



Recreation Opportunities for Individuals with Disabilities

An activity guide for Edmonton and surrounding areas

Spring 2022 – Spring 2023 Edition



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 Movelearnplay@edmonton.ca for inclusive recreation opportunities.

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

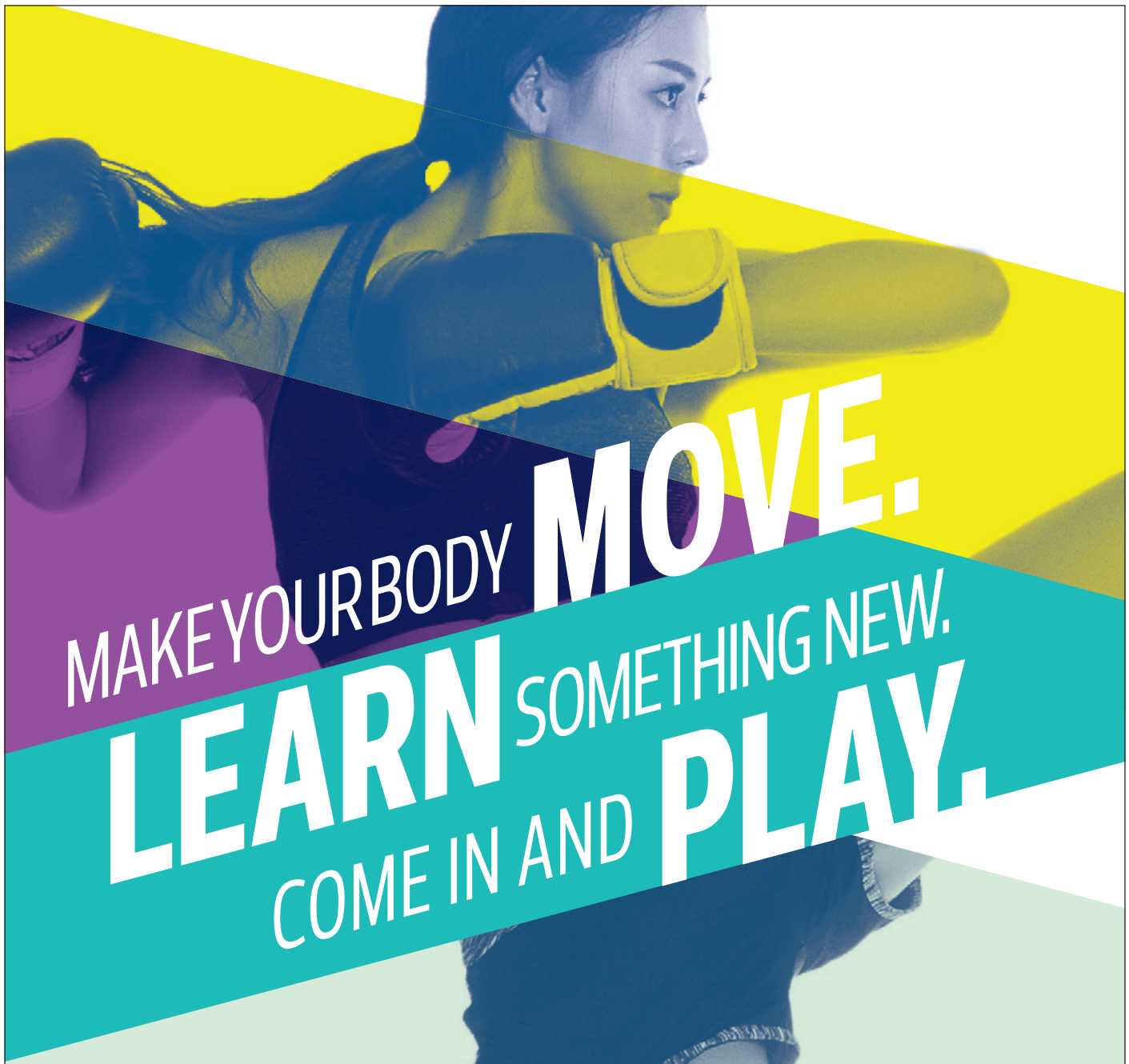
This guide, produced by the City of Edmonton's Community Services Department, lists recreation opportunities throughout Edmonton suitable for individuals with disabilities. This guide provides a summary of specialized programs and other valuable contacts. If you require further information about a specific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

If you prefer, this flyer can be accessed on the City of Edmonton's website at 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. Individuals who require additional assistance are welcome to bring an attendant. Attendants can attend at no additional cost when assisting an individual to attend our facilities, services or programs.



