



## SPORTS AND RECREATION RESOURCE Updated October 2014

*Compiled by the QACCH School Age Program Occupational and Physical Therapists  
If you have any updates or would like to add a resource to the list please contact  
Jason Craig, Resource Physiotherapist, School Age Program at 250-519-5390 or  
Jason.Craig@viha.ca*

### Active Outdoor Adventures

- Active Outdoor Adventures is a fun 3 hour summer program for young people aged 11 and up. The goal of our program is to help young people get active outdoors in a fun, safe and social environment.
- Experienced special educator in the Greater Victoria area also provides 1:1 behavior intervention 1:1 over the summer and perhaps on evenings and weekends during the school year if it is a good fit for all involved.
- Active Outdoor Adventures also offers monthly Get Togethers and sessions during Winter Break and Spring Break.
- <http://activeoutdooradventures.weebly.com/about.html>

### Baseball

1. *Challenger is a division of Baseball BC that provides an opportunity for children with cognitive or physical disabilities to enjoy the full benefits of participation in baseball at a level structured to their abilities.* <http://bcchallengerbaseball.com/>
  - i. Lakehill Little League – Challenger Division; Paul Coronica, Coordinator; email: [paulcoronica@shaw.ca](mailto:paulcoronica@shaw.ca); (250) 727-9304
  - ii. Hampton Little League – Challenger Division; Kristen Kay, Coordinator; email: [klakay@shaw.ca](mailto:klakay@shaw.ca); (250) 386-8814
2. *Special Olympics: T-Ball and Softball leagues*
  - [http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

### Basketball

1. *Wheelchair basketball at Pacific Institute for Sport Excellence (PISE)*
  - Suitable for ages 12 and up.
  - Sunday and Tuesday nights
  - [www.victoriawheelchairsports.com](http://www.victoriawheelchairsports.com)
  - Contact: Simon Cass ([simoncass89@gmail.com](mailto:simoncass89@gmail.com))
2. *Special Olympics Basketball league:*
  - [http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

### Queen Alexandra Centre for Children's Health

2400 Arbutus Road, Victoria, B.C V8N 1V7 • Telephone: 250-519-5390 • Fax: 250-519-6918

*Our Vision: Healthy People, Healthy Island Communities, Seamless Service*

## BC Blind Sports and Recreation Association

- <http://www.bcblindsports.bc.ca/>
- Early intervention, school aged and adult programs are available.
- Multiple sports offered.
- Able to provide free consultation on a variety of adapted sports to aid in the implementation of programs both in school and out of school. One on one or group settings are available. In-services may also be provided.

## BC Mobility Opportunities Society

- <http://www.bcmos.org/main/index.php>
- BCMOS offers a variety of seasonal programs: [hikes](#) (including day excursions, theme hikes and geocaching), a popular [gliding program](#) and [kayaking](#). Programs primarily in the lower mainland, but offer some assistance in starting new programs. We make TrailRiders available for rent (\$10 per day), year round. For details, call 604-688-6464 ext. 117

## Bike Riding/Cycling

1. *Pedalheads*: Offers instructional bike safety and skills programs for kids aged 2-12. Programs are available for different levels and include safety knowledge, safety skills, trail riding, street riding and bike maintenance. Camps and private lessons are available: <http://www.pedalheads.com/>
2. *Para-Cycling at Pacific Institute for Sport Excellence (PISE)*
  - Winter program: spin classes; Summer program: road cycling
  - There are hand-cycles available to borrow
  - [www.victoriawheelchairsports.com](http://www.victoriawheelchairsports.com)
  - Contact Simon Cass ([simoncass89@gmail.com](mailto:simoncass89@gmail.com))
3. *QA I Can Bike (formerly Lose the Training Wheels)*: Funding was approved for 2014 and the camp ran successfully! Students are eligible for the camp if receiving QA school-aged occupational or physical therapy services. Please see [www.icanshine.org](http://www.icanshine.org) for more information on dates and locations.

## Boating

- *Victoria Boat For Hope*
  - Our event is a fun-filled day on the water which provides unique experiences to children who have special needs. Local skippers volunteer their time and their boats for a pirate adventure on the high seas!
  - <http://www.variety.bc.ca/boatforhope.htm>

## Bocce

1. Offered through Sportability BC – Victoria Disabled Sports Association, Boccia sessions are offered on Sundays at Spencer Middle School throughout the year. Contacts: Ron Halpen ([ronarthurhalpen@gmail.com](mailto:ronarthurhalpen@gmail.com)) or Kelly Halpen ([kelly.n.halpen@gmail.com](mailto:kelly.n.halpen@gmail.com)). Website: <http://www.sportabilityvictoria.ca/>
2. Special Olympics Bocce League:  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

## **Bowling:**

- *Special Olympics 5 and 10 pin bowling leagues:*  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

## **Canadian Tire Jumpstart**

- We get kids in the game by assisting with the costs of registration, equipment and/or transportation for sports and physical activity programming. We also lend support to unique initiatives aimed at increasing access to sport and recreation programming.
- Applications for assistance can typically be submitted from January 15 to November 1 (Jan 15 – June 1 for spring/summer programs, July 1 to Nov 1 for fall/winter programs).
- <http://jumpstart.canadiantire.ca>

## **Canucks Autism Network (CAN)**

- “*I CAN Play*” Series has been specifically designed to promote the physical and social development of children with autism by providing an environment and pace of instruction that is modified to meet their needs.
  - Programs include: Soccer, Swim, Skate, Basketball, Hockey, Ski, Gymnastics, Bike, and Outdoor Rec
  - Most programs are located in the Lower mainland, but occasional programs are run in Greater Victoria (e.g. Soccer, swimming, skating).
  - All programs require a CAN membership which is \$25 per year, includes access all programs, and is refundable through provincial autism funding. Information about these programs and how to register can be found at [www.canucksautism.ca](http://www.canucksautism.ca)

## **Curling**

- Special Olympics Curling League:  
<http://www.victoriacurlingclub.com/>  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

