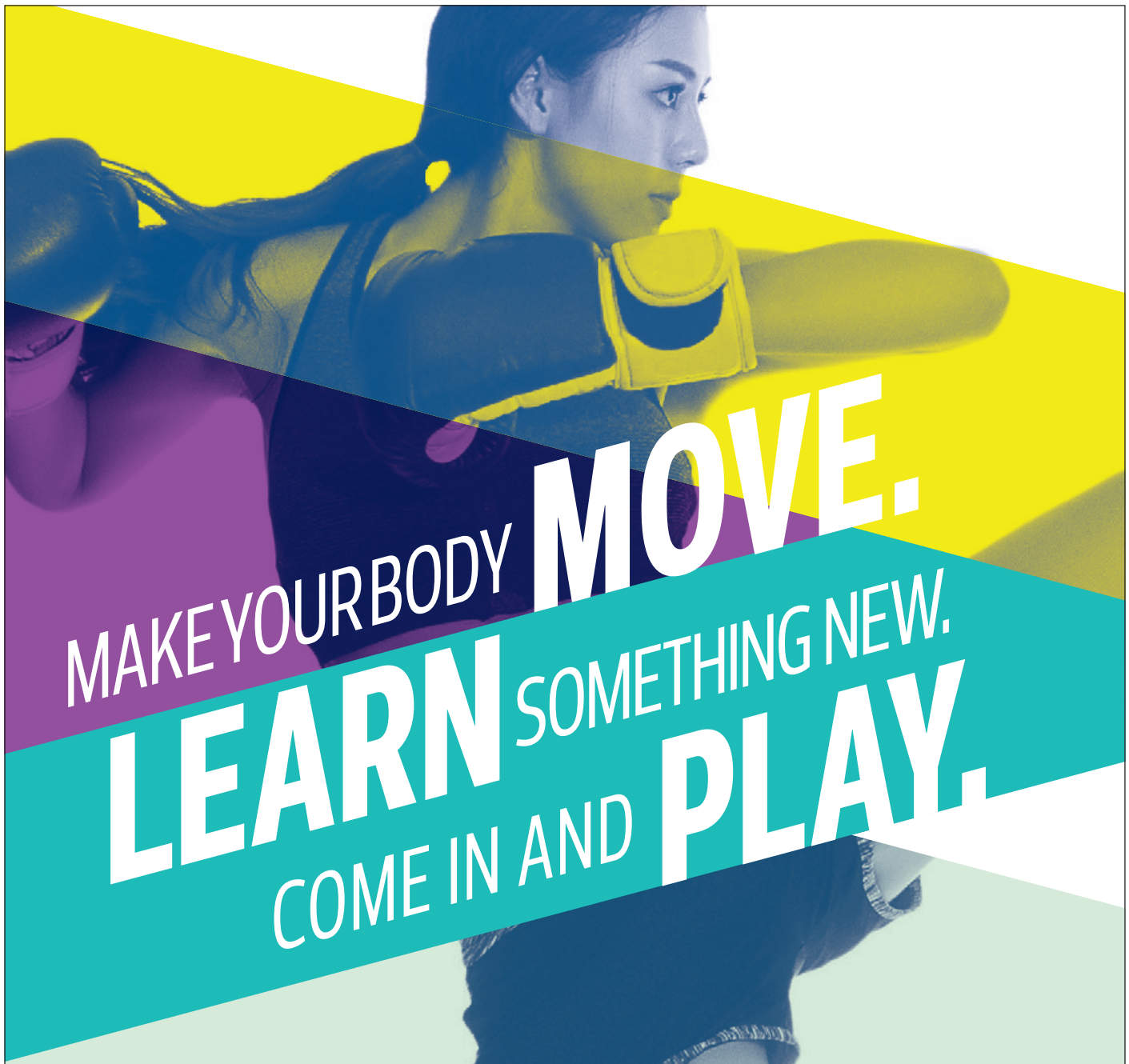
This guide, produced by the City of Edmonton's Community Services Department, lists recreation opportunities throughout Edmonton suitable for individuals with disabilities. This guide provides a summary of specialized programs and other valuable contacts. If you require further information about a specific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

If you require any further information about opportunities for persons with disabilities, should you wish to be added to our mailing list or if you would like to let us know about any new programs email [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca). If you prefer, this flyer can be accessed on the City of Edmonton's website at [www.edmonton.ca/accessibility](http://www.edmonton.ca/accessibility). Alternative formats available on request

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 that we may 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.

## Care Providers

Individuals who require additional assistance are welcome to bring a care provider. Care providers can attend at no additional cost when assisting an individual to attend our facilities, services or programs.



MAKE YOUR BODY **MOVE.**  
**LEARN** SOMETHING NEW.  
COME IN AND **PLAY.**

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

[MOVELEARNPLAY.EDMONTON.CA](http://MOVELEARNPLAY.EDMONTON.CA)



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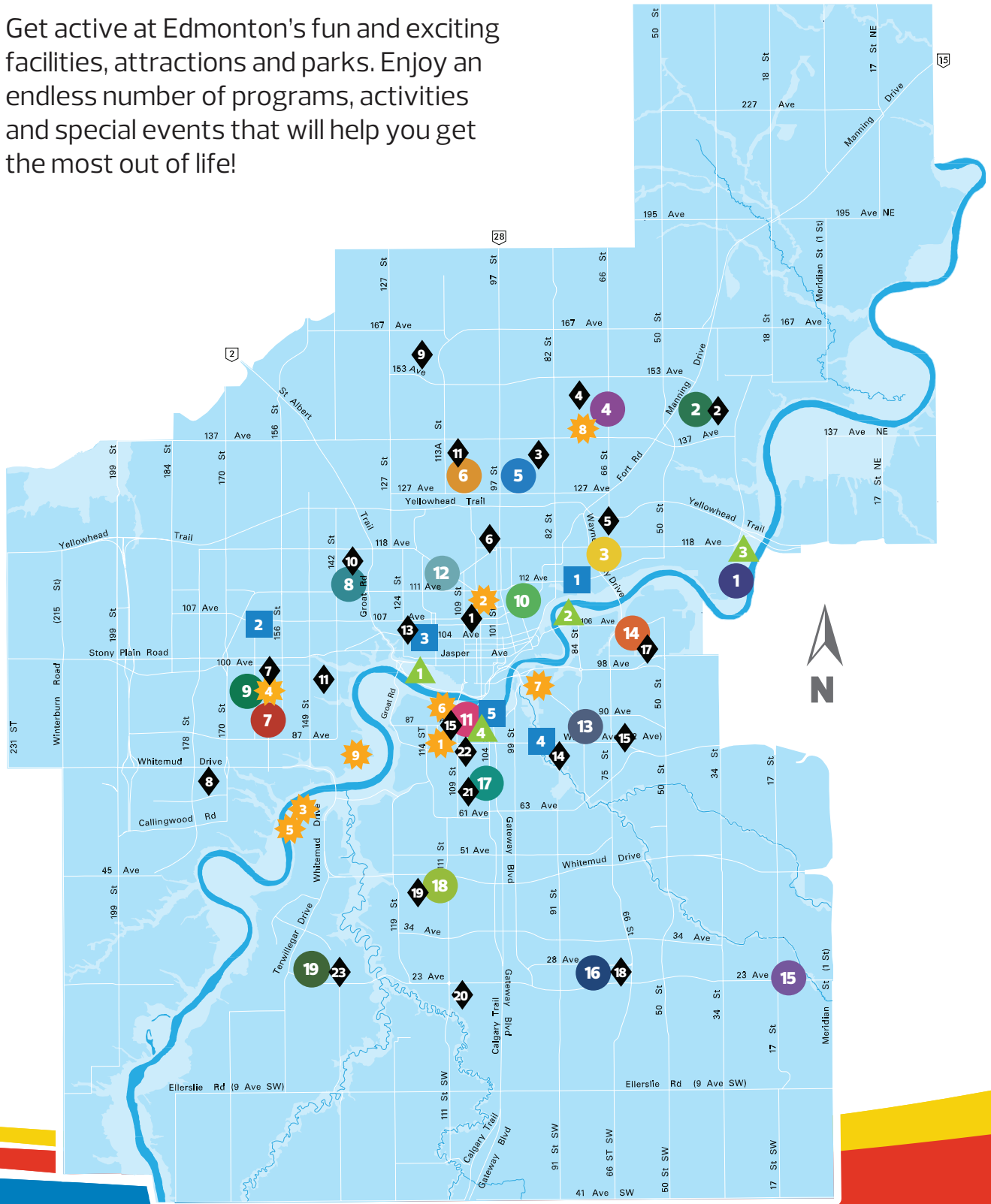
# FACILITY ACCESSIBILITY GUIDE

		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	DR. ANN ANDERSON COMMUNITY CENTRE		
BUILDING AND EXTERIOR	PARKING	ACCESSIBLE PARKING STALLS	20	4	8	7	6	4	2	4	5	0	6	4	23	4	2	4	22		
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		MECHANICAL TRANSFER LIFT	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.		
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		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	C	S		
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COMMUNE OR W/C FOR WATER		.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.		
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		SCIFIT ONESTEP TOTAL BODY RECUMBENT STEPPER	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.		
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		CYBEX PRESTIGE TOTAL ACCESS OVERHEAD PRESS	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	
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\*\*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](http://movelearnplay.edmonton.ca).



