

Spring Leisure Guide

April-June 2019

Vancouver Island





Online registration for weekly sports and rec programs takes place from Monday, February 11th at noon to Friday, February 15th at noon.

[CAN Membership](#) is required for registration.

Registration

- Registration requests first go to a PENDING status, meaning that no spots are provided on a first-come, first-served basis.
- The registration system has a ranking feature that allows participants to identify the order of preference for program requests.
 - ◊ While we do our best to accommodate preferences, they are **not** guaranteed.
 - ◊ Participants are encouraged to request and rank all programs and locations of interest in order to help us better identify demand. This will help guide our future programming decisions and highlight areas most in need of fundraising support.

Waitlists

- Due to the popularity of select programs, waitlists will occur.
- Don't be discouraged by waitlists. Being on a waitlist positively impacts your chances of enrolment for future seasons.

Registration Guidelines

- Our goal is to accommodate as many unique individuals with autism as possible throughout the year.
- Enrolment decisions are based on various factors, including program demand, a participant's registration history with CAN and a participant's current and past program registration ranking.

Vancouver Island

Duncan

- Family Event (All Ages)
- Multisport (7-12yrs)

Nanaimo

- Active (3-6yrs)
- Monthly Youth & Young Adults Program (13-17yrs, 18+yrs)
- Multisport (7-12yrs)
- Swim (3-6yrs, 7-12yrs)

Victoria

- Active (3-6yrs)
- Family Event (All Ages)
- Monthly Youth & Young Adults Program (13-17yrs, 18+yrs)
- Multisport (7-12yrs)
- Swim (3-6yrs, 7-12yrs, 13+)



****Program details are in the process of confirming.***

Online registration for weekly sports and recreation programs takes place from **Mondays, February 11th, at noon to Friday, February 15th, at noon.** *CAN Membership is required for registration.*

PLEASE NOTE: Program times and locations are subject to change.

For more information on program registration, please see [page 15](#).



Canucks Autism Network (CAN) provides year-round sports and recreation programs for individuals and families living with autism in BC. The CAN team consists of a diverse group of trained staff, experienced support workers and dedicated volunteers who are committed to the delivery of programs in safe and supportive environments.

Interested in signing up for CAN programs?

If you are interesting in participating in CAN programs, you must first sign up for an online CAN Participant Membership. Please visit: <https://canucksautismprograms.ca> to begin this process.

Already a member?

If you are already a member and you know that registration is open for programs that interest you, please log into your account and continue to complete your program registration at: <https://canucksautismprograms.ca>.

For a monthly reminder of upcoming Canucks Autism Network programs and registration dates, please remember to check the CAN email newsletter, which is sent out at the start of each month. [Access past newsletters.](#)

Find information about our programs, including registration information, eligibility, as well as program locations and times, by clicking on any of the programs listed below.

SPRING 2019 PROGRAM	AGE
Active	3-6yrs
Family Events	All ages
Monthly Youth & Young Adult Program	13+yrs
Multisport (formerly the Sports program)	7-12yrs
Swim	3-6yrs, 7-12yrs, 13+yrs

A gym-based introduction to movement and sports skills

The purpose of the Active program is to teach children with autism, and their siblings, fundamental movement skills in a safe and supportive environment. Learning basic skills such as running, jumping and balancing helps children build the confidence necessary for a lifetime of sport and physical activity.

This program is designed to give children the opportunity to be active and work on their basic skills through games.

Program Structure & Supports

Duration: 45 minutes per week for 6 weeks

Seasons: Fall, Spring, Spring

Cost: No cost

Siblings: Yes

Session Structure: Warm-up, group games, individual skill practice—see more in the [Active Storybook](#)

Program Supports: At Canucks Autism Network, we strive to meet the needs of each participant. For more information about the supports provided at our weekly programs, please see [page 15](#).