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



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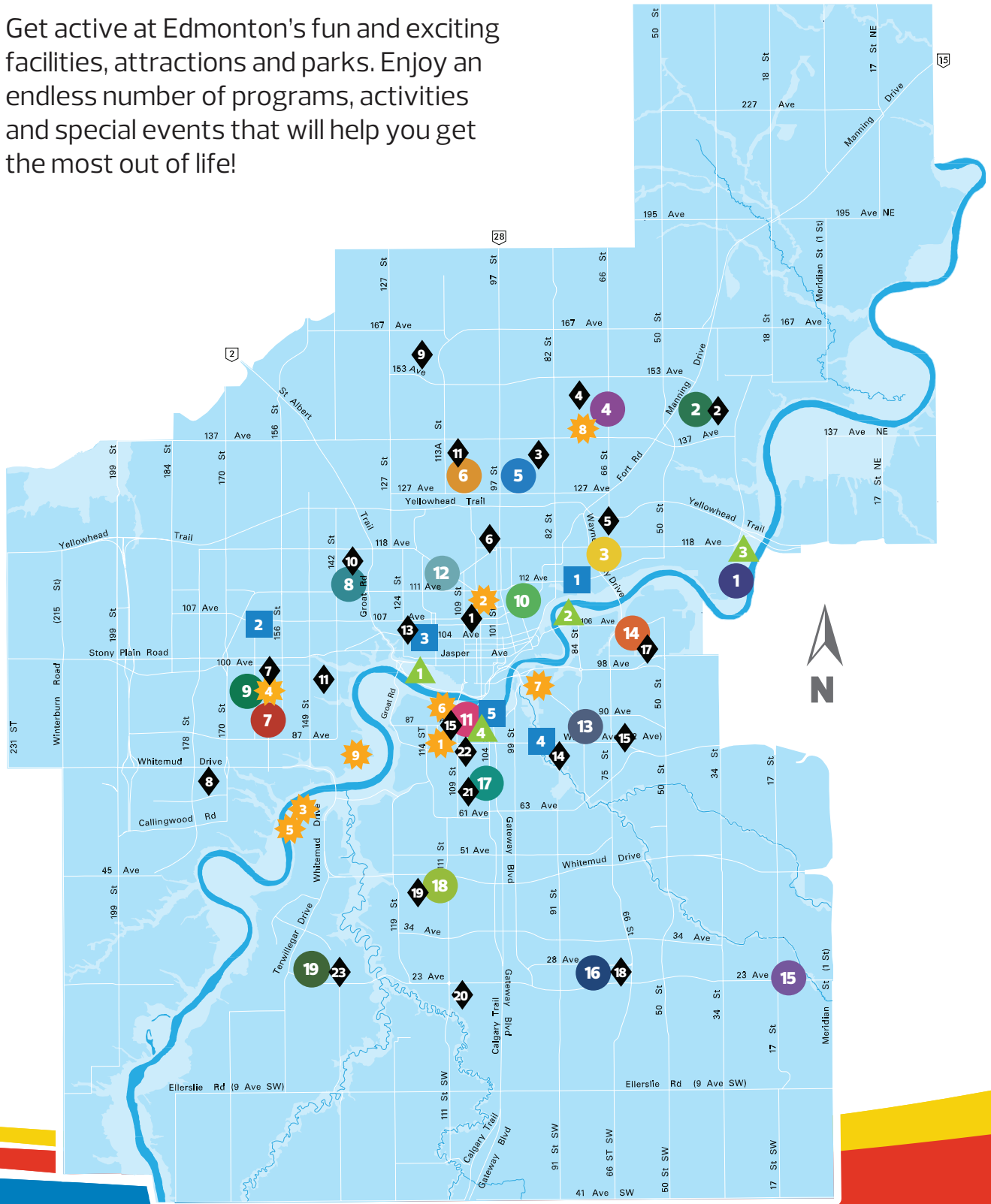
FACILITY ACCESSIBILITY GUIDE

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

**Individual rooms with doors

WHAT'S IN YOUR NEIGHBOURHOOD?

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



City of Edmonton Leisure, Sports and Fitness Facilities

NORTHEAST

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

NORTHWEST

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

CENTRAL

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

SOUTHEAST

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

SOUTHWEST

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

Outdoor Swimming Pools

NORTHEAST

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

CENTRAL

- 3 **Oliver Outdoor Pool**
10315 – 119 Street

SOUTHEAST

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

City of Edmonton Golf Courses

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

Operated by the Kinsmen Club of Edmonton

9100 Walterdale Hill

City of Edmonton Attractions and Specialized Facilities

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

City of Edmonton Indoor Ice Arenas

CENTRAL

- 1 **Downtown Community Arena**
10330 – 105 Avenue

NORTHEAST

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

NORTHWEST

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

SOUTHEAST

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

SOUTHWEST

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

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

PROGRAM REGISTRATION (City of Edmonton programs)

How to Register

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

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

ONLINE

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

BY PHONE

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

IN PERSON

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

Providing Registration Information

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

Payment and Confirmation

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

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

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

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

Program Registration Fees

Program registration fees do not include drop-in admission.

Withdrawing or Transferring

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

Program Cancellations

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

Emergency Medical Procedures

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

Photography and Media Consent

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



A.C.T. City of Edmonton



LEISURE ACCESS PROGRAM (LAP)

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

You may qualify for the LAP Annual Program if:

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

You may qualify for the LAP Monthly Pass if:

- You have an income near the low income threshold

Note: If you have an income below Edmonton Transit Service's (ETS) Ride program's low income threshold, you may also qualify for the Ride Transit pass. Ride Transit is ETS' low income program that offers monthly passes to eligible Edmontonians for \$35/month. You do not need to submit a separate application to apply for Ride Transit. Learn more at edmonton.ca/ridetransit. ***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
- By calling **311**
- Edmonton Tower 2nd Floor
10111-104 Avenue NW
Edmonton, Alberta T5J 0J4

LEISURE PROGRAMS AND GROUPS

Community Services Department, City of Edmonton

Box 2359
Edmonton, AB T5J 0J4

Contact: 311

Website: 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.

A.C.T. Aquatic and Recreation Centre

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

ACT Aquatic & Recreation Centre will be closed until further notice. The rehabilitation project is forecasted to be complete by Q3 2022.

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

Specialized Programs at ACT

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

Multi-Sensory Environment

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

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

Locations: ACT Aquatic and Recreation Centre

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

Dates: Weekdays, September to June

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

The City of Edmonton Persons with Disabilities (PWD) Program is currently on hold. We look forward to offering these programs again in the future.