## **Dancing**

1. *Dance On It Studios: Dance and Fitness School* – 6021 West Saanich Rd.  
Contact Tracey Woiwod: (250) 704-6678, email: [info@victoriadanceonit.com](mailto:info@victoriadanceonit.com); or visit [www.victoriadanceonit.com](http://www.victoriadanceonit.com) for more info.
  - i. “Meet the Beat”: a class for children 11 years and older with special needs. Students will be encouraged to explore movement and rhythm through dance based games and a wide variety of simple choreography. This class aims to inspire movement and creativity within each individual student. If you are unsure of which class to register your student in, please call so that we can be sure that they are in the environment that meets their needs.
  - ii. “Movin and Groovin”: a class for older teens and young adults with special needs. Teens and young adults in this class will sample a wide variety of dance genres. Using their creativity, students will both learn to follow and develop their own choreography. This is an awesome weekly event for participants who love to dance and sing together.

- iii. “Hoppin and Boppin”: a class for students aged 6 to 10 with special needs. Students in this class will be exploring movement qualities and self-expression through a variety of dance based games and activities. This class emphasizes positive social interaction, safe movement of the body, and the ability to respond to music.
2. *InclusionWorks*: This class is a combination of young women and men, from the ages of 17-22, and the aids of the program participate in the class with the students. The class includes dancing followed by a component of fitness (<http://www.inclusionworks.ca/>)

### **Flying:**

1. *Freedom’s Wings Canada* (<http://www.freedomswings.ca/>). No Victoria Chapter (but one in Vancouver)
  - Our program strives to improve the quality of life for persons living with disabilities by providing a physically and intellectually exciting and challenging introduction to flight. Freedom's Wings brings the world of Soaring to disabled persons. Gliders are equipped with Transport Canada approved hand controls and allow qualified disabled persons to earn a Glider Pilot’s License.
2. *BC Mobility Opportunities Society*: Programs are offered on the mainland (<http://www.bcmos.org/main/index.php>)

### **FUNdamentals**

- *FUNdamentals* provides young athletes (7-11 years) with an opportunity to learn sport-related motor skills such as running, jumping, throwing and kicking, with an atmosphere of fun and positive interaction. This program includes education in nutrition, physical fitness, an introduction to soccer, basketball and softball skills and the importance of family support in developing a healthy athlete. Our website: <http://www.victoriaspecialolympics.com/>
- *Athletic Club/Club Fit*: For older athletes (12 years and up), a program called Athletic Club/Club Fit provides athletes with an opportunity to be physically active and develop skills and confidence that can be used in other Special Olympics sports. In a positive and enjoyable environment, athletes can participate in: cardiovascular activities (walking/jogging/dance), strength activities (exercise band activities), and sport skill development (e.g. bowling, T-ball, soccer, floor hockey).

### **Goal Ball**

1. For those wishing to know more about the developing sport of Goal ball, see the *BC Blind Sports & Recreation* information page at: [www.bcblindsports.bc.ca/graphic/sports/goalball/index.htm](http://www.bcblindsports.bc.ca/graphic/sports/goalball/index.htm)
  - Contact Mike at [mike@bcblindsports.bc.ca](mailto:mike@bcblindsports.bc.ca) to arrange a free consultation at your school.
2. Bruce Taylor, Vision Consultant, Visual Impairment Program - Sunny Hill Health/Queen Alexandra Centre - is another great contact for consultation around starting a Goalball program. Email: ([bruce.taylor@viha.ca](mailto:bruce.taylor@viha.ca)).

## **Golf:**

1. *Victoria Disabled Golfers Association*: is an informal group of disabled golfers and volunteers who provide free basic golf lessons year-round to persons with disabilities (10 years or older). VDGA also holds mini tournaments and an Annual Golfability Tournament each year, along with other golf events (<http://vdga.org/>).
2. *Jamie Murphy*, a certified golf instructor active in the golf community for over 25 years, offers golf instruction that can be catered to students with disabilities. Contact: (250) 516-3302 or [jimgolf74@gmail.com](mailto:jimgolf74@gmail.com) for more information.
3. *Special Olympics Golf League*:  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)
4. *Queen Alexandra Golf program*:
  - A golf program has been offered the last two years (2013 & 2014) in May/June at Cedar Hill Golf Course.
  - Students are eligible for the group if receiving QA school-aged occupational or physical therapy services. Priority is given to new students.
  - Please contact your school therapist for more information.

## **Gymnastics:**

1. *Victoria Gymnastics*:
  - Offer private one:one lessons for students with special needs, as well as non-competitive group lessons. Behavior interventionist or other support workers are welcome to help facilitate inclusion. Contact: Shirley – (250) 380-2442 <http://www.victoriagymnastics.com>
2. *Victoria Special Olympics Rhythmic Gymnastics*:  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

## **Healthy Weights Intervention Initiative**

- [http://www2.news.gov.bc.ca/news\\_releases\\_2009-2013/2013HLTH0068-000688.htm](http://www2.news.gov.bc.ca/news_releases_2009-2013/2013HLTH0068-000688.htm)
- See listings:
  - *Mind, Exercise, Nutrition, Do It! (MEND)*
  - *Shapedown BC*
- Healthy Living Call Lines
  1. *Physical Activity Line*: Free physical activity counselling service and resource for exercise and fitness advice and healthy living information. (Toll-free: 1-877-725-1149)
  2. *Dietician Services at HealthLinkBC*: Speak to a registered dietician about healthy eating, food, or nutrition. (Toll-free: 8-1-1)

## **Hockey**

1. *South Island Ravens Hockey*
  - For children with special needs with a desire to play ice hockey but are unable to play in the mainstream leagues.
  - This is a co-ed team with ages ranging from 6-17 years. No experience necessary and all levels of ability welcome. Full Gear Required (financial support may be available). Parent participation or interventionist support may be required.