# REGISTRATION (City of Edmonton)

## 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 Member Discount Benefits

### ONLINE

Register online at any time with [movelearnplay.edmonton.ca](http://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.



A.C.T. City of Edmonton

**Please note that Peter Hemingway Fitness and Leisure Centre is temporarily closed.**



# 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.

## ANNUAL PROGRAM

The LAP Annual Program provides discounts on registered programs (daycamps, art classes, swimming lessons etc). Our programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on qualifying documentation submitted

You may qualify for the LAP Annual Program if:

- You are currently on AISH
- You have a family income below the low income threshold
- You are a recently landed immigrant or refugee
- See our website for a full list of qualifying documents and exceptions to the program

## MONTHLY PASS

The Leisure Access and Ride Transit Program application will also assess your eligibility for Edmonton Transit Service's Ride Transit, our transit program that offers monthly transit passes to eligible low-income Edmontonians at a rate of \$35/month OR \$50/month (approval based on income level).

**Note:** You may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians. You do not need to submit a separate application to apply for Ride Transit. Learn more at [edmonton.ca/ridetransit](http://edmonton.ca/ridetransit). **\*For more information on ASL interpreters, or any other Hearing aids please click.**

## HOW CAN I GET AN APPLICATION FORM?

- At any City of Edmonton Recreation Centre
- At [www.edmonton.ca/lap](http://www.edmonton.ca/lap)
- By calling **311**
- Edmonton Tower 2<sup>nd</sup> Floor  
10111-104 Avenue NW  
Edmonton, Alberta T5J 0J4

# LEISURE COURSES/ CLASSES AND GROUPS

## Community Services, City of Edmonton

Box 2359  
Edmonton, AB T5J 0J4

**Contact:** 311

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

Swim, visit the Muttart Conservatory, 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 Community Services Department.

## City of Edmonton Adapted Programs

Visit [edmonton.ca/adaptedprograms](http://edmonton.ca/adaptedprograms) or [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) for the most up to date information and locations on registered programs.

## 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.

**Fall dates/Times:** Monday, Wednesday and Friday from 12:00 – 1:00 pm

## SwimAbilities Programs

### *Swim For Life – SwimAbilities 1 (Parented)*

SwimAbilities 1 is an entry level swimming lesson for individuals ages 3 years or older with limited mobility, physical impairments or other disabilities. **NOTE:** This is a parented class.

### *Swim For Life – SwimAbilities 2 (Parented)*

SwimAbilities 2 is an entry level swimming lesson which builds on previously learned skills for individuals ages 3 years or older with limited mobility, physical impairments or other disabilities. **NOTE:** This is a parented class. Prerequisite: Successful completion of Swim Abilities 1 is required. Formerly "Swim Adapted Level 2"

### *Swim For Life – SwimAbilities 3 (Parented)*

SwimAbilities 3 is an entry level swimming lesson which builds on previously learned skills for individuals ages 3 years or older with limited mobility, physical impairments or other disabilities. **NOTE:** This is a parented class. Prerequisite: Successful completion of Swim Abilities 2 is required. Formerly "Swim Adapted Level 3"

## Swim For Life – SwimAbilities 4 (Parented)

Swim Abilities 4 is an entry level swimming lesson which builds on previously learned skills for individuals ages 3 years or older with limited mobility, physical impairments or other disabilities. **NOTE:** This is a parented class. Prerequisite: Successful completion of Swim Abilities 3 is required.

### 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.

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## Adapted Public Swims

A swim that's sensory friendly for people with disabilities and their families and/or caregivers. Lights will remain on, music will be turned off, appropriate toys available.

**Locations:** ACT Aquatic and Recreation Centre

**Fall dates/Times:** Sunday's from 11:00AM – 1:00PM

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## SwimAbilities lessons

Modified swimming techniques that accommodate the abilities of individuals with cognitive or physical limitations.

Check out [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) for more information



ACT Centre

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## Adapted Programs

These programs are geared towards individuals with a variety of inclusion needs (physical or cognitive disabilities) providing opportunities to explore recreation and physical activity experiences while having fun and making new friends! All participants requiring a care provider are to supply their own for the program.

### *Registered programs:*

Visit [edmonton.ca/adaptedprograms](http://edmonton.ca/adaptedprograms) or [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) for the most up to date information on registered programs.

### *Rockin' in Rundle*

It's back! Rockin' in Rundle is back at ACT Aquatic & Recreation Centre! Get out with your friends and hit the dance floor! There are themed dances throughout the year and various tabletop activities. Feel free to bring your own food and beverages and enjoy an afternoon of socializing and dancing! Wristband required for entry.

**Dates:** Tuesdays and Thursdays

**Times:** 12:30–2:30pm

**Note:** A wristband is required to participate in Rockin in Rundle. Members (LAP, annual, monthly) simply need to scan their membership cards at the front desk to gain their wristband to access Rockin in Rundle. Daily admission can also be purchased at the front desk for access to the programs. No pre-registration required.

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## Central Lions Seniors Association (CLSA)

11113 – 113 Street NW  
Edmonton, AB T5G 2V1

**Phone:** 780–496–7369

**Email:** [info@CentralLions.org](mailto:info@CentralLions.org)

**Newsletter:** [www.CentralLions.org](http://www.CentralLions.org)

**Website:** [www.CentralLions.org](http://www.CentralLions.org)

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). Most programs are inclusive but not all programs or clubs are adaptable to various ability levels. CLSA will work with individual needs to adapt where possible. Where needed, participants must supply their own personal aide. Annual memberships are \$40 and available in person or by calling 780–796–7369. Visit our website to see the fun and exciting activities we offer.

## Northgate Lions (NESA)

**The Northgate location is temporarily closed. Please visit [www.nesa1.ca](http://www.nesa1.ca) for updates on NESA's program offerings and temporary relocation.**

**Phone:** 780-496-6969

**Email:** [info@nesa1.ca](mailto:info@nesa1.ca)

**Website:** [www.nesa1.ca](http://www.nesa1.ca) Seasonal Program Guides and Newsletters

**Facebook:** [www.facebook.com/northedmontonseniors](http://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 NESA at 780-496-6969 for more information.

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## John Walter Museum

9180 Walterdale Hill NW  
Edmonton, AB

**Contact:** 311

**Website:** [www.edmonton.ca/johnwalter](http://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 [www.edmonton.ca/attractions\\_events/john-walter-museum](http://www.edmonton.ca/attractions_events/john-walter-museum)

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:** [artsattractionsbookings@edmonton.ca](mailto:artsattractionsbookings@edmonton.ca)

**Phone:** 311

A list of the available programs can be found on the website.

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## John Janzen Nature Centre

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

**Contact:** 311

**Website:** [www.edmonton.ca/johnjanzen](http://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.

The John Janzen Nature Centre has recently become KultureCity certified to provide guests with sensory bags, social stories and important signage. 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:** [artsattractionsbookings@edmonton.ca](mailto:artsattractionsbookings@edmonton.ca)

**Phone:** 311

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## Muttart Conservatory

9626 – 96 A Street NW  
Edmonton, AB T6C 4L8

**Contact:** 311

**Website:** [www.edmonton.ca/muttart-conservatory](http://www.edmonton.ca/muttart-conservatory)

The Muttart Conservatory is committed to providing an inclusive and accessible experience for all guests. There is accessible parking, power doors at the entrance way and into the pyramids, and accessible washrooms with one including a large adjustable change table. The Muttart Conservatory has recently become KultureCity certified to provide guests with sensory bags, social stories and important signage. There are two wheelchairs kept on site for those who may need to use them during their visit. There are ramps to and within the pyramids, but they are steep and some assistance may be required. One pyramid has several steps and is only partially accessible.

Providing accommodations during programming is a priority and any accommodations that may be required, are asked to be noted during the booking process. Personal Care Attendants are welcome to attend free of charge.

### **How to Book:**

**Email:** [artsattractionsbookings@edmonton.ca](mailto:artsattractionsbookings@edmonton.ca)



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## Edmonton Valley Zoo

13315 Buena Vista Road NW  
Edmonton, AB T5J 2R7

**Phone:** 311

**Website:** [www.valleyzoo.ca](http://www.valleyzoo.ca)

Nestled on the banks of the North Saskatchewan River, the Edmonton Valley Zoo is a small and intimate zoo that provides authentic, educational and engaging animal experiences. Most of the Edmonton Valley Zoo is accessible, including Entry Plaza, The Wander Trail, Urban Farm Barn, Red Panda, Arctic Shores, and the Saito Centre. 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

<b>Program Length:</b>	1.5 hours; program fee includes admission to the Zoo
<b>Fees:</b>	\$245

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## NEW for 2023

### Sensory Accessibility!

The Edmonton Valley Zoo has partnered with KultureCity® to enhance our ability to assist and accommodate guests with sensory needs. Our goal is to provide an inclusive experience for all guests. We strive to raise awareness of the needs and challenges faced by individuals with sensory processing needs by supplying our staff with annual training and by offering the resources and accommodations below to our guests. Visit [valleyzoo.ca](http://valleyzoo.ca) and click on “Sensory Accessibility” to access all the free resources to prepare for your zoo visit.

