

Fall Leisure Guide

September-December 2019

Lower Mainland | Interior | Vancouver Island



**Online registration
for weekly sports and rec
programs takes place
Monday, August 19th at noon
to Friday, August 23rd at noon.**

**CAN Membership is required for
registration.**

**Some programs will have associated fees.*



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 program selection ranking.



Vancouver Island

Nanaimo

- Active (3-6yrs)
- Family Event (All Ages)*
- Monthly Youth & Young Adults Programs (13yrs+)
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)
- Swim (3-6yrs, 7-12yrs)

Victoria

- Active (3-6yrs)
- Family Event (All Ages)
- Monthly Youth & Young Adults Programs (13yrs+)
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)*
- Swim (3-6yrs, 7-12yrs)

Interior

Kamloops

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

Kelowna

- Family Events (All Ages)
- Skate (3-6yrs, 7-12yrs)
- Swim (3-6yrs, 7-12yrs, 13+yrs)
- Weekly Youth & Young Adult Program (13yrs+)*

West Kelowna

- Active (3-6yrs)
- Multisport (7-12yrs)

**Program still in the process of being confirmed.*

Online registration for weekly sports and rec programs takes place Monday, August 19th at noon to Friday, August 23rd 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 32](#).



Lower Mainland

Abbotsford

- Active (3-6yrs)
- Multisport (7-12yrs)

Burnaby

- Active (3-6yrs)
- Monthly Youth and Young Adults Programs (13+yrs)
- Multisport (7-12yrs)
- Swim (3-6yrs, 7-12yrs, 13+yrs)

Chilliwack

- Swim (3-6yrs, 7-12yrs)

Coquitlam

- Fitness (13+yrs)
- Hockey (8-18yrs)
- Skate (3-6yrs, 7-12yrs)
- Swim (3-6yrs)

Delta

- Skate (3-6yrs, 7-12yrs)

Langley

- Active (3-6yrs)
- Gymnastics (7-12yrs)*
- Multisport (7-12yrs)
- Swim (3-6yrs, 7-12yrs)

Maple Ridge

- Active (3-6yrs)
- Multisport (7-12yrs)

Mission

- Swim (3-6yrs, 7-12yrs)

North Vancouver

- Outdoor Recreation (13+yrs)
- Weekly Youth and Young Adult Program - Climbing (13+yrs)
- Weekly Young Adult Program (18+yrs)

Port Coquitlam

- Active (3-6yrs)
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)
- Swim (7-12yrs, 13+yrs)

Richmond

- Swim (3-6yrs)

Surrey

- Active (3-6yrs)
- Explore Volunteering (15+yrs)
- Hockey (8-18yrs)
- Monthly Youth and Young Adults Program (13+yrs)
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)
- Swim (3-6yrs, 7-12yrs*, 13+yrs)
- Weekly Youth and Young Adult Programs (13yrs+)

Vancouver

- Active (3-6yrs)
- Explore Volunteering (15+yrs)
- **Family Event (All Ages)***
- Hockey (8-18yrs, 19+yrs)*
- Monthly Youth & Young Adult Programs(13+yrs)
- Music (7-17yrs)*
- Outdoor Recreation (13+yrs)
- Skate (3-6yrs, 7-12yrs)*
- Multisport (7-12yrs)
- Swim (3-6yrs, 7-12yrs, 13+yrs)
- Weekly Youth and Young Adult Programs (13+yrs)

Canucks Autism Network (CAN) provides year-round sports and recreation programs for children, youth, young adults and families living with autism while increasing awareness and providing training in communities across BC.

The CAN team consists of a diverse group of trained staff, experienced support workers and dedicated volunteers who administer 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 check the CAN email newsletter, which is sent out at the start of each month. [Access our most recent newsletters.](#)

FALL PROGRAM	AGE
Active	3-6yrs
Explore Volunteering	15+yrs
Family Events	All Ages
Fitness	13yrs+
Gymnastics	7-12yrs
Hockey	8-18+yrs, 19+yrs
Monthly Youth & Young Adult Programs	13-17yrs, 18+yrs
Multisport	7-12yrs
Music	7-12yrs, 13-17yrs
Outdoor Recreation	13+yrs
Skate	3-6yrs, 7-12yrs
Swim	3-6yrs, 7-12yrs, 13+yrs
Weekly Youth & Young Adults Program	13-17yrs, 18+yrs

A fundamental introduction to movement and skills

The purpose of the Active program is to teach participants with autism, and their siblings, fundamental movement skills in a safe and supportive environment. Learning basic skills such as running, jumping, throwing 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, once per week, for 6 weeks

Seasons: Fall, Winter, 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 33](#).