- Where/When: September – May, at Juan de Fuca Arena
  - Times: Sundays 11:00a.m. – 11:50a.m.
  - Cost: \$25.00
  - Register online at [www.westshorerecreation.ca](http://www.westshorerecreation.ca) Bar Code: #90880
  - By Phone: (250) 478-8384; Westshore Recreation Ctr, 1767 Island Hwy.
  - Contact: Gus Ascroft @ (250) 812-4026 or email [grampa\\_gus@yahoo.ca](mailto:grampa_gus@yahoo.ca) (grampa underscore gus)
2. *Victoria Special Olympics Floor Hockey:*  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)
  3. *Sledge Hockey:* <http://sportabilitybc.ca/programs/sledge-hockey/>
    - No local leagues exist but there are on the mainland. A sledge hockey loan program also exists.

## Horseback Riding

1. *Equine Hopes and Dreams*
  - Located in Metchosin. Outdoor riding only.
  - Affordable small program for kids with disabilities on a small farm
  - Contact: (250) 858-4210 / (250) 590-0831; Email: [jennica@kattare.com](mailto:jennica@kattare.com)
  - <http://equinehopesanddreams.webs.com/>
2. *Forward Equestrian and Wellness Centre*
  - [www.forwardequestrian.ca](http://www.forwardequestrian.ca)
  - 4420 Wilkinson Road, Victoria BC, V8Z 5B7
  - Phone: (778) 406-0322; Email: [admin@forwardequestrian.ca](mailto:admin@forwardequestrian.ca)
3. *Saltspring Therapeutic Riding Association*
  - [www.sstra.ca](http://www.sstra.ca); (250) 653-9925; email: [info@sstra.ca](mailto:info@sstra.ca)
4. *Victoria Therapeutic Riding Association*
  - 6917 Veyaness Rd (Keating X Rd area). Contact: Liz Brown – (778) 426-0506 or [program@vtra.ca](mailto:program@vtra.ca); Liz Gagel: [volunteer@vtra.ca](mailto:volunteer@vtra.ca) - for anything to do with volunteers and the program, or if a rider is going to be absent.
  - Website: <http://vtra.ca/>
  - Classes are 45min in length, but the student should book about an hour at the barn to get boots, helmets, etc on, and then off at the end of the lesson. Each class can have up to 4 riders in it. Individual lessons may, under certain situations, also be available.
  - Contraindications: Students are unable to participate if they have rods in their back, uncontrolled seizures, or are over the weight limit of 150lbs.
  - In terms of assistance, the parent/caregiver that brings the rider is responsible for the rider until they mount the horse and as soon as they dismount. At times when there aren't enough volunteers they might have to assist in the class.
  - There is a waitlist for the program
  - We operate 4 days a week, Monday mornings and all day Tuesday, Wednesday and Thursday. The riding year is from the beginning of October to the end of May (we do not operate from June to September), and is divided into four "sessions". In order to accommodate as many riders as possible everyone gets TWO sessions per riding year – for example you would be placed in either the First and Third sessions, or the Second and Fourth sessions, that way everyone rides a session and then



sits out a session and they also ride in one “colder” session and one “warmer” session. The cost is \$25 per lesson (and a session would be made up of 7 or 8 lessons), and once a year there are two membership fees (currently totaling \$15).

- **We need to know the following information for placement on the waitlist:**
  - Riders Name:
  - Age:
  - Weight: **(maximum limit of 150lbs)**
  - Disability:
  - How does that affect the rider?
  - Can the rider sit up independently? (eg without being held up):
  - What else do we need to know about the rider?
  - Contact Name:
  - Phone Number:
  - E-Mail:
- Riding spots are considered on an individual basis, so once a person gets towards the top of the waitlist, we will contact you to set up an assessment date. At that time the rider (and you) will come to the barn and we will go through a few simple exercises. There is no actual horseback riding at the assessment. The assessment establishes the rider’s skills and abilities, and gives us an idea of which class, and horse, would be most appropriate. At the end of the assessment (which takes about 20 minutes) you will be given a package of paperwork to take away and fill out.
- Included in the paperwork is a physician’s referral which your doctor will need to fill out, but some disabilities/medical conditions may also require an X-ray or special permission from your doctor. The medical details provide important information to the program in order to ensure that horseback riding is an appropriate activity.
- All paperwork must be fully completed and returned to us BEFORE riding can commence.

## Hiking

Adapted hiking opportunities including renting trail-riders are available through the following organizations:

1. *The Alpine Club of Canada: Vancouver Island Section:* <http://www.accvi.ca/>
2. *BC Mobility Opportunities Society:* <http://www.bcmos.org/main/index.php>
3. *Recreation Integration Victoria:* [www.rivonline.org](http://www.rivonline.org)
4. *Whistler Adaptive Sports Program:* <http://www.whistleradaptive.com/>

Guided nature hikes are offered by the Capital Regional District (CRD) (<https://www.crd.bc.ca/about/events>) throughout the year. Please contact them directly to determine suitability of outing for individual students.

## Kayaking

1. *Power to Be: Adaptive Recreation.*
  - Offers inclusive adventure-based recreation activities for people living with a barrier or disability. Visit [www.powertobe.ca](http://www.powertobe.ca) for more information.
2. *BC Mobility Opportunities Society:* <http://www.bcmos.org/main/index.php>

## Kid Sport Victoria

- *KidSport Greater Victoria* (<http://www.kidsportvictoria.ca/>) is a non-profit organization that is part of a national and provincial network of community based volunteer groups whose goal is to ensure that kids in financial need have access to the positive experience of sport and physical activity. Formed in 2000, it began giving out grants for sport registration fees in 2002. Phone: (250) 380-1518; Email: [info@kidsportvictoria.ca](mailto:info@kidsportvictoria.ca)

## Let's Play

- <http://www.letsplaybc.ca/>
- The [Let's Play Program](#) is the result of a cooperative effort between BC Wheelchair Basketball Society ([BCWBS](#)), the [Rick Hansen Foundation](#) and the Province of British Columbia. It is intended to help kids with mobility limitations to become physically active early in life by helping to establish the fundamental skills, knowledge and abilities needed to confidently participate in play, sport and physical education with their peers.
- The program is directed at children in British Columbia 12 years of age and under with mobility related disabilities and provides them with:
  - An RGK sports wheelchair specifically designed for young children and equipment for the wheelchair (cushion, straps, etc.).
  - Training and best practices guide for teachers, parents, recreation programmers and other facilitators
  - An online resource that includes activities to build knowledge, skills and abilities
- Let's Play will continue to loan out their chairs to students older than 12, as long as the wheelchair fits the user.
- A representative from Let's Play can also come and do a Wheelchair Sports Day at a child's school.