## Accessible Waters and Adventures

26515C TWP RD 514  
Spruce Grove, AB T7Y 1G1

**Contact:** Sarah Pollack

**Phone:** 780-974-0935

**Email:** [info@accessiblewaters.com](mailto:info@accessiblewaters.com)

**Website:**

[www.accessiblewatersandadventures.org](http://www.accessiblewatersandadventures.org)

Accessible Waters and Adventures offers outdoor recreation options on water with modified wheelchair accessible equipment rentals aimed to make Alberta Outdoor adventures accessible for everyone.

## Alberta Abilities Lodges Society

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

**Contact:** Eleanor Wein

**Phone:** 780-436-0141

**Email:** eleanorwein@shaw.ca

**Website:** www.coyotelakelodge.ca

### An Accessible Nature Lodge for All Citizens and Especially for Families with Seniors and Persons with a Disability

Alberta Abilities Lodges Society, a registered charity, provides opportunities for all citizens, including seniors and persons with physical or cognitive challenges, to enjoy nature all through the year on our three quarter-sections (480 acres) of forests and fields called Coyote Lake Lodge. We believe outdoor experiences raises the quality of life, gives respite, and breaks isolation in these difficult times caused by Covid-19. Come and enjoy the peace and quiet of nature, walk trails, tend our gardens for food banks, or sit on a cabin deck with a coffee while watching birds and other wildlife. The cabins, fire pit, and BBQs are well spaced for social distancing.

Volunteers who are fully vaccinated maintain 30 beds within four accessible cabins and our accessible Coyote Lodge. Bring your food and bedding if possible but bedding can be provided.

**Location:** Coyote Lake Lodge is located 60 km directly west of Leduc at 50033 Range Road 43 (North).

**Cost:** Coyote Lake Lodge is owned by our society, operated by volunteers, and is family rather than government funded. Cabins are rented at about \$100 per night (depending on recent renovations) and sleep four to six persons. Contact Eleanor for further details, a map, and reservations. Check out our website. Our society appreciates donations for continuing lodge maintenance and development.

## Alberta AdaptAbilities Association

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

**Contact:** Head Office

**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 diverse abilities, creating the opportunity for families to pause, take a break and practice self-care. AdaptAbilities offers a variety of purposeful programming for individuals 3 – 18+, empowering individuals to grow, succeed and belong.

AdaptAbilities creates possibilities through

- Essential Life Skills
- Expressive Arts
- Motor Development
- Recreational Activities
- Creating Friendships
- Involvement within the Community

Our 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.

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## Programming

AdaptAbilities delivers in-person programming. In-person programs give participants a chance to engage with others in their community while providing parents with an essential break from caregiving. Visit [www.adaptabilities.ca](http://www.adaptabilities.ca) for current information.

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## Snoezelen Room and Sensory/Motor Development Room

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 behaviour in overactive and distressed individuals. The Sensory/Motor Development space offers 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.

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## Weekend Respite

Weekend respite provides children aged 3 – 12 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.

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## **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.

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## **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.

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## **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.

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## **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.

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## **Hearts In Action Camps**

Hearts In Action (HIA) Camps are unique day camps providing enjoyable, goal-directed activities during the summer, 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.

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## **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](http://www.adaptabilities.ca) for more information, program locations or to register for programs.

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# Alberta Cerebral Palsy Sports Association (ACPSA)

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

**Email:** [contact@acpsa.ca](mailto:contact@acpsa.ca)

**Website:** [www.acpsa.ca](http://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. ACPSA is the provincial governing body for the Paralympic sport of Boccia, as well as Powerchair Soccer.

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:

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## 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 played individually or in teams, both recreationally and competitively. Our program is for all ages and ability levels.

**Dates:** Wednesdays from February to May; August to November

**Times:** 6:00 – 7:30 pm

**Location:** Winnifred Stewart Association

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## 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.

**Dates:** Tuesdays from February to May; August to November

**Times:** 6:30 – 8:30 pm

**Location:** Winnifred Stewart Association

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## 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!

**Dates:** Thursdays. Dates vary each Spring/Summer. Please contact us for more details.

**Times:** 6:00 – 7:00 pm

**Location:** Duggan Park



Cerebral Palsy Alberta

## Alberta Northern Lights Wheelchair Basketball Society

Saville Community Sports Centre,  
University of Alberta  
Office # 2 – 209, 11610 – 65 Avenue NW  
Edmonton, AB T6G 2E1

**Contact:** Contact ABNLWBS for more information  
**Email:** info@albertanorthernlights.com  
**Website:** www.albertanorthernlights.com

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### 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

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## 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 NW  
Edmonton, AB T5J 2C1

**Contact:** Dara Armsden, Head of Education & Learning

**Phone:** 780-422-6223

**Email:** [dara.armsden@youraga.ca](mailto:dara.armsden@youraga.ca)

**Website:** [www.youraga.com](http://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!

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## Art Express – Special Needs Adult Art Classes

**Dates:** 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

## Braille Tone Music Society of Canada

PO Box 53041 Glenora RO  
Edmonton, AB T5N4A8

**Contact:** Susan Farrell  
**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 several 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:** St. Paul's United Church (11526 – 76 Ave NW), 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 and Youth Choir is an integrated and inclusive choir for all singers 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:** 12:00 – 12:45 pm  
**Locations:** St. Paul's United Church (11526 – 76 Ave NW) Edmonton  
**Ages:** Ages 8 – 16 years with all levels of ability  
**Cost:** Free



## Uketones Ukulele Choir

**Contact:** Alexis Hillyard (Director)

**Phone:** 780-298-5027

**Email:** info@btones.ca

The Uketones Ukulele Choir is a fun and engaging instrument-based choir for all ages and experience levels. The Uketones teach ukulele basics, from string names to chord structures to strumming patterns, by playing classic singalongs together. Our song repertoire is highly influenced by the interests of our members! We also touch on the percussive nature of the ukulele by adding percussion elements to our songs.

**Dates:** Saturdays from September to June

**Hours:** 1:00 – 2:00 p.m.

**Locations:** St. Paul's United Church  
(11526 – 76 Ave NW) Edmonton

**Ages:** All ages and ability levels

**Cost:** Free



## Braille Tones Music Lesson Subsidy

**Contact:** Susan Farrell

**Email:** lessons@btones.ca

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

The Braille Tone Music Society also heavily subsidizes 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 more affordable. Students perform twice yearly at the Winter and Year End Recitals. Contact Susan for more information!

**Hours:** TBD by student and teacher

**Locations:** Various locations in Edmonton and surrounding area

**Ages:** 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](mailto:coordinator@camphehoha.com)

**Website:** [www.camphehoha.com](http://www.camphehoha.com)

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### 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:** 8 overnight camp programs (6 days long) running from June to August

**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](mailto:coordinator@cadsedmonton.ca)

**Website:** [www.cadsedmonton.ca](http://www.cadsedmonton.ca)

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### 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:** January to March 2024

**Times:** 7:00 – 9:00 pm

**Location:** Rabbit Hill

**Disability Group:** Beginner to Advanced

**Cost:** \$250

**Dates:** Wednesday, January to March, 2024

**Times:** 9:30 – 11:30 am

**Location:** Rabbit Hill

**Disability Group:** Beginner to Advanced

**Cost:** \$250

## Catch the Wave Water Fitness

Edmonton, AB

**Contact:** Susan Kisilevich

**Phone:** 780-915-1132

**Email:**

[susan@catchthewavewaterfitness.com](mailto:susan@catchthewavewaterfitness.com)

**Website:**

[www.catchthewavewaterfitness.com](http://www.catchthewavewaterfitness.com)

Catch the Wave Water Fitness® (CTWWF) provides Wellness Through Water® and now has expanded to land. CTWWF provides clients with a safe and unique fitness or rehabilitation experience situated in the water, on land or a combination of both.

Our overall goal is to create a specifically targeted aquatic or blended land and aquatic program for each client to increase or maintain muscle strength, endurance, flexibility, posture, balance, and cardiorespiratory fitness

Through collaboration with the client and their support team, our client-centred sessions can be focused on fitness, function, or rehabilitation. Flexibility in programming can also accommodate respite options for care providers based on the client's needs. All sessions are provided by a registered Occupational Therapist.

**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 Kisilevich at 780-915-1132.

**Dates:** Available upon request

**Times:** Available upon request

**Location:** Any City of Edmonton Recreation Centre

## Centre for Autism Services Alberta

#1, 9353 – 50 Street NW  
Edmonton, AB T6B 2L5

**Phone:** 780-488-6600

**Email:**

[info@centreforautism.ab.ca](mailto:info@centreforautism.ab.ca)

**Website:**

[www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

Join us for some unforgettable adventures all year 'round!

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## Community Recreational Activities

The Centre for Autism Services Alberta offers a wide range of recreational activities for autistic children and youth. 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 us.