City	Facility	Day of the Week	Time	Start Date	Finish Date
Abbotsford	Abbotsford Rec Centre	Thursday	5:15pm-6:00pm	Oct 24	Dec 5
Burnaby	Cameron Recreation Centre	Saturday	6:00pm-6:45pm	Oct 26	Dec 7
Burnaby	Edmonds Community Centre	Tuesday	6:15pm-7:00pm	Oct 29	Dec 3
Kamloops	Beattie Elementary School	Monday	5:30pm-6:15pm	Oct 7	Nov 25
Kamloops	Beattie Elementary School	Tuesday	5:30pm-6:15pm	Oct 22	Nov 26
Langley	Walnut Grove Recreation Centre	Sunday	1:15pm-2:00pm	Oct 27	Dec 8
Langley	Timm's Community Centre	Wednesday	5:00pm-5:45pm	Oct 30	Dec 4
Maple Ridge	Maple Ridge Leisure Centre	Sunday	9:45am-10:30am	Oct 20	Dec 8
Nanaimo	Pleasant Valley Elementary	Wednesday	4:30pm-5:15pm	Oct 30	Dec 4
Port Coquitlam	Hyde Creek Recreation Centre	Wednesday	5:30pm-6:15pm	Oct 30	Dec 4
Surrey	Chuck Bailey Recreation Centre	Sunday	4:30pm-5:15pm 5:15pm-6:00pm	Oct 27	Dec 8
Vancouver	Britannia Community Centre	Monday	5:30pm-6:15pm	Oct 28	Dec 9
Victoria	Royal Oak Middle School	Tuesday	6:00pm-6:45pm	Oct 29	Dec 3
West Kelowna	Mar Jok Elementary School	Monday	5:15pm-6:00pm	Oct 21	Dec 2

** Program is in the process of being confirmed and details may change*



Program Structure

Duration: 2.5hrs, once per week, for 8 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

Siblings: No

Session Structure: Volunteer opportunities across various work settings (e.g. thrift stores, community gardens, food banks, etc.).

The Explore Volunteering program provides opportunities for participants with autism to sample volunteer tasks in a variety of community settings. The program encourages community engagement alongside peers while developing volunteer experience, work skills, and communication and social skills.

FALL EXPLORE VOLUNTEERING LOCATIONS & TIMES

City	Location	Day of the Week	Time	Start Date	Finish Date
Vancouver	Various	Saturday	9:30am-12:00pm	Oct 5	Dec 7
Surrey	Various	Saturday	9:30am-12:00pm	Oct 5	Dec 7

The purpose of Family Events is to provide families with opportunities to enjoy a variety of fun activities in a safe, supportive and non-judgmental environment.

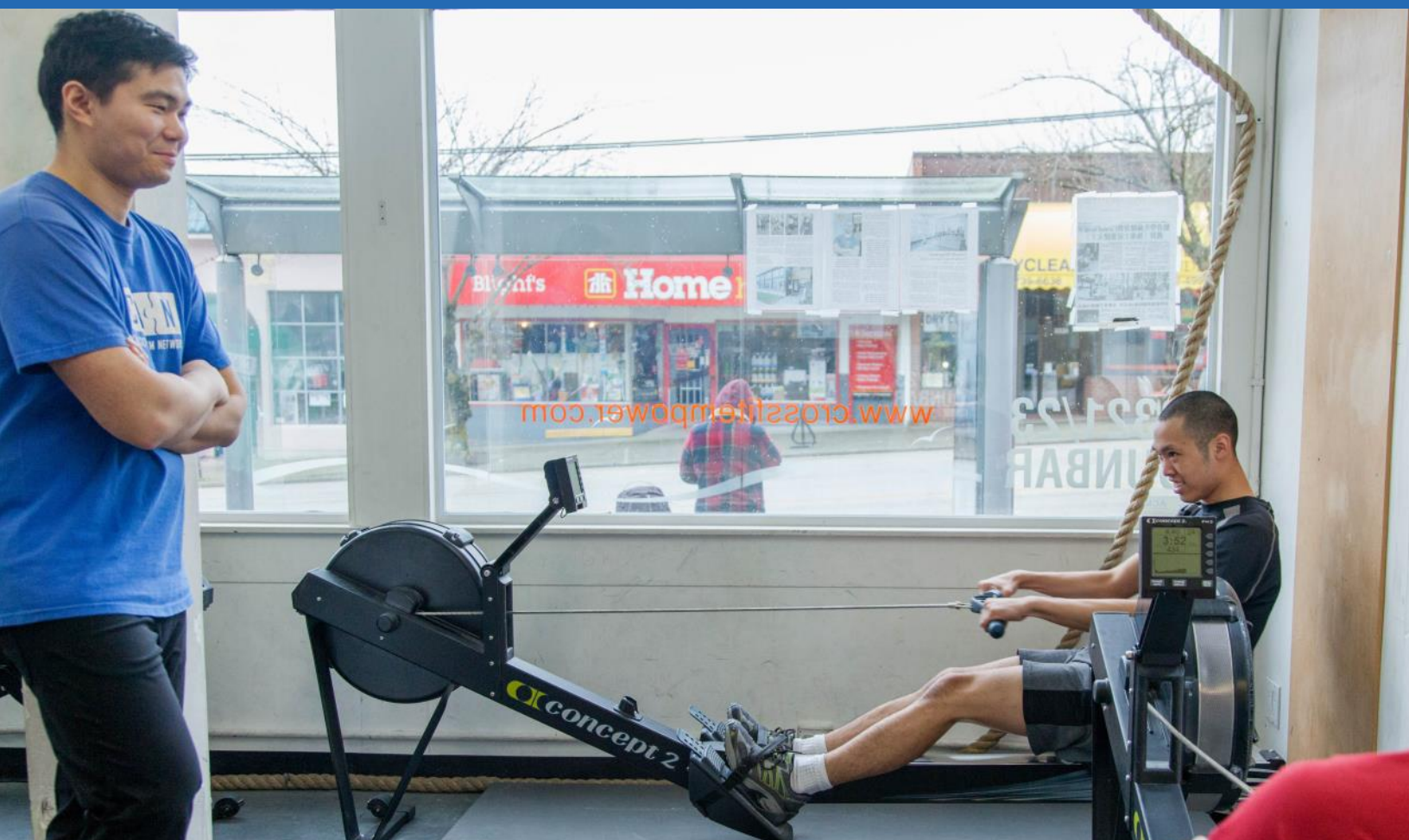
Canucks Autism Network offers a range of activities throughout the year that are open to the entire family, with all ages welcome. Due to the nature of Family Events, 1:1 support is not available, however, each Family Event is supported by many helpful volunteers.