## Martial Arts

1. *Westcoast Wado Kai (Karate)*: Oliver Fitzpatrick ([osfitzpatrick@hotmail.com](mailto:osfitzpatrick@hotmail.com), (250) 208-5098)
  - Classes at Pearkes Recreation Centre
  - Great inclusive class.
  - One of the instructors has extensive experience implementing martial arts programs for students with special needs.
  - <http://www.shintani.ca/club-listings/british-columbia-clubs/777-westcoast-wado-kai.html>
2. *University of Victoria Karate Club*: Jessica Moore ([jessmoore48@gmail.com](mailto:jessmoore48@gmail.com))  
<http://vikesrec.uvic.ca/programs/recclases.php#section0-10>
  - Multiple levels of inclusive martial arts.
    - i. Age 5-15: Karate for Kids
    - ii. Age 12-up: Shotokan Karate – Beginners
    - iii. Age 12-up: Shotokan Karate – Intermediate / Advanced
  - The main instructor has extensive experience working with students with special needs. In particular Jessica has extensive experience working with students with autism.
  - A visual schedule is provided.



3. *Serenity Martial Arts – Nancy Puckett*: teaches martial arts to children (ages 5 and up) with special needs along with their parents.
  - Scheduled classes are run on Mondays and Thursdays at Royal Oak Middle School.
  - Contact: Call (250) 813-2086 or email [npuckett@shaw.ca](mailto:npuckett@shaw.ca) for more information.
4. *Victoria Renshikan's Karate*: <http://www.vrkarate.com/index.php>; [info@vrkarate.com](mailto:info@vrkarate.com)
  - Great inclusive class. The class in the commonwealth gym is large in numbers (50 kids) and in a bright large space. This may not be appropriate for students with sensory difficulties.
  - Smaller classes are offered in the multi-purpose room (downstairs at the pool). Class size ranges from 10-20 children.

### **Mind, Exercise, Nutrition, Do It! (MEND)**

- MEND empowers children and families to become fitter and healthier. There are 2 MEND programs. MEND 5-7 is for children 5-7 years old and their families and MEND 7-13 is for children 7-13 years old and their families. Both programs are free, fun and interactive and support the entire family in adopting a healthy lifestyle.
- <http://www.childhoodobesityfoundation.ca/MEND>
- Current local programs in Saanich and Victoria:
  - <http://saanich.ca/parkrec/community/documents/MendPoster-Saanich-September-2014.pdf>; or call (250) 475-5412
  - YMCA-YWCA of Greater Victoria – MEND 7-13; Contact: (250) 418-1842, Email: [mend@victoriay.com](mailto:mend@victoriay.com)

### **Multi-Sports:**

1. See *Pacific Institute for Sport Excellence (PISE)* listing
2. See *Sportball* listing
3. See *FUNDamentals* listing
4. *Victoria Special Olympics Athletic Club*: [http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

### **Music Therapy**

- Victoria Conservatory of Music – Music Therapy Programme ([www.vcm.bc.ca](http://www.vcm.bc.ca))  
Contact: Dr. Johanne Brodeur – (250) 386-5311 ext. 1030 or [brodeur@vcm.bc.ca](mailto:brodeur@vcm.bc.ca)

### **PISE (Pacific Institute for Sport Excellence):**

- PISE offers a variety of physical literacy programs and camps. See <http://piseworld.com/physical-literacy-programs/> for details on recreation centre programs and <http://piseworld.com/camps-2/> for information on camps. PISE welcomes children of all abilities at camp and has worked successfully with Recreation Integration Victoria to provide one-on-one support to campers when needed.
- Recreation Centre Programs:
  - *Mini Movers – Parent & Tot (ages 18mths – 3yrs)*:

- This parents and tot program takes a playful approach to exploring fundamental movement skills. Enjoy leader coordinated songs, games, and free play that will begin the pathway for your child's physical literacy. Create positive physical activity experiences and get your child moving right from the start!
  - *Active Start (ages 3-4):*
    - Let's laugh, play and explore the building blocks of movement! This program teaches Physical Literacy skills like running, jumping, throwing, agility, balance and coordination through games and play. Introducing kids to these skills will ensure they are on the path to becoming Active for Life!
  - *Active Play (ages 5-7):*
    - This games and play based program focuses on fundamental movement skills like running, jumping and catching and also introduces sport skills like dribbling and striking. Developing these skills ensures kids will have the competence and confidence they need for a lifetime of physical activity.
  - *Family Fitness (kids age 4-7 and parents):*
    - Physical Literacy for the whole family! Imagine a program where you AND your children can be active together. This program will include a bootcamp for the parents while the kids are busy having their own fun...all in the same gym. Finish each session with a large group activity. Set a great example for your children and have fun together!
- PISE runs Adapted Physical Literacy programs for children and youth with disabilities in conjunction with the Queen Alexandra Centre for Children's Health, the Canucks Autism Network, and Community Living Victoria:
  - *Early Childhood Intervention Program at PISE (age 3-5)*
    - This program focuses on teaching fundamental movement skills like running, jumping, catching, balance and coordination through games and play. The goal is to increase children's confidence and competence in their movement skills in a welcoming, social, fun environment. For more information contact Kelly Graham (PISE Physical Literacy Coordinator) at [kgraham@piseworld.com](mailto:kgraham@piseworld.com)
  - *I CAN Have Physical Literacy (age 4-6 and 7-11)*
    - This program is run in conjunction with the Canucks Autism Network (CAN) at Royal Oak Middle School. Kids will be supported with a 1:1 staff to child ratio by PISE and CAN staff ensuring that they get the attention and support they need to have fun and learn new fundamental movement and sport skills. To participate in this program children must be registered with the Canucks Autism Network (\$25 per year allows free access to all CAN programs). For more information visit [www.canucksautism.ca/](http://www.canucksautism.ca/)
  - *Teen Community Connections*
    - This program is run in conjunction with Community Living Victoria (CLV). Participants and CLV staff visit PISE on Monday's from 3:30-4:30pm. The goal is exposure to physical activity with an emphasis on learning the basics through games and play. Participants must be a part of the TCC group with Community