**Contact:** Community and Family Services Coordinator

**Phone:** 780-488-6600

**Fax:** 780-488-6664

**Website:** [www.centreforautism.ab.ca](http://www.centreforautism.ab.ca)

**Email:** [info@centreforautism.ab.ca](mailto:info@centreforautism.ab.ca)



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## 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 (each session is 6 weeks long)

**Location:** Centre for Autism Services Alberta, #1, 9353 – 50 Street NW

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## Visual Arts Programs

The Centre offers art classes throughout the year for children, teens, and young adults. 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, drawing, and sculpture. 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 sessions (each session is 8 weeks long)

**Location:** Nina Haggerty Centre for the Arts, 9225 – 118 Avenue NW

## 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 sessions (each session is 8 weeks long)

**Location:** Nina Haggerty Centre for the Arts, 9225 – 118 Avenue NW



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## 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:** 6 – 12 years

**Dates:** Fall, Winter, and Spring sessions (each session is 8 weeks long)

**Location:** City of Edmonton facility – to be determined

### 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 safe and supportive environment. Best of all, they will build the skills foundation necessary to integrate into community-based programs along with their peers.

**Ages:** 6 – 12 years

**Dates:** Fall, Winter, and Spring sessions (each session is 8 weeks long)

**Location:** City of Edmonton facility – to be determined

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## 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. Every participant is treated as a professional artist and decides on their projects, media, and processes.

**Ages:** 18 – 29 years

**Dates:** Fall, Winter, and Spring sessions (each session is 8 weeks long)

**Location:** Nina Haggerty Centre for the Arts, 9225 – 118 Avenue NW

## 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 sessions (each session is 8 weeks long)

**Location:** City of Edmonton facility – to be determined

## Active For Life

We are excited to offer Active For Life! This program will inspire participants to get motivated, get moving, and get interested in their well-being. A certified trainer will lead all the classes with the support of Centre staff, ensuring all participants get the most out of their Active For Life experience.

Each session includes a group warm-up, workout, and cool-down, with time to focus on individual fitness goals.

**Ages:** 16 – 29 years

**Dates:** January & April sessions (each session is 8 weeks long)

**Location:** City of Edmonton facility – to be determined

## Skating

### PreCanSkate (4 years and older):

This program introduces children to skating. No experience is necessary.

### CanSkate & Advanced:

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:** Fall and Winter sessions

**Location:** Londonderry Arena  
(14528 – 66 Street)

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

**Cost:** please contact Extreme Edge for details

## Taekwondo – Young Masters Club

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.

**Website:** www.qicreative.com  
**Contact:** Jon Rivero, Qi Creative:  
780-554-8745, info@qicreative.com  
**Cost:** please contact Qi Creative for details

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## Drama

### *I Can Pretend! & I Can Pretend Too!*

Presented in partnership with the Centre for Autism Services Alberta and the Citadel Theatre.

The I Can Pretend programs teach children with autism how to play with peers and form relationships! Through drama, children learn imaginative play skills and hone social skills.

**Date:** To be determined

**Time:** 1:30 – 3:30 pm

**Location:** Rundle Park School

11005 – 34 Street

**Ages:** 5 – 8 years (I Can Pretend); 9 – 12 years (I Can Pretend Too!)

**Contact:** Citadel Theatre, 9828 – 101A Avenue NW

**To Register:** Please contact the Citadel Theatre at 780-425-1820 for program dates, details, and to register.

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## Summer Day Camps

Registration for summer camp programs opens in the spring.

We offer day camps for children and teens with autism, ages 3 – 17. Our camps are very popular and spaces fill quickly. Avoid disappointment and register early! Keep an eye on our website and social media for the latest information.

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## Little Aces

Little Aces summer camps are half-day, week-long programs that run in the mornings. Your child will receive a diverse range of age appropriate activities designed to encourage increased independence and confidence, and provide opportunities to make new friends and learn new skills while feeling safe and supported.

**Ages:** 3 – 5 years

**Date:** July / August – dates TBA

**Time:** 9:30 am – 12:00 pm

**Location:** Centre for Autism Services Alberta, #1, 9353 – 50 Street NW

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## Junior Aces

Junior Aces camps are full-day, week-long camps that focus on building essential skills through play, fun, and social interaction. Create great summertime memories, learn new skills, build confidence, make friends, and have fun!

Each week, campers will take part in a variety of great activities, crafts, games, and sports. No matter the weather, we've got great summer fun and lots of memories just waiting to be made!

**Ages:** 5 – 8 years

**Date:** July / August – dates TBA

**Time:** 8:30 am – 3:30 pm

**Location:** To be determined

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## Camp ACE

Children with autism rock the summer with the help of our well-trained Camp Ace camps are full-day, week-long programs that focus on building essential skills, confidence, and independence through play, fun, and social interaction. Camp Ace gives children with autism the chance to experience the best things that summer has to offer!

Each camp week has a great theme around which games, activities, and play opportunities are created. Possible camps week themes include building, science, sports, and arts & crafts. Outdoor (weather permitting) and indoor activities keep campers moving and engaged.

**Ages:** 9 – 12 years

**When:** July/August – dates TBA

**Time:** 8:30 am – 3:30 pm

**Location:** To be determined

## Teen Camp

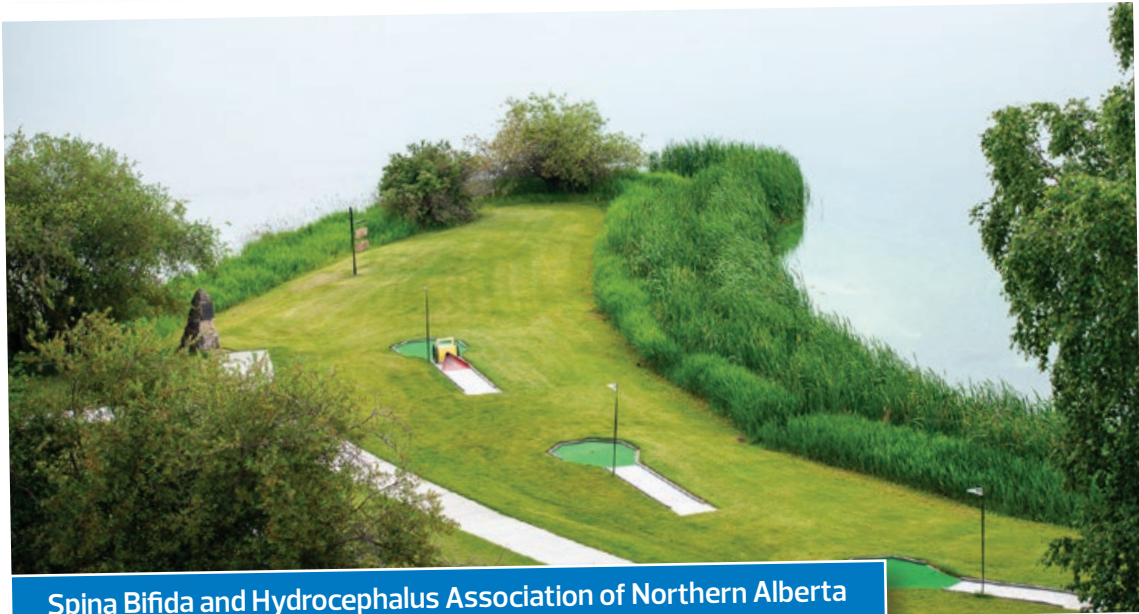
Not your ordinary summer camp! Our Teen Camps have something fun and inspiring for every camper. Each full-day, week-long camp program is built around an area of interest (no overnight programs). You'll take the stage at the Citadel in Star Dreams Drama Camp; learn to be a photographer in our Photography Camp; explore your creative side in Artist's Studio; and have an awesome new adventure with different activities each day at Adventure and Summer Sports camps! We're creating new interest-based camps every year, so be sure to check our website for the 2024 selection, announced in February.

**Ages:** 13 – 17 years

**Date:** July/August – dates TBA

**Time:** 9:00 am – 4:00 pm

**Location:** Various locations in the Edmonton area



Spina Bifida and Hydrocephalus Association of Northern Alberta



## Cerebral Palsy Alberta (CPAA)

**Contact:**

Kim Henye,  
Client Service  
Coordinator

**Phone:**

780-477-8030;  
780-222-1017

**Email:** kim@cpalberta.com

**Website:** www.cpalberta.com



The Cerebral Palsy Alberta (CPAA) offers social inclusion programs for people with Cerebral Palsy and other disabilities that provide essential 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 within the age categories regardless of ability.

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## 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.

Art programs are available in person and online. For dates, fees, and other details, please visit our website.

**Ages:** 18+

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## ComputAbilities (Powered by Telus) (In partnership with Edmonton Community Adult Learning Association (ECALA))

Learn the basics about computers in a supportive environment. This program is for everyone 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. Assistive technology is available for use.

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## iPad Basics

Participants learn the basics of everyday iPad use, to more in-depth learning of applications (including social media, keynote, pages) as well as online banking and shopping. Students learn transferable skills to be used on any device whether it is iOS or Android. The curriculum is adjusted to the individual's knowledge level and needs.

\*iPads are provided for use during class. Participants are welcome to bring their own device.

Computer Classes are offered in person and online. For dates, fees, and other details, please visit our website.