SPRING 2019 ACTIVE LOCATIONS & TIMES

City	Facility	Day	Time	Start	Ends
Nanaimo	Pleasant Valley Elementary	Wednesday	4:30pm-5:15pm	Apr 1	Jun 5
Victoria	Royal Oak Middle School	Saturday	1:00pm-1:45pm	Apr 27	Jun 15

Online registration for weekly programs is open to pending enrolment from Mondays, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 15](#).

The purpose of Family Events is to provide families with opportunities to enjoy a variety of fun activities in a safe, supportive, non-judgmental environment. Canucks Autism Network offers a range of activities throughout the year that are open to the entire family, with all ages welcome.

Due to the nature of family events, 1:1 support is not available, however, each family event is supported by many helpful volunteers.



SPRING 2019 FAMILY EVENT LOCATIONS & TIMES

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Duncan**	BC Forest Discovery Centre	Easter Eggspress	Mon, Apr 22 9:00am-10:00am	TBA - April newsletter	TBA - April newsletter
Victoria*	Inspire Sports	Gymnastics	Sat, Apr13 Time TBA	TBA - March Newsletter	TBA - March Newsletter

*** This family event that DOES NOT require a CAN membership to attend.*

Monthly Youth & Young Adult Programs: Vancouver Island

(Ages 13-17, 18+)

The purpose of the youth and young adult monthly programs is to provide the opportunity for youth and young adults with autism to get together and have a good time in a safe and supportive environment, without committing to multiple sessions. Activities vary each month so that you can connect with others who have similar interests and also try something new!



Program Structure

Duration: 1 day event, length varies from 1-3hrs

Seasons: Fall, Winter, Spring, Summer

Cost: No cost

Siblings: No

SPRING MONTHLY YOUTH & YOUNG ADULT LOCATIONS & TIMES

Nanaimo, 13-17yrs, 18+yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Nanaimo	Airhouse Trampoline Park	Trampolining	Tue, Apr 9 5pm-7pm	Mon, Mar 11, at noon	Fri, Mar 15, at noon
Nanaimo	Nanaimo Aquatic Centre	Yoga and Mindfulness	Mon, May 6 6:00pm-8:00pm	Mon, Apr 8, at noon	Fri, Apr 12, at noon
Nanaimo	Pipers Lagoon Park	Beach Day with Games!	Tue, Jun 4 6:00pm-8:00pm	Mon, May 13, at noon	Fri, May 17, at noon

Victoria, 13-17yrs, 18+yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Victoria	Jeneece's Place	Volunteering in the community	Sat, May 11 10:00am-11:30am	Mon, Apr 8, at noon	Fri, Apr 12, at noon
Victoria	Sannich Commonwealth Place	Photo Scavenger Hunt	Sun, June 16 1:00pm-3:00pm	Mon, May 13, at noon	Fri, May 17, at noon

(formerly the Sports program)

An introduction to various sports

The purpose of the Multisport program is to provide children with autism, and their siblings, a fun introduction into the world of sports! Participants will enjoy games and drills that work on varied and progressive skills, specifically those used in the sports of soccer and basketball. This program is designed to provide a fun, safe and supportive environment for all those taking part.

Program Structure

Duration: 60-minutes once per week for 6 weeks

Seasons: Fall, Spring, Spring

Cost: No Cost

Siblings: Yes

Session Structure: Individual practice and group games that work on skills relating to physical literacy, soccer and basketball

Participants can prepare for this program by reviewing the [Sports Activity Storybook](#).



Online registration for weekly programs is open to pending enrolment from Mondays, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 15](#).

SPRING 2019 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Start	Ends
Duncan	Queen Margaret's School	Thursdays	5:30pm-6:15pm 6:15pm-7:15pm	Apr 25	May 30
Nanaimo	Pleasant Valley Elementary School	Wednesdays	5:15pm-6:15pm	Apr 24	Jun 5
Victoria	Royal Oak Middle School	Saturdays	1:45pm-2:45pm	Apr 27	Jun 15

Early Years participants work on entries into the water, buoyancy and movement, bubbles, floats, and front and back swim. Games and songs will be incorporated throughout the lessons to create a fun environment that encourages increased comfort in the water!