Living Victoria. For more information contact Jeannie Owens-Wallace at [Jeannie@clvic.ca](mailto:Jeannie@clvic.ca)

## **Paddling/Rowing**

1. *Queen Alexandra Dragon Boat Team*
  - Sessions are offered every year in the spring (April/May) and/or summer (July) at the Fairway Gorge Paddling Club.
  - Students receiving school based OT or PT services are eligible. Priority is given to new students.
  - This is an introductory session to paddling with the intent that families will access community resources after program completion.
  - Contact: Jason Craig (250) 519-5390 local 36563; [Jason.Craig@viha.ca](mailto:Jason.Craig@viha.ca)
2. *The Victoria City Rowing Club: Para Rowing*
  - Para rowing provides athletes with a physical, sensory or intellectual impairment the opportunity to be active on the water, get involved in a fun and friendly club environment, and participate in a variety of competitions.
  - VCRC has fixed and sliding seat shells that can be fitted with stabilizing pontoons, as well as stationary rowing machines. Rowing is best suited for those 12 and older (because of the size of the equipment).
  - Please contact VCRC for more information or to arrange private lessons. Contacts: Colin Mattock ([cjmattock@gmail.com](mailto:cjmattock@gmail.com)) or Brenda Taylor ([clubadmin@vcrc.bc.ca](mailto:clubadmin@vcrc.bc.ca)). Website: <http://www.vcrc.bc.ca/ProgramsServices/MemberPrograms/ParaRowing.aspx>
3. *Power to Be: Adapted Sea Kayaking: See Power To Be listing.*

## **Power to Be**

- Adaptive Recreation offers inclusive adventure-based recreation activities for people living with a barrier or disability. We combine an ability-centered perspective with the benefits of nature in order to strengthen people's connections with themselves, their communities and their surroundings.
  - Adapted Sea Kayaking/Canoeing
  - Alpine Skiing and Snow Shoeing
  - Overnight camping
  - Indoor rock-climbing
  - Wilderness School
  - <https://www.powertobe.ca>

## **Recreation Integration Victoria**

- [www.rivonline.org](http://www.rivonline.org) Services include:
  - Equipment Loan Service
  - Leisure Planning and Referral
  - Leisure Assistance Program: 1:1 volunteer assistance
  - Leisure Assistant's Pass
  - Summer Inclusion Service

## Recreation Centers

- <http://www.fitinfitness.ca>
- Website for Greater Victoria recreation centers, where you can search for particular activities, special events, links to local recreation resources, etc.
- The “L.I.F.E.” Program is designed for individuals and families in Saanich who are working low income or on B.C. Benefits (Income Assistance, B.C. Benefits Disability and Youth Works). Only residents of the municipalities of Sidney, North Saanich and Central Saanich may apply. See <http://www.saanich.ca/parkrec/community/life.html> for more information about applying for this program.

## Rock Climbing (indoor)

1. *Queen Alexandra Rock Climbing programs:*
  - Programs are offered at both Crag X or Boulders Climbing Gyms. Students receiving school based OT or PT services are eligible.
  - This is an introductory session to rock-climbing with the intent that families will utilize community resources after program completion. Priority is given to new students.
  - Please contact your school therapist for more information.
2. *Crag-X Gym Junior Programs*
  - <http://urbanciffculture.com/> or (250) 383-4628.
  - Youth Lessons
  - Climbing Sessions, but only in groups of four.
  - No drop in for youth under 12, unless there is adult who is trained in belaying
3. *Boulders Climbing Gym at Stelly’s Secondary School*
  - [www.climbtheboulders.com](http://www.climbtheboulders.com)
  - Multiple Youth programs
  - Youth lessons
  - Drop-in available
4. *Milah Smith:* She is a Kinesiologist, yoga instructor, a past QA volunteer with rock-climbing, and has experience working with kids with disabilities. You can contact her by email at [milahsmith@cbi.ca](mailto:milahsmith@cbi.ca) or by phone at (778) 350-1983.

## Rugby

- *Wheelchair rugby at Pacific Institute for Sport Excellence (PISE).*
  - Suitable for students older than 15 years.
  - Sunday nights
  - [www.victoriawheelchairsports.com](http://www.victoriawheelchairsports.com)
  - Contact: Calen Mcdougall ([calenmcdougall@hotmail.com](mailto:calenmcdougall@hotmail.com))

## Sailing

- *The Disabled Sailing Association of British Columbia, Victoria Branch (DSA)* is a partner program of Recreation Integration Victoria (RIV). Since 1992 DSA has provided sailing services for adults and children with disabilities
- <http://rivonline.org/DSA>; (250) 812-8467; [dsavictoria.summer@gmail.com](mailto:dsavictoria.summer@gmail.com)

## Shapedown BC program

- Shapedown BC is a free behavioural weight management program that helps children and teens and their families recognize and overcome their challenges to active living and healthy eating. Through a No-Diet, holistic approach, the multidisciplinary team supports families on their journey to creating a healthier lifestyle by learning to set goals that target positive changes and to face the issues that may be creating barriers.
- Currently the only Vancouver Island program is running on the Central Island: [http://www.viha.ca/children/CI\\_healthy\\_weights.htm](http://www.viha.ca/children/CI_healthy_weights.htm)
- For more information:
  - <http://www.childhoodobesityfoundation.ca/shapedownbc>