PROGRAMS FOR PERSONS WITH DISABILITIES PWD

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

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

REGISTERED

CRAFT N' CREATIONS

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

FIT NIGHT

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

SOCIAL NIGHT

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

PAPER GALORE, SCRAPBOOKING & MORE!

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

LEARN-TRY-INQUIRE

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

COOKING CLUB

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

EDMONTON EXCURSIONS

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

DROP-IN & SPONTANEOUS USE

FIT N' FUN

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

SOCIAL DANCES

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

ROCKIN IN RUNDLE GOLD

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

ZUMBA GOLD

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

SENSORY ROOM

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

City of Edmonton programs continued

The PWD programs are designed for adults with developmental or other disabilities. Participants who require close supervision, individual attention, or who have medical needs must come with a personal care attendant. Programs include crafts, fitness, cooking, social dance, outing clubs, Zumba and more. **Please note:** that as we are still building our programs from the shutdowns due to the Pandemic, these programs will be starting in a staggered format. Please reach out to kelly.boisvert@edmonton.ca or go to www.edmonton.ca/surf for more information.

Location: City of Edmonton Recreation Facilities

Contact: PWD Program Coordinator, kelly.boisvert@edmonton.ca

Website: www.edmonton.ca/surf

Dates: Fall/Winter/Spring/Summer Classes

Disability Group: Adults with Developmental Disabilities

Central Lions & Northgate Lions Senior Recreation Programs

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

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

Central Lions Seniors Association (CLSA)

11113 – 113 Street NW
Edmonton, AB T5G 2V1

Phone: 780-496-7369

Email: info@CentralLions.org

Newsletter: www.CentralLions.org

Website: www.CentralLions.org

CLSA aims to enhance the well-being of persons aged 55 and older, by providing recreational, educational and social activities.

Our facility is accessible and senior-friendly and has exercise equipment specifically designed for older adults.

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

Annual memberships are \$35 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)

7524 – 139 Avenue
Edmonton, AB T5C 3H7

Phone: 780-496-6969

Email: info@nesa1.ca

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

Facebook: www.facebook.com/northedmontonseniors

Twitter: @NESAYeg

Instagram: @NESAYeg

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

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

Fort Edmonton Park

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

Phone: 311

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

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

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

For more information, please visit FortEdmontonPark.ca or call 311.

John Walter Museum

9180 Walterdale Hill NW
Edmonton, AB

Contact: 311

Website: www.edmonton.ca/johnwalter

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

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

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

How to Book:

Email: artsattractionsbookings@edmonton.ca

Phone: TBD

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

John Janzen Nature Centre

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

Contact: 311

Website: www.edmonton.ca/johnjanzen

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

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

How to Book:

Email: artsattractionsbookings@edmonton.ca

TBD

Muttart Conservatory

9626 – 96 A Street
Edmonton, AB T6C 4L8

Contact: 311

Website: www.edmonton.ca/muttart-conservatory

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

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

How to Book:

Email: artsattractionsbookings@edmonton.ca

TBD



Edmonton Valley Zoo

13315 Buena Vista Road
Edmonton, AB T5J 2R7

Phone: 311

Website: www.valleyzoo.ca

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

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

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

On Site Group Programs

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

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
Edmonton, AB T6E 1Z4

Contact: Bonnie Walzack, Director of Programs

Phone: 780-431-8446

Fax: 780-669-5762

Email: info@adaptabilities.ca

Website: www.adaptabilities.ca

AdaptAbilities, a registered charity, provides essential respite care to families and individuals with special needs, creating the opportunity for families to pause, take a break and practice self-care. AdaptAbilities offers a variety of 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.

Programming

AdaptAbilities delivers in-person and online programming. In person programs give participants a chance to engage with others in their community while providing parents with an essential break from caregiving. Digital sessions cover a variety of topics and include fun and engaging activities for individuals to enjoy safely from their own home.

Visit www.adaptabilities.ca for current information.

Orange Hub Respite Centre: 10045 156 Street

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 behavior 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.

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.

Out-of-School Care/High School Transition

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

Social Nights

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

In-Home Program

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

Community Connect

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

Hearts In Action Camps

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

Inclusive Camp Opportunities

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

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

Alberta Cerebral Palsy Sports Association (ACPSA)

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

Email: contact@acpsa.ca

Website: www.acpsa.ca

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

Through our activities we wish to provide opportunities and support to individuals who wish to lead an active lifestyle.

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

Boccia

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

Dates: Wednesday nights from September to December 2021 and March to June 2022

Times: 6:00 – 7:30 pm

Location: Winnifred Stewart Association

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: Tuesday nights from September to December 2021 and March to June 2022

Times: 7:00 – 9:00 pm

Location: Winnifred Stewart Association

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! Location and dates may change from season to season. Please look at the website for more information.