FALL FAMILY EVENT LOCATIONS & TIMES

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Chilliwack	Chilliwack Corn Maze	Enjoy the maze, giant pillow, animals & more!	Sun, Sep 15 9:30am-1:00pm	Mon, Aug 26 @ noon	Fri, Aug 30 @ noon
Ladysmith	McNab's Corn Maze	Enjoy the maze, hay ride, pumpkin patch & farm animals!	Sun, Oct 6 10am-12pm	Mon, Sep 16 @ noon	Fri, Sep 26 @ noon
Nanaimo	Nanaimo Child Development Centre	Meet with Santa, sing Christmas carols and create holiday themed crafts and treats & more!	December Date & Time: TBA	Keep an eye out for the November newsletter!	
Kelowna	McMillian Farms	Enjoy a Halloween-themed party with a corn maze, hay ride, petting farm & more!	Fri, Oct 18 4pm-7pm	Mon, Sep 23 @ noon	Fri, Oct 4 @ noon
Kamloops*	Sunset Valley Farm	Enjoy the maze, hay rides, pumpkin patch and more!	Sat, Oct 5 10am-1pm	Keep an eye out for the September Newsletter!	
Surrey	Hollywood 3 Cinema	Enjoy a relaxing trip to the movies with the family!	Sun, Oct 27 9:30am-1:00pm	Mon, Oct 7 @ noon	Fri, Oct 11 @ noon
Vancouver	Van Dusen	Festival of Lights	Thu, Nov 28 4pm-9pm	Mon, Nov 11 @ noon	Fri, Nov 15 @ noon
Victoria	Galey Farms	Pumpkins & Pancakes	Sun, Oct 27 8am-10am	Mon, Oct 7 @ noon	Fri, Oct 18 @ noon

* This family event DOES NOT require a CAN membership to attend. 9



The Fitness program offers participants with autism the opportunity to become more comfortable in a gym environment with the support of qualified instructors and alongside peers.

The program will focus on learning to use fitness equipment independently and safely, gym etiquette and improving strength and stamina. Improve your fitness, meet new people and grow your confidence.

Program Structure

Duration: 90-minutes, once per week, for 6 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

Siblings: No

Session Structure: Individual, partner and group exercises.

FALL FITNESS LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Coquitlam	Pinetree Community Centre	Sunday	11:30am-12:30pm	Oct 27	Dec 8

The purpose of this program is to learn fundamental movement skills through gymnastics to participants with autism in a safe and supportive environment. The program will focus on basic gymnastics skills, as well as balance, jumping and general gym safety. Participants will gain exposure to typical gymnastics equipment found in a gymnastics facility, such as floor, beam, bars, rings and trampoline.