## Sibshop Programs

- Sibshops is a recreational support group where children (ages 4-17) with brothers or sisters with special needs can come meet new friends, play games, participate in art projects and discussion activities, and receive support around the unique issues they experience.
- Three programs are offered: Kindersibs (ages 4-6), Sibkids (ages 7-12), and Sibteens (ages 13-17). Each program meets over 5-8 weeks, with multiple sessions running each year.
- Contact: To register please contact Calea Lampard, Sibshops Coordinator  
Office: (250) 380-6363; Email: [clampard@communityoptions.bc.ca](mailto:clampard@communityoptions.bc.ca);  
[www.communityoptions.bc.ca](http://www.communityoptions.bc.ca)

## Skating

1. Courage Canada (<http://www.couragecanada.ca/programs/youth-programs/>)
  - Implement Learn to Skate programs for youth who are blind and visually impaired in regions all across Canada. Our organization works collaboratively with Associations and District School Board Vision Programs to provide these youth with the opportunity to experience ice skating with other blind and visually impaired youth from their community.
2. *Victoria Special Olympics: Figure and Speed skating programs:*  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)
3. *Canucks Autism Network: I CAN Skate*
  - The I CAN Skate program runs for individuals with autism, aged 4-6 and 7-15, and focuses on teaching skating skills to children and youth with autism in a safe and supportive environment. Level 1 programs focus on more basic skating skills whereas Level 2 programs introduce more advanced skills.
  - Please see [www.canucksautism.ca](http://www.canucksautism.ca) for more information.
4. Bruce Taylor, Vision Consultant, Visual Impairment Program - Sunny Hill Health/Queen Alexandra Centre - is a great contact for consultation around skating for children with visual impairments. Email: ([bruce.taylor@viha.ca](mailto:bruce.taylor@viha.ca)).

## Skiing and Snowsports

1. *Vancouver Island Society for Adaptive Snowsports*
  - Offer Adaptive Snowsport Lessons for Alpine, Nordic/Cross Country and Snowboarding. Competitive racing available.

- At the beginning of each season all returning members and new members must have their BC Adaptive Snowsports membership card validated for the season.  
As a Student Member you are entitled to: Free rental of skis, snowboards, boots, helmet & poles; the use of adaptive and related safety equipment; 1/2 price on daily lift passes (courtesy of Mt Washington); National insurance coverage (3rd party liability) as a paid up member of DSABC
- Contact information: <http://www.visasweb.ca/contact-us.php>
- 2. *BC Adaptive Snowsports (formerly Disabled Skiers Association of BC)*  
<https://www.bcadaptive.com/>
- 3. *Victoria Special Olympics: Alpine Skiing and Snowshoeing*
  - [http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)
- 4. *Power to Be – Adaptive Recreation*
  - Alpine Skiing and Snow Shoeing; see previous listing for contact info
- 5. *Whistler Adaptive Sports Program*
  - Alpine Race, Nordic sports, and Ski/Snowboarding programs
  - <http://www.whistleradaptive.com/Programs.ubr>

## Soccer

1. *Just for Kicks Soccer Program*
  - a. At Just for Kicks, children with special needs have a great time playing soccer, making new friends and being part of a team. Games take place Sunday afternoons (from 2 to 3 p.m.) from September through March at the UVic McKinnon Gym.
  - b. There are no registration fees and children of all ages are encouraged to join. We provide soccer jerseys for everyone and, at the end of the program we recognize each child's contribution with a medallion or trophy.
  - c. <http://www.canassist.ca/EN/main/48164/just-for-kicks-soccer-program.html>
2. *Canucks Autism Network – I CAN Play Soccer*
  - a. The I CAN Play Soccer program runs for individuals with autism and their siblings, age 5-11 years. The program is designed to teach basic soccer skills to children and youth with autism in a safe and supportive environment.
  - b. Please see <http://www.canucksautism.ca/> for more information.
3. *Special Olympics: Soccer Program:*  
[http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

## Special Olympics:

- Special Olympics is a volunteer, non-profit organization providing sport, recreation, training and competition to individuals with intellectual disabilities in the Capital Region.
- A variety of winter sports are offered (Oct-Feb) including 5-pin bowling, curling, floor hockey, figure skating, basketball, rhythmic gymnastics, skiing, snowshoeing, swimming, and “athletic club” (fitness basics). A variety of summer sports are also offered (Apr-Jun) including golf, track and field, soccer, softball, t-ball and bocce.
- See <http://www.victoriaspecialolympics.com/> for contact info and schedules.



## **Sportability:**

- SportAbility is a non-profit, volunteer-driven association whose goal is to provide sporting opportunities for athletes with a wide range of physical disabilities. We support people of all ages and offer multiple sports from which to choose such as Sledge Hockey, Boccia, Power Soccer, 7 A-Side Soccer, Para Cycling and Sitting Volleyball. As a multi-sport, multi-disability association, SportAbility strives to offer its members programs at both recreational and competitive levels.
- Most programs are focused in Vancouver, but see <http://sportabilitybc.ca/> for more details.

## **SportBall**

- Non-competitive sports instruction for children from 16 months to 12 years of age, are provided with a skills-driven, high-energy and fun-filled curriculum. Sportball Multi-Sport programs introduce children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. Using creative instruction and positive encouragement, our programs focus on the development of gross motor skills, along with balance, strength, co-ordination, stamina and timing
- Fitness, multi-sport and sport-specific classes offered in both the community and schools. See [www.sportball.ca](http://www.sportball.ca) for more information on programs and schedules.