Alberta Northern Lights Wheelchair Basketball Society

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

Contact: Contact ABNLWBS for more information

Email: info@albertanorthernlights.com

Website: www.albertanorthernlights.com

Wheelchair Basketball Open Gym

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

Dates: Thursday nights

Times: 6:00 – 8:00 pm

Location: GO Centre – Saville Community Sports Centre

Skill Levels: All Levels

Cost: Free to try

Alberta Sports and Recreation Association for the Blind (ASRAB)

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

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

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

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

Goalball

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

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

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

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

Art Gallery of Alberta

2 Sir Winston Churchill Square
Edmonton, AB T5J 2C1

Contact: Dara Armsden, Head of Education & Learning

Phone: 780-422-6223

Email: dara.armsden@youraga.ca

Website: www.youraga.com

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

Art Express – Special Needs Adult Art Classes

Dates: 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

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

Contact: Fahim Rajabali

Email: info@btones.ca

Website: www.btones.ca

Braille Tone Choir

Contact: Susan Farrell (Director)

Phone: 780-298-5027

Email: choir@btones.ca

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

Dates: Saturdays from September to June

Hours: 10:30 am – 12:00 pm

Locations: Kiwanis Place
(10330 – 120 Street), Edmonton

Ages: All adults with any level of ability and musical experience

Cost: Free

Semitones Children's Choir

Contact: Susan Farrell (Director)

Phone: 780-298-5027

Email: choir@btones.ca

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

Dates: Saturdays from September to June

Hours: 11:45 am – 1:00 pm

Locations: Kiwanis Place
(10330 – 120 Street), Edmonton

Ages: Ages 8 – 16 years with all levels of ability

Cost: Free

Music Lessons

Contact: Fahim Rajabali

Email: lessons@btones.ca

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

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

Hours: TBD by student and teacher

Locations: Various locations in Edmonton and surrounding area

Ages: Ages 8 and up, all abilities

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

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

Box 182
Seba Beach, AB T0E 2B0

Contact: Kelly French

Phone: 780-429-3277 ext. 240

Fax: 780-797-3812

Email: coordinator@camphehoha.com

Website: www.camphehoha.com

Summer Camps for People with Disabilities

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

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

Location: Approximately 85 kilometres west of Edmonton on Lake Isle

Ages: 6 – 105 years

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

Canadian Adaptive Snowsports – Edmonton (CADS)

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

Contact: Sharon Veeneman
Phone: 780-721-7071
Fax: 587-269-1731
Email: coordinator@cadsedmonton.ca
Website: www.cadsedmonton.ca

CADS Edmonton Ski & Snowboard Program

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

Dates: Monday nights March 2022
Times: 7:00 – 9:00 pm
Location: Rabbit Hill
Disability Group: Beginner to Advanced
Cost: TBD – depending on how many lessons are being held

Dates: Saturdays March 2022
Times: 9:30 – 11:30 am
Location: Rabbit Hill
Disability Group: Beginner to Advanced
Cost: TBD – depending on how many lessons are being held

Edmonton Adaptive Sports Association (EASA)

PO Box #92566
Nottingham PO
Sherwood Park, AB T8A 3X4

Contact: Sharon Veeneman
Phone: 780-721-7071
Email: info@edmontonadaptivesports.ca
Website: www.edmontonadaptivesports.ca

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

Fall/Winter: Tuesdays @ The Meadows West 8:15pm – 9:45pm Sept 7 – March 29; Wednesday's @ Josephburgh/Moyer 9:45pm – 11:00pm Sept 15 – March; Sunday's @ Millennium Place Or Josephburgh/Moyer 7:45pm – 9:00pm Sept 19 – March

Cost: \$450

Young Adult Services Social Recreation and Wellness Programs (*formally known as Challenge by Choice)

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.

How to get connected: send an email at challengebychoice@ahs.ca to connect with one of the weekly zoom sessions offering an orientation to Young Adult Services Social Recreation & Wellness Programs & Services. Sessions are every Wednesday from 11:30 am to 12:00 pm and Fridays from 3:00 pm to 3:30 pm. This provides young adults with a chance to learn about the group opportunities, evaluate their current goals, and determine what programming might be the best fit for them.

Location: EMHC,
6th Floor– 9942 – 108 street

Program times: Every weekday afternoon

Catch the Wave Water Fitness

Edmonton, AB

Contact: Susan
Kisilevich

Phone: 780-915-1132

Email:
susan@catchthewavewaterfitness.com

Website:
www.catchthewavewaterfitness.com



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 Water 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

4752 – 99 Street
Edmonton, AB T6E 5H5

Phone: 780-488-6600

Email:
info@centreforautism.ab.ca

Website:
www.centreforautism.ab.ca

Join us for some unforgettable adventures all year 'round!



Community Recreational Activities

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

Contact: Brady Hughes, Community and Family Services Coordinator

Phone: 780-488-6600 ext. 216

Fax: 780-488-6664

Website: www.centreforautism.ab.ca

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

Cooking Programs

Shop, Cook and Learn

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

Ages: 13 – 17 years

Date: Fall, Winter and Spring programs

Location: Centre for Autism Services, 4752 – 99 Street

Junior Chef Cooking Class

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

Ages: 7 – 12 years

Date: Spring programs

Location: Centre for Autism Services, 4752 – 99 Street

Visual Arts Programs

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

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

Fun with Art

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

Ages: 7 – 12 years

Dates: Winter and Spring programs

Location: Nina Haggerty Centre for the Arts

Exploring Art

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

Ages: 13 – 17 years

Dates: Fall, Winter and Spring programs

Location: Nina Haggerty Centre for the Arts



Centre for Autism Services Alberta

Creative Expression

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

Ages: 18+ years

Dates: Fall, Winter and Spring programs

Location: Nina Haggerty Centre for the Arts

Sports & Recreation Programs

Basketballers

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

Ages: 7 – 12 years

Dates: Winter and Spring programs

Location: Alberta Avenue Community League

Kickstart Soccer

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

Ages: 7 – 12 years

Dates: Winter and Spring programs

Location: Alberta Avenue Community League

Teen Basketball

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

Ages: 13 – 17 years

Dates: Winter and Spring programs

Location: Alberta Avenue Community League

Skating

PreCanSkate (4 years and older):

2:45 – 3:30 pm

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

CanSkate & Advanced: 2:45 – 3:45 pm.