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Online registration for weekly programs is open to pending enrolment from Mondays, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 15](#).

Program Structure

Duration: 30-minute sessions, 8 weeks

Seasons: Fall, Spring, Spring

Cost: \$40.00

Siblings: No

Session structure: Skill development, water safety awareness. Review the [Swim Activity Storybook](#) to help prepare.

Program Supports: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers.

At Canucks Autism Network, we strive to meet the needs of each participant. For more information about the supports provided at our weekly programs, please see [page 15](#).

SPRING 2019 SWIM: EARLY YEARS LOCATIONS & TIMES

City	Facility	Day	Time	Start	Ends
Nanaimo	Beban Pool	Fridays	5:30pm-6:00pm	Apr 12	Jun 21
Victoria	Juan de Fuca Recreation Centre	Saturdays	4:00pm-4:30pm	Apr 27	Jun 22

This program focuses on foundational swim skills, while building confidence. Participants will work on skills including entering the water, shallow water movement, bubbles, submersions, rhythmic breathing, floats, glides and front swim for a distance of 5 meters.



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PLEASE NOTE:

- It is the responsibility of the parent/guardian/participant to register for the correct level. If the participant has not been placed correctly, he or she may or may not be permitted to transfer to an alternate level, based on program availability. If there are no spots available, the participant may be withdrawn from the program.



Online registration for weekly programs is open to pending enrolment from Mondays, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 16](#).

Program Structure

Duration: 30-minute sessions, 8 weeks

Seasons: Fall, Spring, Spring

Cost: \$40.00

Siblings: No

Session structure: Skill development, water safety awareness

Program Supports: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers.

To prepare for the program in advance, please review the [Swim Activity Storybook](#).

SPRING 2019 SWIM LEVEL 1: LOCATIONS & TIMES

City	Facility	Day	Time	Start	Ends
Nanaimo	Beban Pool	Fridays	6:00pm-6:30pm	Apr 12	Mar 8
Victoria	Juan da Fuca Recreation Centre	Saturdays	4:30pm-5:00pm	Apr 27	Jun 22

This program will continue to build on the foundational skills completed in level 1, focusing on glides (front, back and roll over). Participants will continue to work on swim endurance with a distance of 10 meters. An introduction to deep water activities and life jackets will also be included.



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****Prerequisite: Participants must have passed Level I and/or are able to confidently and independently execute skills developed in Level I.***

PLEASE NOTE:

- It is the responsibility of the parent/guardian/participant to register for the correct level. If the participant has not been placed correctly, he or she may or may not be permitted to transfer to an alternate level, based on program availability. If there are no spots available, the participant may be withdrawn from the program.



Program Structure

Duration: 30-minute sessions, 8 weeks

Seasons: Fall, Spring, Spring

Cost: \$40.00

Siblings: No

Session structure: Skill development, water safety awareness

Program Supports: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers.

To help prepare for this program, please review the [Swim Activity Storybook](#).

SPRING 2019 SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day	Time	Start	Ends
Nanaimo	Beban Pool	Fridays	6:30pm-7:00pm	Apr 12	Jun 21
Victoria	Juan da Fuca Rec Centre	Saturdays	5:00pm-5:30pm	Apr 27	Jun 22

Online registration for weekly programs is open to pending enrolment from Monday, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 15](#).



This program will continue to expand on skills completed in level 2 adding in front glide/side glide combination, and increasing swim distance to 15 meters. Swimmers will spend a significant amount of time in the deep water practicing safety skills, as well as being introduced to sitting dive and deep water support.

Prerequisite: *Participants who have passed Level 2, and/or who are able to confidently and independently execute the skills developed in Level 2.*



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Program Structure

Duration: 30-minutes, once per week for 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40.00

Siblings: No

Session structure: Skill development, water safety awareness - see more in the [Swim Activity Storybook](#).