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## Tranquil Movements Yoga & Meditation (In partnership The Trust for the Meditation Process)

This introductory gentle movement yoga class provides the opportunity for participants to explore yoga in a warm, non-competitive, supportive environment. This program supports improved range of movement in individuals with CP and other disabilities. The program is designed to assist with healing connecting the body, mind, and spirit. We provide participants with the opportunity to explore meditation in a quiet, warm supportive environment.

Yoga classes are offered in person and online.

For dates, fees, and other details, please visit our website.

**Ages:** 18+

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## TSound Connections Music Therapy

This Music Therapy program provides participants with the opportunity to learn, listen and interact with a variety of songs, styles, instruments within a group setting. When individuals are encouraged to sing, play instruments, and choose songs in a supportive environment. Music therapy allows for self-expression and increased self-confidence. This class is facilitated by a certified Music Therapist.

Music programs are available in person and online. For dates, fees, and other details, please visit our website.

**Ages:** 18+

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## Parent Support Group

Parent Support Group provides a unique opportunity for parents of children with disabilities of all ages, to share their experiences and 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.

This free program is hosted online via ZOOM to connect with parents from the entire province.

For dates and other details, please visit our website.

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## “Me n U Time” (In partnership with Weir Bowen LLP)

Me n U Time is designed to help navigate the early years of a disability diagnosis or potential diagnosis for children ages 6 months – 4 yrs. Connect with other parents/caregivers, health professionals, experts, and those with lived experience. Support will be on-site to assist with children if needed.

This group is hosted in person. For dates and other details, please visit our website.

**Ages:** 6 months – 4 years

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## All Stars Adapted Gymnastics (In partnership with South Edmonton Gymnastique + Ninja)

This Adapted Gymnastics Program is all inclusive with the goal of providing a recreational outlet for children with physical and/or developmental disabilities. Each class will be designed and instructed by a Physical Therapist and will include therapy components. Children will be assisted by volunteers under the guidance of the Physical Therapist. This program is run in a group setting and takes place in a fully professional gymnasium.

For dates, fees, and other details, please visit our website.

**Ages:** 5 – 15 years old

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## Dance without Limits (In partnership with Ballet Edmonton)

This inclusive program allows children of all abilities the opportunity to truly feel like dancers. This dance class is tailored to the special needs of these children and is facilitated by a certified ballet teacher with support of a 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! Each child will be assigned a one-on-one mentor/volunteer who will support and adapt movement to ensure they are benefitting from the program.

Program available in person.

For dates, fees, and other details, please visit our website.

**Ages:** 4 – 18 years old

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## Splash Time Aqua Therapy Program for Children (In partnership with ReYu Recovery Centre)

This program is designed to provide aquatic therapy under the direction of a registered kinesiologist and exercise therapist with the support of volunteers. This program will be hosted at a warm water pool to increase the benefits of aqua therapy.

For dates, fees, and other details, please visit our website.

**Ages:** 2 – 12 years old

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## Choral Morphosis

PO Box 54007  
Edmonton RPO  
Walker, AB T6X 2V6

**Contact:** Melissa  
Hladyshevsky

**Phone:** 780-964-4860

**Email:** admin@choralmorphosis.com

**Website:** www.choralmorphosis.com



We welcome a wide range of abilities from individuals who are non-verbal, to those that can read and sing in tune.

**Dates:** September – June

**Days:** Saturdays

**Hours:** 10:00 am – 11:00 am

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

**Disability (skill level):** All skill levels

**Cost:** \$150/new members, \$100/returning member

## Choral Arts Program

Choral Arts is an advanced arts program for adults 16 and older with a developmental or physical disability. The program incorporates solo singing, choreography, monologues, script reading, improv and working as a group. They perform two 30 minute pieces at both of our concerts each year.

**Dates:** September – June

**Days:** Saturdays

**Hours:** 11:30 am – 12:30 pm

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

**Disability (skill level):** Moderate Cognitive Ability

**Cost:** \$150/new members, \$100/returning member

## Choral Morphosis Arts Society

Our Choral Program is open to anyone 16 and over with a love of singing no matter what their musical ability. We use singing, movement, dance, instruments and sign language in our choir practices and concerts and adapt all activities to include all abilities.

## CNIB

11150 Jasper Avenue  
Edmonton, AB T5K 0L1

**Contact:** CNIB Office

**Phone:** 1-800-563-2642

**Email:** info@cnib.ca

**Website:** www.cnib.ca



## CNIB Men's Group

**Dates:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month @ 1:00pm

**Location:** 600, 11150 Jasper Ave

**Ages and Disability group:** Over 18yrs, Men only; blind or partially sighted individuals

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

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## CNIB Women's Group

**Dates:** 1<sup>st</sup> Thursday of the month @ 1:00pm

**Location:** 600, 11150 Jasper Ave

**Ages and Disability group:** Over 18yrs, Women only; blind or partially sighted individuals

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

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## CNIB Virtual Women's Group

**Dates:** 2nd Wednesday of the month at 4:00 pm

**Contact:** Dayna at [dayna.fox@cnib.ca](mailto:dayna.fox@cnib.ca) to register

**Ages/Group:** Over 18 yrs. Women only; blind or partially sighted individuals

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

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## CNIB Edmonton Social Meet Up Group

**Dates:** Vary

**Contact:** Dayna at [dayna.fox@cnib.ca](mailto:dayna.fox@cnib.ca) to register

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

**Ages/Group:** 18–35 yrs. Blind or partially sighted individuals.

The group meets monthly to participate in a recreational activity.

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## Gentle Exercise Program

Registration required

**Dates:** Bi Weekly, September–December

**Time:** 6:00 pm – 6:45 pm

**Location:** The Steadward Centre Located in the University of Alberta

**Ages/Groups:** Ages 6 – 12

Join CNIB in partnership with the Steadward Centre for our gentle exercise program which aims to promote the physical health of our children and youth. This program will allow kids and youth to engage in various low impact physical activities each session such as baseball, basketball, yoga, gymnastics, indoor rock climbing, dance etc. You do not want to miss it!

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## Music Therapy

**Date:** Biweekly on Wednesdays

**Time:** 5:00 – 5:30 pm

**Location:** Hybrid – In person/Virtual (Zoom)

**Ages:** CNIB Child and Youth Participants

**Email:** [Sabrina.shaw@cnib.ca](mailto:Sabrina.shaw@cnib.ca) for further details.



The Steadward Centre

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## Western Canada Youth Leadership

**Date:** Biweekly on Thursdays starting September 8, 2023

**Time:** 6:00 pm – 7:30 pm mountain time

**Location:** Virtual (zoom)

**Ages:** 13 – 21 years old

**What to Expect:** WCYL is a space for youth ages 13 – 21 from British Columbia and Alberta, to come together, build upon their leadership skills, independence, and peer relationships, while sharing their passions and life experiences with friends new and old.

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## Youth Leadership and Volunteer Group

If you are a youth between the ages 14–21 in the Northern Alberta region and you would like to give back to the community, gain volunteer experience, learn leadership, problem solving and delegation skills, join our youth leadership and volunteer group. This group will meet twice a month, in our first session each month we will meet at the CNIB Edmonton office to work through various leadership and advocacy skills, while our second session each month will be in the Edmonton community exercising these skills and making a difference in our community.

If you are interested, please reach out to [Sabrina.shaw@cnib.ca](mailto:Sabrina.shaw@cnib.ca) for registration and further information.

## Community Linking Programs

Edmonton

**Phone:** 780–860–2722

**Website:** [wellnessnetworkedmonton.com](http://wellnessnetworkedmonton.com)

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.

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## Community Linking Programs

**Date:** Monday to Friday

**Time:** Various

**Location:** Various locations around Edmonton

**Disability Group:** Addictions and Mental Health

**Cost:** None to varies for each group. Please see website/brochure for details.

Community Linking programs provide a variety of social, recreation, and leisure programs for adults 18 - 65 years old who experience an addictions and/or mental health concern. Please see wellness network website for the most up to date program information. Please note programs are subject to change.

## Dreamcatcher Nature-Assisted Therapy Association

53011 Range Road 213  
Ardrossan, AB T8G 2C4



**Contact:**

Administration

**Phone:** 780-809-1047 ext. 1

**Fax:** 780-809-1046

**Email:** [info@dreamcatcherassociation.com](mailto:info@dreamcatcherassociation.com)

**Website:** [www.dreamcatcherassociation.com](http://www.dreamcatcherassociation.com)

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## Pen Paw Pal Program

Write a letter to your favourite Caring Critter and they will write you back! Open to everyone of all ages and all around the world! Each letter sent by our critters will be personalized towards each individual or class and will allow for a special connection with an animal of their choice. This program promotes the development of social skills, encourages compassion, and provides the opportunity to hone reading and writing skills.

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## Time on the Land

Join us on the weekends as our Time on the Land program welcomes families and individuals to take part in a new adventure while getting out of the house or city! Visitors can check out our chicken coops, spend time visiting with rescued therapy farm animals, enjoy a picnic in the country, or walk-in nature through our beautifully treed and trailed 40-acre property. Participate in a scavenger hunt as you wander through the Magical Forest Trail in search of gnomes, fairies, and other magical creatures!