## **Strength and Conditioning:**

- *Strength and Conditioning personalized programs at PISE*
  - Suitable for students older than 15.
  - Two classes a week (Monday nights and Saturday mornings) in the weight room
  - Cardio Circuit on Thursday nights
  - 1 on 1 ratio for all classes
  - Further 1 on 1 training available
  - Costs are subsidized by PISE and Victoria Wheelchair Sports for VWCS members
  - [www.victoriawheelchairsports.com](http://www.victoriawheelchairsports.com)
  - Contact: Sarah Black ([sar.black3@gmail.com](mailto:sar.black3@gmail.com))

## **Surfing**

- Surfing program offered for students with autism: <http://ripcurlsurfsup.com/>  
<http://ripcurlsurfsup.wordpress.com/2013/04/22/rip-curl-surfs-up-a-day-to-hang-10-for-children-and-families-living-with-autism/>

## **Swimming**

1. *Greater Victoria Pool Accessibility*
  - Contact your therapist or Jason Craig ([Jason.Craig@viha.ca](mailto:Jason.Craig@viha.ca); (250) 519-5390 local 36563) for a document on pool accessibility for students with special needs.
2. *Crystal Pool Adapted Aquatics:*
  - An affordable alternative for children with unique physical or educational needs who struggle in our regular Red Cross Swim Program. Our qualified Adapted Aquatics Instructors work with caregivers in the water to help

children learn to swim and be water–safe. A ratio of 1 instructor to 5 children (and their caregivers) allows the lesson to be tailored to the needs and goals of each child.

- Children must be accompanied by their caregiver in the water
  - Call the Crystal Pool to register: (250) 361-0732 or <http://www.victoria.ca/EN/main/departments/parks-rec-culture/recreation-culture/facilities/crystal-pool.html>
3. *Canucks Autism Network – I CAN SWIM*
- The I CAN Swim program runs for individuals with autism, aged 4-6 years and 7-15 years. The program is focused on covering basic swim skills, with lessons modified to accommodate the different abilities of the participants.
  - Canucks Autism Network now offers private swimming lessons to individuals with autism who have significant communication and/or behavioural challenges.
  - Please see <http://www.canucksautism.ca> for more details.
4. *Red Cross Lessons – All Pools*
- Will make every effort to include a child. The first 4 levels have low child /teacher ratio. Swimmers with physical disabilities often have to provide their own helpers in the water (Recreation Integration will provide support if needed).
  - Contact individual recreation centers.
5. *Oak Bay Recreation Centre Integrated Swim*
- During this swim, swimmers with disabilities are welcome to enjoy the pool free of charge. Free admission includes one person with a disability and up to 2 family members or friends. Length swimming, leisure space and the Blue Slidewinder will be available. The pool offers an on deck lift and specialized changing facilities.
  - <https://www.oakbay.ca/parks-recreation/programs/swimming>
6. *Tyee Aquatic Club:*
- Competitive and recreational swimming club that will accommodate students with special needs. Swimmers wanting to be in a competitive program should be able to swim a min. of 20 metres. (1 length) in water over their head (exceptions can be made – speak with Janet). Swimmers will be assessed and placed in appropriate groups. Swimmers need to be independent in the change room or bring their own help.
  - Contact Janet if any questions about the program and its suitability. Contacts: Breah Dunn – (250) 812-9646 or [para@tyeeaquaticclub.com](mailto:para@tyeeaquaticclub.com); Janet Dunn – (250) 532-3434 or [jadswim@gmail.com](mailto:jadswim@gmail.com)

### **Teen Community Connections (TCC)**

- Teen Community Connections (TCC) is an inclusive program for youth living with developmental disabilities between the ages of 13 and 18. Program staff help support students to make friends, develop social and life skills and access the community. Support is offered up to three days per week after-school from September to June. The program also runs through the summer as a full day camp in July to August and teens can participate in up to 5 weeks of camp. To be eligible for the program, youth must be accessing or waitlisted for Supported Child Development funding.

- Assistance with accessing leisure activities and community recreation is provided. For more information on Teen Community Connections, please call (250) 477-7231 local 237

### **Tennis**

- *Wheelchair tennis with PISE:*
  - Friday Nights at Cedar Hill Rec Centre
  - Suitable for students older than 15
  - [www.victoriawheelchairsports.com](http://www.victoriawheelchairsports.com)
  - Contact: Tim Cottrell ([tb.cottrell@gmail.com](mailto:tb.cottrell@gmail.com))

### **The TLC Fund for Kids**

- The TLC Fund for Kids is a non-profit funding program established in 1998 by The Q and The Zone radio stations. The TLC Fund for Kids provides grants to aid in the wellness and quality of life for all children up to 18 years of age in the Capital Regional District. For more information, please visit [www.tlcfund.ca](http://www.tlcfund.ca)
- Grants are to be used for payment of approved programs / products / services only, not capital expenditures.

### **Track and Field**

1. *Operation Trackshoes:* Annual sports festival held at the University of Victoria for people with developmental and/or cognitive impairments. A full length competitive track and field meet, fun-filled weekend of family picnic type games, swimming, softball, basketball and many social events are offered. Competitor Registration: (250) 472-6270; General Inquiries: (250) 721-2233. Email: [info@trackshoes.ca](mailto:info@trackshoes.ca); <http://www.trackshoes.ca/>
2. *Runners of Compassion:* Free running shoes for students in financial need and participating in school sports. Speak with your school or email [info@runnersofcompassion.com](mailto:info@runnersofcompassion.com).
3. *Victoria Special Olympics:* Track & Field Program: [http://www.victoriaspecialolympics.com/train\\_schedules.html](http://www.victoriaspecialolympics.com/train_schedules.html)

### **Victoria Opportunities for Community Youth Leadership (VOCYL):**

- VOCYL focuses on three primary objectives: building leadership skills; developing youth and community connections; and sharing the VOCYL message of inclusion.
- Opportunities for youth to develop leadership skills through activities such as: participating in community initiatives; developing and delivering inclusion awareness presentations to middle school and high school students; planning social and fundraising events; participating in adaptive recreational sports and retreats; and building a support network among themselves. Contact: (250) 477-7231 ext. 241 Email: [tlemke@clvic.ca](mailto:tlemke@clvic.ca). Website: [www.communitylivingvictoria.ca](http://www.communitylivingvictoria.ca)

### **Victoria Wheelchair Sports:**

- Annual membership is \$60, covers all weekly programming and gives access to a sport wheelchair.
- Can try 3 sessions for free.
- More information can be found on our website [www.victoriawheelchairsports.com](http://www.victoriawheelchairsports.com)

- See previous listings for basketball, cycling, rugby, strength and conditioning, and tennis.
- See below listing for other programs and events offered by Victoria Wheelchair Sports at Saanich Commonwealth Place.