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

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

Dates: Sundays: Winter and Spring

Location: Londonderry Arena
(14528 – 66 Street)

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

Cost: please contact for details

Taekwondo – Young Masters Club

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

Ages 6 and under: 5:15 – 6:15 pm
Ages 12 and under: 6:15 – 7:15 pm
Ages 18 and under: 7:15 – 8:15 pm
Date: Wednesdays: Winter and Spring
Website: www.qicreative.com
Contact: Jon Rivero, Qi Creative:
780-554-8745, info@qicreative.com
Cost: please contact for details

Let's Band Together- Resistance Band Fitness for Ages 14 to 24 with ASD

Get Active, have fun and try something New! Introducing Let's Band Together- a brand new class that uses resistance bands to support you in achieving your fitness goals. A certified fitness trainer will lead all classes ensuring participants get the most out of their fitness experience. Participants and trainers will set fitness goals and work to achieve them throughout the season while having fun and making friends.

- 90 minutes customized sessions each week
- Pre and post fitness assessments
- Resistance bands will be provided by the Centre

Date: Sundays; Fall session:
September 18 and 25
October 2, 16, 23 and 30
November 6, 13, 20 and 27
December 4 and 11

Time: 1:30 – 3:30 pm

Location: Rundle Park School,
1005 - 34 Street

Contact: Brady Hughes,
780-488-6600 ext. 216

To Register: www.centreforautism.ab.ca

Cost: \$100

Summer Day Camps

Registration for summer programs opens February 1, 2022. Our camps are very popular and spaces fill quickly. Avoid disappointment and register early! Keep an eye on our website for the latest information.

Little Aces

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

Ages: 3 – 5 years

Date: July/August – dates TBA

Time: 9:30 am – 12:30 pm

Location: Centre for Autism Services Alberta

Camp ACE

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

Ages: 5 – 12 years (split into two groups: 5 – 8 years and 9 – 12 years)

When: July/August – dates TBA

Time: 8:30 am – 3:30 pm

Location: Rundle Park School

Teen Camp

Not your ordinary summer camp! Our Teen Camps have something fun and inspiring for every camper. Each full-day camp program is built around a theme (no overnight programs). Computer Camp will teach you how to design your own video and soundtrack; you'll take the stage at the Citadel in Drama Camp; learn to be a photographer in our Photography Camp; explore your creative side in Art Camp; and have a new quest every day at Adventure Trek Camp! We're creating new interest-based camps every year, so be sure to check our website for the 2022 selection, announced in February.

Ages: 13 – 17 years

Date: July/August – dates TBA

Time: 8:30 am – 3:30 pm

Location: Various locations in the Edmonton area



Employment Preparedness Programs

Employment Works

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

Program Breakdown

This program is 6 months in length

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

Ages: 15 – 64 years

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

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

APPLY TODAY!

For more information or to apply:

Contact: Ewa Bochinski

Email: ewa.bochinski@centreforautism.ab.ca

Phone: 780-488-6600 ext. 240

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

Cerebral Palsy Alberta

CEREBRAL PALSY
ASSOCIATION IN ALBERTA



Contact: Kim Henye, Client Service Coordinator

Phone: 780-477-8030; 780-222-1017

Email: kim@cpalberta.com

Website: www.cpalberta.com

Registration contact details:

<https://cpalberta.akaraisin.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 members & clients within the age categories regardless of ability. Programs are offered in both in class and virtual format.

Please check our website for more details:
www.cpalberta.com.

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 will be available both in class and online. For dates, fees and other details, please visit www.cpalberta.com.

Dance without Limits (In partnership with Ballet Edmonton)

This inclusive program allows children of all abilities the opportunity to truly feel like ballerinas. This dance class is tailored to the special needs of these children and is facilitated by a certified ballet teacher and 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!

Program available only in class. For dates and fees, please visit www.cpalberta.com

ComputAbilities (Powered by Telus)

Learn the basics about computers in a supportive environment. The ComputAbilities class is for anyone who wants to learn how to use Microsoft Office programs as well as social media and computer games.

We offer classes that provide basic information about using iPads as well. No previous experience required!

iPad (Intro) (In partnership with Edmonton Community Adult Learning Association)

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

iPad (Social Media)

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

Social Circuit

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

ComputAbilities Program is offered in class and online. For details, please check www.cpalberta.com.

Music Programming

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

Music therapy programs are offered for both children and adults, in class or online. For dates, fees and details, please visit www.cpalberta.com

Yoga Programming

These introductory gentle movement yoga classes are both designed to assist with healing the body and mind and provide the opportunity for participants to explore. Yoga in a warm, non-competitive and supportive environment. Clients have shown an increase in mobility and by stretching their muscles they have learned how to manage stress more effectively.

Yoga classes are offered both in class and online. For dates, fees and details, please visit www.cpalberta.com

Splash Time Aqua Therapy (Children)

The Aqua Therapy program for children is designed to provide aquatic physiotherapy under the direction of a physiotherapist, with the support of volunteers. The program will be hosted at a warm water pool to increase the benefits of aqua therapy. For program details, dates and fees please visit www.cpalberta.com

Parent Support Group

A Parent's 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 as required.

Parent Support Group is hosted online only, via ZOOM to connect with parents from the entire province. For details, please visit www.cpalberta.com.