Launched in the Spring of 2020, our Time on the Land program supports individuals and families to find safe, fun, and engaging activities by experiencing the great outdoors and interacting with pleasant farm animals. The booking times are available on weekends!

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## Team Building

Let our dedicated and skilled team develop an interactive event that matches the theme, goals, and budget of your vision while enhancing the dynamics of your group. Our experiential learning alongside animals will give the results your company is looking for! Through interactive work with therapy animals, participants will discover, learn, grow, and find balance amongst themselves and as a team.

## Edmonton Adaptive Sports Association (EASA)

PO Box #57145  
Eastgate PO  
Sherwood Park, AB T8A 5L7

**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.

**Dates:** Fall/Winter September – March

**Days:** Tuesdays

**Location:** The Meadows West

**Times:** 8:15pm – 9:45 pm

**Days:** Wednesday's

**Location:** Ardrossan Recreation Center East

**Times:** 9:15 pm – 10:30 pm

**Days:** Sunday's

**Location:** Ardrossan Recreation Center East

**Times:** 5:45 pm – 7:00 pm

or

**Location:** The Meadows West

**Times:** 7:30pm – 8:45pm

**Cost:** \$450



## 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

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### 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.

**Location:** Bonnie Doon Bowling Lanes

**Dates:** Start September 9th at 10:00 am sharp, Sometime in April, date to be determined

**Cost:** \$30.00 Registration Fee, Weekly fee \$12.00

This is League Bowling not a drop in, players are on teams of 5.

**Ages:** All ages

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### Basketball

**Location:** Edith Rodgers Jr. High School

**Dates:** Sept. 26 (yet to be confirmed)  
Tuesdays 7:00 – 8:30 pm; April 18, 2023 (yet to be confirmed)

**Ages:** 13+

**Cost:** \$20 for the season; No drop in

## Edmonton Epilepsy Association

11215 Groat Road NW  
Edmonton, AB T5M 3K2

**Contact:** Valeria Palladino,  
Executive Director  
**Phone:** 780-488-9600  
**Fax:** 780-447-5486  
**Email:** info@edmontonepilepsy.org  
**Website:** www.edmontonepilepsy.org



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### Variety of Leisure Programs for Members

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. We offer special programs for kids and youth living with epilepsy, along with mental health sessions for adults living with epilepsy. Social events are organized with the neurological condition in mind, ensuring all participants are safe, feel welcomed and included.

**Dates:** Varied throughout the year

**Location:** Varied

**Disability Group:** People with Epilepsy who are members of EEA

**Cost:** Free for Members – Below cost in certain cases

## Edmonton Sled Hockey Club

10615 74 Street NW  
Edmonton, Alberta T6A 2Y6

**Contact:** Chris Minchau

**Email:** eshcboard@gmail.com

**Website:** www.eshc.ca



The Edmonton Sled Hockey Club was formed in August 2000 to provide an opportunity for disabled and able-bodied athletes to participate in the game of ice hockey together in the Edmonton and surrounding area. Our goals as a club are to provide a developmental sled hockey program and a schedule of competitions for recreational or elite athletes. We usually have two ice times per week from September until about the month of March. Contact us to inquire about our current ice times and locations or ask about how to get involved in the sport! Our contact email is: eshcboard@gmail.com.

## Employment Preparedness Programs

### Employment Works

Employment *Works* is a program that supports and advances autistic teens and adults and persons who self-identify as having a disability towards sustained employment. The program helps participants prepare for, get, and keep good jobs, or supports them in the pursuit of further education.

### Program Breakdown

Phase 1 – Preparing for Work  
60 hours of guided employment preparedness training

- 30 hours of structured learning: job skill development, career exploration, and communication and social skills in the workplace
- 30 hours of applying structured learning: dedicated time to participate in job sampling in local community workplace settings

Phase 2 – Getting Work

- The second phase provides support for participants to actively participate in the labour market and get jobs. This phase focuses on:
- job search assistance, preparing resumes, applying for suitable job opportunities, and developing effective interview skills

Phase 3 – Keeping Work

- Phase 3 provides on-the-job support as appropriate based on individual needs. This may include:
- job coaching, tools, and equipment

**Ages:** 15 – 64 years

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

**Location:** Centre for Autism Services  
Alberta, #1, 9353 – 50 Street NW

### APPLY TODAY!

For more information or to apply:

**Contact:** Nicole Voros

**Email:** employmentworks@centreforautismab.ca

**Phone:** 780-488-6600

*This project is funded by the Government of Canada and the Sinneave Family Fund.*

## Gateway Association

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

**Phone:** 780-454-0701

**Email:** [info@gatewayassociation.ca](mailto:info@gatewayassociation.ca)

**Websites:** [www.gatewayassociation.ca](http://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

## Jurassic Forest and Learning Centre

2 – 23210, Township Road 564  
Gibbons, AB T0A 1N0

**Contact:** Greg Suess

**Phone:** 780-470-2446

**Fax:** 1-888-879-6076

**Email:** [info@jurassicforest.com](mailto:info@jurassicforest.com)

**Website:** [www.jurassicforest.com](http://www.jurassicforest.com)

### Attraction–Education/ Entertainment Facility

Jurassic Forest is a seasonal tourist attraction just minutes away from Edmonton by vehicle on Highway 28, just north of Gibbons. The facility is situated in a mature boreal forest setting and features more than 50 animatronic dinosaurs in their natural habitat. The dinosaurs can be easily viewed from wooden trails that lead through the forest. The trail system consists of two separate loops, the North and South Discovery Trails with each measuring about 1.0 km in length. The trails are wheelchair friendly and are accessible in all types of weather conditions.

**Location:** About 2 km north of Gibbons on Hwy 28

**Dates:** May – Mid-October (annually)

**Times:** 9:00 am – 7:00 pm (daily). Times are adjusted for Daylight hours in September

**Age:** All ages

**Cost:** Adults \$15, Seniors and Youth \$12; Children \$10, Family of 4 – \$45 (2 adults and 2 children) and Family of 5 – \$55 (2 adults and 3 children); Children under 3: complimentary admission

## MS Canada

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

**Contact:** Carla Holton

**Phone:** 587-3527

**Email:** carla.holton@mssociety.ca

**Website:** www.mssociety.ca

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## Time™ at Home

Virtual program is a exercise program hosted 2 times per week with a 30 minute social hosted after the exercise portion. The video shown is from UHN, Toronto Rehab, led by physiotherapists.

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## NeuroSask

Virtual program for people living with neurological conditions, provides physiotherapy-guided movement.

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## SPIRIT Club

Online gym membership with access to live and recorded virtual wellness, exercise and fitness programming and/or 12-week sessions with weekly classes hosted virtually.

## Networks Activity Centre

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

**Contact:** Chelsea Nelson

**Phone:** 780-474-3363

**Fax:** 780-474-3310

**Email:** networks@nacentre.ca

**Website:** www.nacentre.ca

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## 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

## Northwest Scuba

6815 – 104 Street NW  
Edmonton, AB T6H 2L5

**Contact:** Ken Holliday or Laura Villneff

**Phone:** 780-438-1218

**Fax:** 780-438-1479

**Email:** dive@northwestscuba.com

**Website:** www.northwestscuba.com

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## PADI Adaptive Diver

Program allows people with disabilities to learn to scuba dive.

**Dates:** Call for dates

**Disability group:** Call to discuss options/pricing

**Time:** Tuesdays 6:30 – 8:00 pm

**Location:** The Meadows Community Recreation Centre, west rink (2704 – 17 Street)

**Disability Group:** All abilities

**Cost:** TBD

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## Paralympic Sports Association

12122 68 Street NW  
Edmonton, AB T5B 1R1

**Contact:** Autumn Moronchuk

**Phone:** 780-439-8687

**Website:** [www.parasportsab.com](http://www.parasportsab.com)

## Fall/Winter Programming

### Junior 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, older participants welcome depending on skill level)

## Adapted Taekwondo

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. PSA works in partnership with instructors from Tiger Taekwondo and ensure that 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:** September to April/May

**Time:** Saturdays 10:00 – 11:00 am

**Location:** Mckernan Community League

**Age:** Anyone 5+

**Disability Group:** All abilities

**Cost:** TBD

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## 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:** Evening, exact time TBD, typically between 6:00 pm – 8:00 pm

**Location:** Winnifred Stewart Association

**Age:** Anyone 14+

**Disability Group:** All abilities

**Cost:** TBD

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## Integrated Spin Class

Try out a spin class using either upright spin bikes or handcycles on trainers with this fully integrated class taught by an AFLCA certified spin instructor. 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

**Age:** 18+

**Disability Group:** All abilities

**Cost:** TBD

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## Adapted Swimming (TBD)

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/Time:** TBD

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

**Age:** Kids and Adults Sessions available

**Disability Group:** All abilities

**Cost:** TBD

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## Spring/Summer Programming

### Adapted Swimming (TBD)

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/Time:** TBD

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

**Age:** Kids and Adults Sessions available

**Disability Group:** All abilities

**Cost:** TBD

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## Para Golf

Para 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:** May – June/July

**Hours:** TBD

**Location:** Victoria Driving Range (12130 River Valley Road)

**Age:** Kids and Adults sessions available

**Disability Group:** All abilities welcome

**Cost:** TBD

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## Beginner and Intermediate Para Cycling

Outdoor Para Cycling 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:** July – August

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

**Intermediate:** Wednesdays,  
5:45 pm – 8:45 pm

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

**Disability Group:** All abilities

**Cost:** TBD

---

## Adapted Kayaking

Adapted Kayaking Instructed by coaches with the Edmonton Whitewater Paddlers who will demonstrate basic paddling and safety skills. Recreational in nature, we want all to experience kayaking! Our adapted kayaking program is completely inclusive– no matter your ability or mobility aid. Using as much or as little adaptive equipment, learn to paddle, steer and control the kayak. Individual or Tandem Kayaks available. Options available to progress into training or competitive stages should you wish.