SPRING CHILDREN'S SWIM LEVEL 3 LOCATIONS AND TIMES

City	Facility	Day	Time	Starts	Ends
Victoria	Juan de Fuca Recreation Centre	Saturdays	5:30pm-6:00pm	Apr 27	Jun 22

Online registration for weekly programs is open to pending enrolment from Monday, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 15](#).

The 13+yrs swim program focuses on water safety, introductory swim skills, and fitness. [Red Cross Swim Basic I](#) lessons are taught to the group by certified Red Cross Water Safety Instructors and adaptations are provided where required. A great opportunity to improve swimming skills, meet new people and increase fitness level.



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Program Structure

Duration: 45 minutes, 8 weeks

Seasons: Fall, Spring, Spring

Cost: \$60.00

Siblings: No

Session structure: Skill development, water safety awareness

Program Supports: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers.



SPRING 2019 SWIM: YOUTH & YOUNG ADULT LOCATIONS & TIMES

City	Facility	Day	Time	Start	Ends
Victoria	Juan da Fuca Recreation Centre	Saturdays	6:00pm-6:45pm	Apr 27	Jun 22

Online registration for weekly programs is open to pending enrolment from Monday, February 11, at noon, to Friday, February 15, at noon.

For more information on program registration, please see [page 15](#).



Parent Collaboration

At Canucks Autism Network (CAN), we strive to meet the needs of each participant through parent collaboration. Our staff receive training on a variety of support strategies for children, youth and young adults with autism.

Please do not hesitate to speak with coaches and support staff about strategies to use with your child (e.g. Visual schedules, first-then boards, token systems, social stories, etc.).

Online Program Registration

For the majority of our programs, we use a registration process called Pending Enrolment. This means that spots are not provided on a first-come, first-served basis, and that requests received are pending confirmation. All those who submit registration requests during the online registration period, will be notified of their updated registration status within seven days of registration closing.

The Pending Enrolment registration process is used so that we can accommodate as many unique individuals into CAN programs throughout the year as possible. It also allows for more participants to have the opportunity to try new programs and activities.

Due to the high demand for CAN programs, confirmed enrolment is not guaranteed.

Program Support at Weekly Programs

- Participants are supported by trained program coaches, experienced support workers and dedicated volunteers
- We strive to meet the needs of each participant and encourage parents to speak with program coaches and staff about useful support strategies such as visual schedules, first-then boards, token systems, activity storybooks, etc.

Spring Weekly Program Registration Process

- Online registration is open to CAN members from Mondays, November 19, at noon, to Friday, November 23 at noon.
- All registration requests will have a status of PENDING, meaning that there are no spots available on a first-come, first-served basis.
- All those who submit online registration requests during the registration period will be notified of their updated registration status by the end of day on Friday, November 30.
- Those who miss the online registration period may request to be added to a program waitlist by emailing info@canucksautism.ca, with the participant's name and age, as well as the program name, location, and time.

Important Reminders

- The registration system has a ranking feature that allows participants to identify the order of preference for program requests. While we do our best to accommodate preferences, they are NOT guaranteed.
- Due to the high interest in programs, we anticipate that we will not be able to accommodate all those interested in attending.
- Our goal is to accommodate as many unique individuals as possible throughout the year, while providing participants with the opportunity to try new activities.





For some Canucks Autism Network programs, there is a highly subsidized program fee. CAN does not wish for a fee to act as a barrier to participation, and along with traditional payment methods (i.e. credit card, cheque, and cash) participants may also process their fee through one of the following options:

1. Autism Funding

- Parents/guardians of participants' ages 6-18 are able to submit a Request to Pay form to Autism Funding for the program fee
- For participants 5yrs and younger, parents/guardians are welcome to contact Autism Funding to inquire about the eligibility of a program fee being covered through a participant's funding

2. CAN Fee Assistance Program

- The CAN Fee Assistance Program helps to alleviate any financial barriers to participation
- For more information, please email: info@canucksautism.ca

3. Additional Payment Options

- CAN is open to working with participants to process program fee payments through additional routes, including bursaries



Multisport

Proudly supported by:



Active & Multisport - Nanaimo and Duncan

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