CNIB

11150 Jasper Avenue
Edmonton, AB T5K 0L1

Contact: CNIB Office
Phone: 780-488-4871
Fax: 780-482-0017
Email: alberta@cnib.ca
Website: www.cnib.ca



Edmonton VIP's

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

Location: 600, 11150 Jasper Ave

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

Cost: \$1 - 2 (for snacks)

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

CNIB Men's Group

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

Location: 600, 11150 Jasper Ave

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

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

CNIB Women's Group

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

Location: 600, 11150 Jasper Ave

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

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

Buddy Group

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

Time: Monday evening once per month

Location: CNIB Edmonton office

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

Cost: None

Parent Support Group

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

Time: Monday evening once per month, during Buddy Group

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

Ages/Group: For parents of children with vision loss

Cost: None

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



Spina Bifida and Hydrocephalus Association of Northern Alberta

Play Groups

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

Ages: 0 – 5 years

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

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

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

Family Halloween Party

Date: TBA

Time: 5:30 – 7:30 pm

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

Ages: Birth – 18 years old

Cost: None

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

Family Holiday Party

Date: TBA

Time: 5:30 – 7:30 pm

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

Ages: Birth – 18 years old

Cost: None

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

Community Linking Programs

#400, 10025 – 106 Street
Edmonton, AB T5J 1G4

Phone: 780-488-0851

Website: 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.

Community Linking Programs

Date: Monday to Friday

Time: Various

Location: Various locations around Edmonton

Disability Group: Addictions and Mental Health

Cost: None

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

Contact:

Administration

Phone: 780-809-1047 ext. 1

Fax: 780-809-1046

Email: info@dreamcatcherassociation.com

Website: www.dreamcatcherassociation.com



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 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.

Almost ready... Reading with the Ranch

Come on a literary adventure with us as we read therapeutic stories to you and our critters! A new reading recording is posted each week, and each month the spotlight shines on a different Caring Critter! Each story will focus on a therapeutic theme that provides for teaching, processing, and healing experiences. Therapeutic story reading will allow participants to better their understanding, further their imagination, and enhance their comprehension skills.

Coming soon... Adventures in Nature

Transport your youth on an adventure at Dreamcatcher™ Ranch!

Each of our 10 Adventures are 20 – 30 minutes and come with their own topics to choose from! Plus, we'll send you instructions on a themed craft, a list of supplies you will need, and colouring activities of our critters! Learn all about the chickens, go on a scavenger hunt around the ranch, or take a trip with the goats! With so many topics to choose from, there's sure to be a fun and engaging virtual adventure in nature for everyone!

Time on the Land

Time on the Land allows families or individuals an opportunity 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 over the fence with rescued therapy farm animals, enjoy a picnic in the country, or walk-in nature through our beautifully treed and trailed 40-acre property. Launched in the Spring of 2020, our Time on the Land program supports individuals and families struggling to find safe, fun, and engaging activities. This program is offered for individuals and families to experience the great outdoors and interact with pleasant farm animals. The booking times are only available outside of Dreamcatcher™ client sessions and will involve the single households at a time.

Team Building

Let our dedicated and skilled team develop an interactive event that matches the theme, goals and budget of your vision and enhances 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.

Rejuvenation Program

If you're a Front-Line Worker or First Responder looking for a safe, fun, and heart-warming way to interact with animals and explore the great outdoors, then look no further than Dreamcatcher™ Ranch! Our Rejuvenation Program began in the Spring of 2021 to give our Health Heroes a chance to decompress, destress, and rejuvenate with these FREE outdoor, and out of city, visits! This program provides unique and extensive farm animal interactions in a tranquil, beautiful place to give these workers a chance to find reprieve and joy.

Dates: By appointment

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

Disability group: All levels

Cost: To be determined by appointment call

Edmonton Down Syndrome Society

9139 – 39 Avenue NW
Edmonton, AB T6E 5Y2

Contact: Julie Boucher

Phone: 780-944-4224

Fax: 780-944-4221

Email: contact@edss.ca

Website: www.edss.ca

EDSS Bowling League

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

Dates: Please look online for more information

Hours: Saturdays, 10:00 am – 12:00 pm

Location: Bonnie Doon lanes

Skill Levels: 5 and up; must be able to bowl 2 games

Cost: Registration fee: \$30; Weekly bowling fee \$10 for 2 games

Edmonton Epilepsy Association

11215 Groat Road
Edmonton, AB T5M 3K2

Contact: Valeria Palladino,
Executive Director

Phone: 780-488-9600

Fax: 780-447-5486

Email: info@edmontonepilepsy.org

Website: www.edmontonepilepsy.org



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.

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
Edmonton, Alberta T6A 2Y6

Contact: Chris Minchau

Email: eshcboard@gmail.com

Website: www.eshc.ca



Adult Sledge Hockey

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

Dates: Please look online for updated information

Times: 1.5 hours

Location: Leduc Recreation Centre

Ages: Recreation and Competitive level

Cost: \$350 – \$400

Gateway Association

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

Phone: 780-454-0701

Email: info@gatewayassociation.ca

Websites: 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

Website: 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

Multiple Sclerosis Society of Canada

#150, 9405 – 50 Street

* Office is closed due to COVID-19
Edmonton, AB T6B 2T4

Contact: Carla Holton

Phone: 1-800-268-7582

Email: carla.holton@mssociety.ca

Website: www.mssociety.ca

Time™ at Home

The MS Society of Canada, in partnership with Toronto Rehab are offering this one hour exercise program. Individuals will need to register for this program [mssociety.ca/events/1420/time-at-home](https://www.mssociety.ca/events/1420/time-at-home)

Dates: September 13 to December 1, 2021

Times: Mondays 11:00 MDT and 2:00 MDT
and Wednesdays 11:00 MDT and 2:00 MDT

Location: Online via Zoom

Cost: Free

Networks Activity Centre

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

Contact: Chelsea Nelson

Phone: 780-474-3363

Fax: 780-474-3310

Email: networks@nacentre.ca

Website: www.nacentre.ca

Networks

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

Dates: Monday – Friday (excluding stat holidays)