**Dates:** Mondays (July – August)

**Hours:** 6:00 pm – 7:15 pm and  
7:30 pm – 8:45 pm

**Location:** Rundle Park Paddle Centre 2909  
113 Ave NW

**Age:** All Ages!

**Disability Group:** All abilities

**Cost:** TBD

## One for All Summer Day Camps

PSA's One-For-All Day Camps are where individual differences, skills, and abilities are celebrated. Our specialized staff and programming ensure individual needs are met, and that every day is filled with sun, fun, and friendship.

Each camp will feature adaptive sport, arts and crafts, games, and more! We offer camps for kids and teens/adults.

**Dates:** July – August

**Hours:** 9:00 am – 4:00 pm

**Location:** Woodcroft Community League,  
13915 115 Ave NW

**Cost:** TBD

Please visit our website at [www.parasports.com](http://www.parasports.com) or call 780-439-8687 for more information or to register for any of our programs!

## Recovery Supports Day Program (AHS)

9942 – 108 Street NW  
Edmonton, AB T5K 2J5

**Contact:** Caitlin Spires

**Phone:** 780-860-2722

**Email:** [caitlin.spires@ahs.ca](mailto:caitlin.spires@ahs.ca)

Recovery Supports Day Program is a social, recreation, and leisure activity based day program for adults ages 25 to 65 who experience an addictions and/or mental health concern. Please note, participants are required to be independent with engagement in programming. Referral to the program can be made through AMH providers.

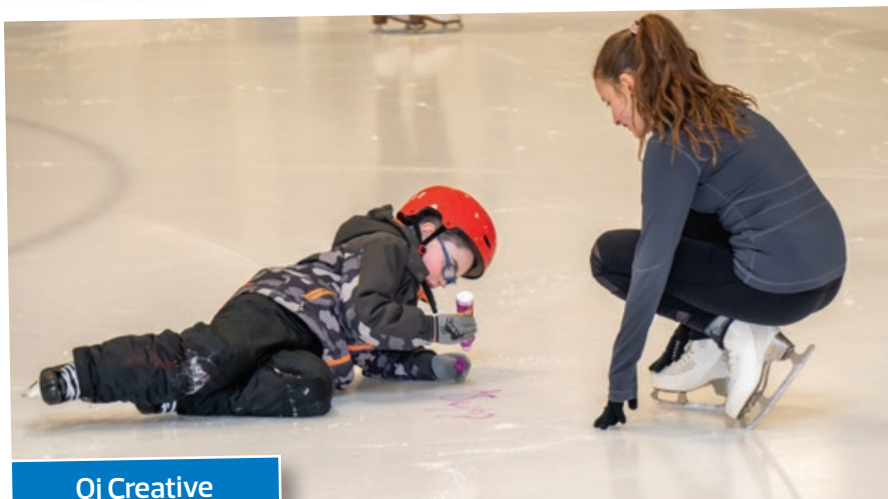
**Dates:** Monday – Friday (minus statutory holidays)

**Times:** 9:00 am to 3:30 pm

**Location:** Edmonton Mental Health Clinic  
9942 108ST NW, Edmonton

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

**Cost:** Free, however some activities may have a cost



Qi Creative



## Qi Creative

9410 – 118th Avenue NW  
Edmonton, AB T5G 0N6

**Contact:** Deanna Halls

**Phone:** 587-882-5022

**Email:** [adventureclub@qicreative.com](mailto:adventureclub@qicreative.com)

**Website:** [qiadventureclub.com](http://qiadventureclub.com)

### Qi Creative Adventure Club

The Qi Adventure Club (Qi AC) provides fun and exciting activities for people with different abilities and needs in and around Edmonton. Qi AC has two kinds of adventures/activities that run throughout the year. Quest adventures are short-term activities that last for a few hours or a whole day. Odyssey adventures are long-term programs that happen once a week for several weeks.

**Register for ALL adventures online at [QiAdventureClub.com](http://QiAdventureClub.com).**

## YEAR-ROUND Adventures

### Qi RPG (Odyssey)

Play a Tabletop Role-Playing Game with Qi Creative! In small groups with a seasoned Game Master (GM), participants will dream their own characters, role-play within their level of comfort, and be guided through a fantastic adventure!

To inquire about joining Qi RPG, email Connor at [connorbrinsmead@qicreative.com](mailto:connorbrinsmead@qicreative.com).

## AUTUMN 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 Coach 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 Jon Rivero, Occupational Therapist and 6th Dan Black Belt. The Young Master Club teaches participants to apply life skills practiced in the Dojang to the classroom, playground, workplace and home. The Young Master Club generally runs in a November – May Season with a celebratory festival in June.

Incoming participants must register at the start of each Season, in the Fall. Parents/Guardians may also participate. No prior experience required.

## WINTER Adventures

### Qi Learn to Ski (Odyssey)

Qi Learn to Ski provides a one-of-a-kind ski immersion experience for children and families of all abilities, in collaboration with the Edmonton Ski Club! The adventure includes personalized coaching from certified ski or snowboard instructors, as well as Qi Creative coaches and volunteers.

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## Qi Cross Country Ski (Quest)

Learn to cross country ski in a volunteer-supported environment! This is a one-day Quest enjoying groomed ski trails in Edmonton's river valley. Equipment included, family can ski free and Sledges available upon request. Registrants must provide height details of all participants so we can reserve appropriate skis and sledges for everyone.

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## Qi Can Skate Adaptive (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.

## SUMMER Adventures

### Qi Rides With You 2 (Odyssey)

Qi Rides with You 2 uses a curriculum designed to teach children to ride a two-wheeled bicycle when they are having difficulty learning on their own. Each session is structured to teach children the skills needed to learn to ride a two-wheeled bicycle. If your child is already starting to ride on their own, this program includes additional bike skills and safety, including passing, shoulder checking, safe following distance, and going on trail rides in a group.

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## Qi Explorers (Quest)

Qi Explorers is a one-day Quest adventure where participants complete various physical and creative activities outdoors. Previous iterations of Qi Explorers have included dance, music, painting, crafts, sports skills, martial arts, sensory play, and outdoor play in local Edmonton parks. We have also collaborated with the City of Edmonton to charter a private bus for participants to learn to ride public transit, and explore new parts of town with a Geocaching activity.

**Register for ALL adventures online at**  
**QiAdventureClub.com**

**Dates:** Year round – see website  
QiAdventureClub.com

**Location:** Various locations in and around  
Edmonton

**Cost:** See website for details

**Disability Group:** All ages and abilities

## Robin Hood Association

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

**Contact:** Laurie Massie

**Phone:** 780-640-9401 Ext. 2225

**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:** Based on an hourly rate

**Disability Group:** Various disabilities/skill levels

## Rocky Mountain Adaptive Sports Centre

Unit 168 – 105 Bow  
Meadows Crescent  
Canmore, AB  
T1W 2W8

**Contact:** Rocky  
Mountain Adaptive  
Office

**Office Hours:** Monday to Friday,  
9:00 am – 5:00 pm

**Phone:** 1-403-431-1354

**Email:** [info@rockymountainadaptive.com](mailto:info@rockymountainadaptive.com)

**Website:** [www.rockymountainadaptive.com](http://www.rockymountainadaptive.com)



### Our Mission

Our Mission is simple to understand. We want all the individuals who access Rocky Mountain Adaptive to strive, persevere, and overcome any challenges that present themselves to achieve the fulfillment of our aims.

'No Limits!' is more than just a phrase, it is a mentality. For our team, it motivates us to reduce barriers and provide successful sporting and recreation experiences. For our adaptive guests, "No Limits!" is a determination to overcome any obstacle, mental, physical, or other that may lay in the way of achieving their goals. RMA aims to cultivate this mentality and spread it to everyone that we encounter and those access our services, as well as apply the same attitude to the growth and development of our organization.

### Our Vision

To increase the self-esteem, independence, physical health, mental well-being and sense of belonging to the community of persons with physical, developmental or cognitive challenges through participation in adaptive sport and recreational activities.

### Short Overview

Rocky Mountain Adaptive (RMA) is a charity whose mission is to enable individuals living with physical or neurodivergent challenges to participate, learn and excel in all sports and recreational activities in the Canadian Rockies.

## Long Overview

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. As a multi-sport, year-round organization who provides access to mountain sport and recreation, RMA offers adaptive sports equipment, specialized instructors, trained volunteers and unique training opportunities. On average RMA offers 22 different adaptive activities per year.