### **Victoria Wheelchair Sports Programs/Events at Saanich Commonwealth Place**

#### 1. *Wheelchair Sports*

- Open to kids 7-14 years old, run at Saanich Commonwealth Place
- Program that will focus on basic wheelchair skills, while playing a variety of sports and other fun and enjoyable games
- Instruction provided by certified instructor
- Sessions are in 4 week blocks - \$28 for 4 classes, 12 classes every season
- Registration can be done online or through any Saanich recreation center
- For more information contact Simon Cass ([simoncass89@gmail.com](mailto:simoncass89@gmail.com))

#### 2. *Wheelchair Sports – You and Me*

- Fun opportunity to try wheelchair sports with your whole family! Chairs provided for adults and kids.
- \$5 per participant
- Sessions are once every month at Saanich Commonwealth Place
- For more information and dates look at the Saanich program guide: <http://viewer.zmags.com/publication/2f86936d#/2f86936d/40>
- Registration can be done online or through any Saanich recreation center
- For more information contact Simon Cass ([simoncass89@gmail.com](mailto:simoncass89@gmail.com))

#### 3. *Wheelchair Sports Birthday Party*

- Bring your friends and have a wheelchair sports birthday party at Saanich Commonwealth Place
- Facilitated by a certified instructor
- \$170 covers one hour in the gym with chairs, and one hour in a room for cake and presents
- For more information contact Simon Cass ([simoncass89@gmail.com](mailto:simoncass89@gmail.com))

### **Visually Impaired Sports and Recreation**

- Bruce Taylor, Vision Consultant, Visual Impairment Program - Sunny Hill Health/Queen Alexandra Centre - is a great contact for consultation around skating, running, and starting a Goalball program for children with visual impairments. Email: ([bruce.taylor@viha.ca](mailto:bruce.taylor@viha.ca)).

### **Weight Loss Programs:**

- See Listings for MEND and ShapeDown BC

### **Wheelchair Sports – Loan options**

1. For more information on sport wheelchair loans, please contact Simon Cass ([simon@bcwbs.ca](mailto:simon@bcwbs.ca)).
2. See previous listing for *Let's Play* (<http://www.letsplaybc.ca/>).
3. BC Wheelchair Sport and BC Wheelchair Basketball have sport wheelchair loan programs at a very reasonable rate. Here is a link to the wheelchair loan

program: <http://www.bcwbs.ca/athletes/sport-wheelchairs-equipment/bcwbs-wheelchair-loan-program>

### **Whistler Adaptive Sports Program**

- The Whistler Adaptive Sports Program provides the opportunity for hundreds of people with a wide range of disabilities to take part in sports and recreation programs along side any other Canadian, with a sense of adventure and the feeling of well-being that comes from immersing oneself in Whistler's world class recreational opportunities. <http://www.whistleradaptive.com/>
  - Winter Programs: Alpine race, Nordic sports, ski, and snowboard programs
  - Summer Programs: Kayak, canoe, hike/trail ride, hand cycle, rowing, triathlon, mountain biking

### **Yoga**

1. *Rhonda Hart*: Does private yoga classes with people who have special needs. She tailors the yoga to student's abilities and needs ([www.findingthebalance.ca](http://www.findingthebalance.ca))  
Email: [rhonda@findingthebalance.ca](mailto:rhonda@findingthebalance.ca); Phone: (250) 884-4282
2. *Little Steps Therapy Services*: <http://www.mylittlesteps.net/groups>
3. *Cerebral Palsy Association of BC: Yoga Therapy*
  - The program provides youth with physical disabilities the opportunity to explore yoga in a warm, non-competitive, and supportive environment. The yoga therapy instructor adapts poses based on individual needs.
  - The first program will be held at Oaklands Community Centre (2827 Belmont Ave #1) on Wednesdays from Sept. 24<sup>th</sup> – Dec. 10<sup>th</sup>, 6:15pm-7:15pm.
  - The program is FREE! Parents and caregivers are welcome (recommended that caregivers accompany individuals in chairs). Available to youth approximately 13-24 year of age.
  - To register please phone (604) 408-9484 or email [info@bccerebralpalsy.com](mailto:info@bccerebralpalsy.com)
  - Website: [www.bccerebralpalsy.com](http://www.bccerebralpalsy.com)

### **The YMCA Strong Kids Program**

- Enables children, teens and young adults to live healthier more active lives by financially supporting their participation in YMCA programs in communities throughout the province. With this additional provincial funding, the YMCA-YWCA of Greater Victoria is committed to creating new opportunities over and above current support, thereby increasing the number of children, teens and young adults under the age of 19 years they reach who will benefit from financial assistance.
- Some examples of the program areas for which these monies may be used to provide access to but are not limited to are:
  - Swimming and swimming instruction
  - Recreational games: floor hockey, basketball, indoor soccer, dance
  - Youth fitness classes and instruction
  - Summer day camps
  - Overnight camps
  - Youth Leadership Development including camp and aquatics leadership

- We are pleased to offer this financial assistance to all new requests and will shape the program access and length of time on a case by case basis.
- For more information, and to sign up, contact The Victoria Y Registration Services at (250) 413-8859 and [registration@victoriay.com](mailto:registration@victoriay.com)