Times: 10:00 am – 3:00 pm

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

Cost: \$30/month

Paralympic Sports Association

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

Contact: Kacey Paplawski

Phone: 780-439-8687

Email: info@parasports.net

Website: www.parasports.net

Fall/Winter Programming

Sledge Hockey

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

Dates: September to April

Hours: Junior (5 – 14yrs):

Tuesdays 6:30 – 8:00 pm

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

Disability Group: All abilities

Cost: TBD

Taekwondo

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

Dates & Hours: September to April

Junior (5 – 13 years): Saturdays

10:00 – 11:00 am

Intermediate (14 years +): Saturdays

10:00 – 11:00am

Location: Tiger Taekwondo

(7619 – 104 Street)

Disability Group: All abilities

Cost: TBD

Swimming

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

Dates & Hours: Saturdays (September to April)

Beginner: Saturdays 2:00 – 3:00 pm

Intermediate: Saturdays 3:00 – 4:00 pm

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

Disability Group: All abilities

Cost: TBD

Wheelchair Floor Hockey

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

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

Hours: 6:00 – 7:00 pm

Location: ACT Centre Gym
(2909 – 113 Avenue)

Disability Group: All abilities

Cost: TBD

Wheelchair Floor Hockey Tournament

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

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

Date: April 23, 2022

Hours: 9:00 am – 5:00 pm

Location: ACT Centre Gym
(2909 – 113th Avenue)

Disability Group: All abilities

Integrated Spin Class

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

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

Hours: 6:30 – 8:00 pm

Location: Van Vliet Centre, U of A North Campus

Disability Group: All abilities

Cost: TBD

Spring/Summer Programming

Swimming

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

Dates: Saturdays (May – June)

Junior: Saturdays 2:00 – 3:00 pm

Intermediate: Saturdays 3:00 – 4:00 pm

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

Disability Group: All abilities

Cost: TBD

Adapted Golf

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

Dates: July – August

Hours: TBD

Location: Victoria Driving Range (12130 River Valley Road)

Disability Group: All abilities welcome, ages 6+

Cost: TBD

Outdoor Paracycling

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

Dates: June – August

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

Intermediate: Wednesdays 6:30 – 9:00 pm

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

Disability Group: All abilities

Cost: TBD

Adapted Kayaking

Instructed by coaches 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 (June – July)

Hours: 6:30 – 8:00 pm

Location: Rundle Park Paddle Centre
2909 113 Ave NW

Disability Group: All abilities

Cost: TBD

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

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

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: 10:00 am – 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

9410 – 118th Avenue
Edmonton, AB T5G 0N6

Contact: Deanna Halls
Phone: 780-554-8745
Email: adventureclub@qicreative.com
Website: qiadventureclub.com

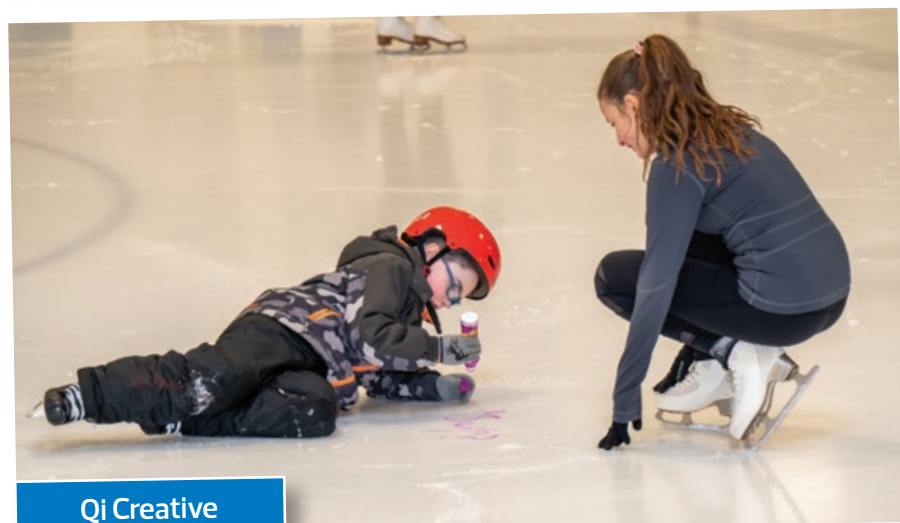
Qi Creative Adventure Club

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

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

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

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



Qi Creative

FALL Adventures

Qi Climbing (Odyssey)

Participants learn to scale rock climbing walls and one-on-one coaching support is provided and adapted to each participant.

Led by 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 Rivero, Occupational Therapist and 5th Dan Black Belt.

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

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

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

WINTER Adventures

Qi Learn to Ski (Odyssey)

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

Qi Skates With You (Quest)

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

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

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

We have experienced volunteers and Qi Creative coaches who collaborate to create a successful adventure for everyone.

More information on all programs can be found at 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: \$110

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

Phone: 1-403-431-1354

Email: info@rockymountainadaptive.com

Website: 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 fulfilment 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 who access our services, as well as apply the same attitude to the growth and development of our organization.

Our Vision

A world where there are no limits to adaptive mountain sport and recreation.