Activities include biking, canoeing, hiking, kayaking, paddleboarding, skiing, snowboarding, swimming, white water rafting and much more! RMA is a multi-sport, year-round organization who provides everything needed to participate, learn and excel at mountain sport and recreation, including adaptive sports equipment, specialized

instructors, and trained volunteers.

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

RMA offers the following adaptive activities:

- Equipment Rentals
- Supported Experiences
- Private Lessons
- Multi Week Programs
- Multi Activity Camps
- Disability Group Activities
- Equipment Rentals
- Buddy Assistance
- School Program Support
- Disability Group Programs
- Corporate Adventures

**Dates:** All year, including holidays

**Times:** 1 hour – 5 days



Rocky Mountain Adaptive

**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 Groups:** All disability groups welcome, and all skill levels. Some restrictions may apply.

RMA also offers the following opportunities:

- Team Building Days
- Sponsorship Opportunities
- Practicum Programs
- Volunteer Opportunities
- Fundraisers

## 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 Edmonton

16011 – 118 Avenue NW  
Edmonton, AB T5V 1C7



**Contact:** Celina Comeau, *Special Olympics*  
General Manager

**Phone:** 780-448-1886

**Email:** information@

specialolympicsedmonton.ca

**Website:** www.specialolympicsedmonton.ca

*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 NW  
Edmonton, AB T5H 4B9

**Contact:** Monica Sneath

**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 in 2000 to help these youth feel like they are not alone in their struggles, and to help them develop lifelong friendships. This four-day overnight camp is designed specifically for the youth population living with spina bifida who are 12 to 18 years old living in Western Canada. Camp Freedom 2.0 was started in 2022 and runs parallel to the youth camp. It is for adults living with spina bifida who want to have a summer camp experience and reconnect with camp friends.

**Dates:** TBD Varies each year between July and August. Dates will be posted on our website in early 2024.

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

**Ages:** Youth aged 12 – 18, and Adults 19+ with spina bifida

**Disability group:** Youth and Adults with spina bifida

**Cost:** \$395/ camper; Subsidies available

## 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:** Once a month by Zoom and once a month in person

**Location:** Local coffee shop

**Ages:** Adults 18+ with spina bifida and/or hydrocephalus

**Cost:** Free with membership



Spina Bifida and Hydrocephalus Association of Northern Alberta

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## Walk and Roll Alberta

The Walk and Roll Alberta is a family-friendly, non-competitive, Edmonton and surrounding area event. Participants of all abilities are welcome to walk, run or wheel through a 5km paved course in Borden Park. 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:** TBD Saturday in June

**Hours:** 10:00 am – 2:00 pm

**Location:** Borden Park

**Disability group:** Anyone can participate

**Cost:** Individual registration: \$25; Team registration 4–6 participants \$100

## Spinal Cord Injury Alberta

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

**Contact:** Rob MacIsaac, RSW – Client Services & Peer Coordinator

**Phone:** 587-410-2604

**Fax:** 587-410-2604

**Email:** rob.macisaac@sci-ab.ca

**Website:** www.sci-ab.ca

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## Peer & Family Social Events

Spinal Cord Injury Alberta (SCI-AB) was founded on the principle of peers helping peers, offering support from those who have been there. In short: connecting those with new injuries – or new questions – to those with lived experience. In addition to these one-on-one connections, we also host larger peer events. This provides an opportunity where those with spinal cord injuries (or other physical disabilities), their family, friends, and caregivers can engage and learn from one another. These events provide an opportunity to connect, create new friendships, learn to navigate living life with a disability or an opportunity to enjoy some snacks! Previous peer events have included: barbecues, poker nights, holiday parties, education sessions, adaptive activity try-it events and other community focused initiatives. In addition to in person events, we also host virtual chats and get togethers, this allows everyone to have access to peer connection regardless of location in the province.

Check out our website: [www.sci-ab.ca](http://www.sci-ab.ca), social media (@scialberta) or contact the Edmonton Peer Program Coordinator by email: [kendra.erhardt@sci-ab.ca](mailto:kendra.erhardt@sci-ab.ca) or the Alberta Team Lead [rob.macisaac@sci-ab.ca](mailto:rob.macisaac@sci-ab.ca) for more information.

**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](http://www.steadwardcentre.ualberta.ca)

## Free2BMe- Physical Activity for Kids and Teens with Disabilities

Free2BMe is a dynamic, fully equipped adapted physical activity program. Whole child development is supported by providing physical activity and fitness for children and youth who are experiencing disability. With a focus on physical literacy, Free2BMe programs are designed to support participants in developing skills and knowledge towards active lifestyles while building choice and independence in a fun, social environment.



## 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 experiencing disability. 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 adults experiencing disability through physical activity.

## Functional Electrical Stimulation

The Functional Electrical Stimulation (FES) Exercise Program is designed for individuals who have paralyzed muscle that they are not able to exercise on their own. By placing electrodes on the surface of the skin, FES uses electrical currents to activate the paralyzed muscle. This leads to the muscles performing functional movements that enable participants to use specialized equipment such as an FES Bike. Essentially, the FES Exercise Program provides people with paralyzed muscle (e.g., from a spinal cord injury or multiple sclerosis) with a way to take part in regular physical activity. Regular participation in FES exercise may assist in the prevention of muscle atrophy, cardiovascular disease, osteoporosis, and type 2 diabetes. Interested participants require a doctor's note and an assessment to determine eligibility.



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## Athlete Development for Disability Sport

Athlete Development for Para Sport 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, Para-Athletics, and strength & Conditioning.

## Variety – the Children’s Charity of Alberta

1517, 246 Stewart Green SW,  
Calgary, AB T3H 3C8

**Contact:** Jacey Gamroth

**Phone:** 587-500-7071

**Email:** jacey.gamroth@  
varietyalberta.ca

**Website:** varietyalberta.ca/volt



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## Volt Hockey

Volt is played in a specially designed electric hockey sport chair that is operated with a joystick. Volt is a unique adaptation to the sport of hockey as it allows participants who have more complex needs – particularly those with limited upper mobility, to be able to play the sport that extends beyond other adaptive variations of hockey today (including sledge hockey and wheelchair hockey).

**Dates:** Saturday's from Mid September – June

**Time:** Vary based on skill level

**Location:** Edmonton Soccer Centre South

**Cost:** \$25/session

**Disability Group:** Accessible to anyone who can operate a joystick

## Wheelchair Sports Alberta

11759 Groat Road NW  
Edmonton, AB T5M 3K6

**Contact:** Jen Sales, Executive Director

**Phone:** 780-427-8699

**Email:** kim@wheelchairsportsalberta.com

**Website:** 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](http://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, Wheelchair Pickleball, Wheelchair Lawn Bowling and more

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## Bridging the Gap – Getting Physically Active

**Contact:** Jen Sales, Executive Director

**Phone:** 780-427-8699

**Email:** jen@wheelchairsportsalberta.com

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:** 2:00 to 3:00 pm, Thursdays

**Ages:** All ages welcome

**Location:** Glenrose Rehabilitation Hospital

**Cost:** Free; please contact for registration

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

## You Can Ride 2



11415 168 Street NW  
Edmonton, AB T5M 3S1

**Contact:** Emily Kim, Program Coordinator

**Email:** [info@youcanride2.ca](mailto:info@youcanride2.ca)

**Website:** [youcanride2.ca](http://youcanride2.ca)

To register in either program, visit  
<https://www.youcanride2.ca>.  
Space is limited in both programs.

## 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. Registration opens January 7, 2024.

**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 7, 2024. 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 7, 2024 at 12pm

**Location:** [youcanride2.ca/borrow-a-bike/](http://youcanride2.ca/borrow-a-bike/)

**Cost:** \$300, but up to \$275 can be refunded through helping out with the program, and subsidies and tax receipts may be available

**Disability Group:** All aged 3 to 20



Variety – The Children's Charity of Alberta

## Young Adult Services Social Recreation and Wellness Programs

Edmonton, AB

Young Adult Services Social Recreation and Wellness Programs offers wellness oriented, recovery focused programming for those 16 – 25 years of age 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

**Contact:** 780-616-9389

**Email:** [wellnessnetwork@e4calberta.org](mailto:wellnessnetwork@e4calberta.org)

**Website:** [wellnessnetworkedmonton.com/courses/](http://wellnessnetworkedmonton.com/courses/)

## CITY OF EDMONTON 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](http://www.edmonton.ca/accessibility)

## OTHER RESOURCES/ NEW INITIATIVES

### City of Edmonton Accessibility Advisory Committee (AAC)

**Contact:** Accessibility Administrative Support

**Phone:** 780-496-5840

**Email:** [accessibility@edmonton.ca](mailto:accessibility@edmonton.ca)

**Website:** [www.edmonton.ca/accessibility](http://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 (Dedicated Accessible Transit Service)

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:** 711

**Email:** [dats@edmonton.ca](mailto:dats@edmonton.ca)  
**Website:** [edmonton.ca/dats](http://edmonton.ca/dats)

## Access 2 Entertainment Card

**Contact:** Adrienne Cheng  
**Email:** [access2card@easterseals.ca](mailto: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](http://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](http://www.festivalcity.ca) website. Most importantly – get out and enjoy!

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