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 organisation who provides access to mountain sport and recreation, RMA offers adaptive sports equipment, specialised instructors, trained volunteers and unique training opportunities. 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, specialised 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
- Activity Camps
- Disability Group Activities
- Equipment Rentals
- Buddy Assistance

Dates: All year, including holidays

Times: 1 hour – 5 days

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
- ShredAbility Fundraiser
- ForeAbility Fundraiser
- Town Party

Solidance Inclusive Recreation Society

Contact: Lindsay Eales (programming director)

Phone: 780-455-5224

Email: info@solidance.ca

Website: www.solidance.ca

Intergenerational Integrated Creative Movement and Dance Class

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

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

Come enjoy some great physical activity in an amazing community.

Dates: TBD

Times: 5:30 – 7:00 pm

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

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

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

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

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

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

Dates: TBD

Times: 6:30 – 8:00 pm

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

Ages: Adult

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

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

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.



Spina Bifida and Hydrocephalus Association of Northern Alberta

Special Olympics Edmonton

16011 – 118 Avenue NW
Edmonton, AB T5V 1C7

Contact: Celina Comeau,
General Manager

Phone: 780-448-1886

Email: information@
specialolympicsedmonton.ca

Website: www.specialolympicsedmonton.ca



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

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

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

Spina Bifida and Hydrocephalus Association of Northern Alberta

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

Contact: Kim McDonald

Phone: 780-451-6921

Email: info@sbhana.org

Website: www.sbhana.org

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

Camp Freedom

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

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

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

Ages: Youth aged 12 – 19 with Spina Bifida

Disability group: Youth with Spina Bifida

Cost: \$250/ camper

NoLimits Adult Peer Support Group

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

Dates: First Thursday of each month

Hours: 6:00 – 8:00 pm

Location: Local coffee shop

Ages: Adults with spina bifida

Cost: Free with membership

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 5 / 10 km Walk Run or a 15km / 25km run or wheel event on a paved course in Rundle Park (113 Avenue and 29 Street). After finishing the run, the SBHANA hosts a summer BBQ for all participants and members to come and enjoy food, friends and sunshine. Hope to see you there!

Dates: Saturday in August *TBD

Hours: 10:00 am – 2:00 pm

Location: Rundle Park (2909 – 113 Avenue)

Disability group: Anyone can participate

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

Spinal Cord Injury Alberta

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

Contact: 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

Peer & Family Social Events

SCI Alberta was founded on the principle of peers helping peers. Therefore, we host peer events where individuals with spinal cord injuries, their family, friends, and caregivers can engage with one another having experienced similar experiences. These events provide an opportunity to connect, learn from one another, create new friendships or just come for the Snacks! Previous peer events have included: barbecues, poker nights, kitchen gadgets, Christmas social, etc. As of COVID-19 all Peer events have and continue to be hosted virtually pending restrictions. For more information check out our website: www.sci-ab.ca, social media or contact the Edmonton Peer Program Coordinator by email: Rob. MacIsaac@sci-ab.ca

Dates: Ongoing

Time: Varies

Location: Various locations across the city and/or province

Cost: Varies

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

The Steadward Centre for Personal & Physical Achievement

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

Phone: 780- 492-3182

Fax: 780-492-7161

Website: www.steadwardcentre.ualberta.ca

Free2BMe- Physical Activity for Kids and Teens with Disabilities

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

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 people experiencing disability through physical activity.

Functional Electrical Stimulation

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

Athlete Development for Disability Sport

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



The Steadward Centre

Wheelchair Sports Alberta

11759 Groat Road
Edmonton, AB T5M 3K6

Contact: Kim McDonald, 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

- 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

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: 6:30 – 8:00 pm, Thursdays (currently closed due to covid, please check in with us for updates)

Ages: All ages welcome

Location: Glenrose Rehabilitation Hospital

Cost: Free

Key Program Elements:

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

You Can Ride 2

11415 168 Street
Edmonton, AB T5M 3S1

Contact: Brian Dupuis, Program Coordinator

Email: info@youcanride2.ca

Website: 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 2, 2022.

Dates: 7 week course in May and June

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

Location: Goldbar Park

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

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

Borrow a Bike

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

Dates: Registration opens January 2, 2022

Location: 11415 168 Street

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



Paralympic Sports Association

ACCESSIBILITY INFORMATION

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

OTHER RESOURCES/ NEW INITIATIVES

City of Edmonton Accessibility Advisory Committee (AAC)

Contact: Accessibility Administrative Support

Phone: 780-496-5840

Email: accessibility@edmonton.ca

Website: www.edmonton.ca/accessibility

Fax: 780-577-3525

TTY: 780-944-5555 transfer code: DISBOARD

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

DATS

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

All passengers must be registered with DATS before booking trips.

Registration: 780-496-4567 ext. 3

Trip bookings: 780-496-4567 ext. 2

TTY: 780-496-5506 transfer code: DATSBOOK

Email: Dats@edmonton.ca

Website: www.takeETS.com/DATS

Access 2 Entertainment Card

Contact: Adrienne Cheng

Email: access2card@easterseals.ca

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

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

UPCOMING FESTIVALS AND SPECIAL EVENTS

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

Festival/Event	Location	Date(s)	Contact Info
Symphony Under the Sky	Hawrelak Park	TBD	https://www.winspearcentre.com/more/visit/symphony-under-the-sky/
Edmonton International Film Festival	Various Locations	September 22 to October 1, 2022	www.edmontonfilmfest.com
Festival of Trees	Edmonton Convention Centre	TBD	http://www.festivaloftrees.ca/ Email: info@festivaloftrees.ab.ca for more information.
New Years Eve Downtown	Sir Winston Churchill Square	TBD	Call 311 or email 311@edmonton.ca for more info
Silverskate Festival	Hawrelak Park	February 11 to 21, 2022	www.silverskatefestival.org

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