Program Structure

Duration: 60-minute sessions for 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

Siblings: No

Session Structure: Circuit-style activities, individual and small group skill practice and group games - see more in [Gymnastics Activity Storybook](#) to help prepare your child for the program.



Canucks Autism Network is excited to be providing this program in partnership with [Langley Gymnastics](#). The facility will provide qualified gymnastics coaches to oversee the lessons and work in collaboration with CAN to make adaptations to curriculum to ensure the success of participants.

FALL GYMNASTICS LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Langley (7-12yrs)	Langley Gymnastics	Sunday	4:15pm-5:15pm 5:15pm-6:15pm	Oct 27	Dec 8

The Hockey program provides participants with autism the opportunity to develop introductory hockey skills (stick handling, passing and shooting) in a safe and supportive environment. This program runs provides participants with opportunities to meet new people, build skating and

Program Structure

Duration: 60-minutes per week for 6 months

Season: October-March

Cost: \$500

Siblings: No

Session Structure: Individual and small group skill practice, group games, scrimmages

PLEASE NOTE: There will be a mandatory parent/guardian meeting for confirmed participants, **ages 3-18yrs** on September 10 from 7:30pm-8:30pm, in Burnaby. A separate meeting will be held for the 19+ hockey program in September (Details TBA).

Canucks Autism Network has prepared a [hockey video storybook](#) prepare for the program.



FALL 2019 HOCKEY LOCATIONS & TIMES

City	Facility	Day of Week	Time	Start Date	Finish Date
Coquitlam (8-18yrs)	Poirier Sports and Leisure Complex	Saturday	1:15pm-2:15pm	Sep 21, 2019	Mar 14, 2020
Surrey * (8-18yrs)	North Surrey Sport & Ice Complex	Saturday	8:30am-9:30am	Sep 28, 2019	Mar 21, 2020
Vancouver* (8-18yrs)	Britannia Arena	Saturday	8:00am-9:00am	Oct 19, 2019	Mar 21, 2020
Vancouver* (19+yrs)	Britannia Arena	Friday	9:00am-10:00am	Oct 18, 2019	Mar 20, 2020

** Program is in the process of being confirmed and details may change*

Monthly Youth & Young Adult Programs (Ages 13+)

The purpose of the youth and young adult monthly programs is to provide the opportunity for participants with autism to get together, have a good time and develop varied skills 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: 7 hours for 6 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

Siblings: No

Session Structure: Activities vary every month.

FALL MONTHLY YOUTH & YOUNG ADULT LOCATIONS & TIMES

Nanaimo, 13-17yrs, 18+yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Nanaimo	The Board Game House	Board Games	Tues, Sep 17 6:00pm-8:00pm	Mon, August 12 @ noon	Fri, Aug 16 @ noon
Nanaimo	Nanaimo Aquatic Centre	Drawing Workshop	Thu, Oct 10 6:00pm-8:00pm	Mon, Sept 9 @ noon	Fri, Sept 13 @ noon
Nanaimo	Food Share Nanaimo	Cooking Class & Workshop	Tues, Nov 5 6:00pm-8:00pm	Mon, Oct 14 @ noon	Fri, Oct 18 @ noon

Victoria, 13-17yrs, 18+yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Victoria	Langford Lanes	Bowling	Sat, Sep 7 10:30am-11:30am	Mon, August 12 @ noon	Fri, Aug 16 @ noon
Victoria	Interactive Board Game Café	Board Games	Sun, Oct 6 11:00am-12:30pm	Mon, Sep 9 @ noon	Fri, Sep 13 @ noon
Victoria	PISE	Learn how to use a fitness facility	Sat, Nov 2 9:45am-11:00am	Mon, Oct 14 @ noon	Fri, Oct 18 @ noon

Monthly Youth & Young Adult Programs (Ages 13+)

FALL MONTHLY YOUTH & YOUNG ADULT PROGRAM LOCATIONS & TIMES

Lower Mainland, 13-17yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Vancouver	Pacific Coast Apartments	Introductory Cooking Workshop	Mon, Sep 23 5:30pm-7:00pm	Mon, Aug 12 @ noon	Fri, Aug 16 @ noon
Burnaby	CBI Consultants	Resume Workshop	Sat, Oct 5 10:30am-12:00pm	Mon, Sep 9 @ noon	Fri, Sep 13 @ noon
Surrey	Guildford Recreation Centre	Comic Book Workshop	Sat, Nov 2 10:00am-11:30am	Mon, Oct 14 @ noon	Fri, Oct 18 @ noon

Lower Mainland, 18+yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Vancouver	Pacific Coast Apartments	Introductory Cooking Workshop	Tues, Sep 24 5:30pm-7:00pm	Mon, Aug 12 @ noon	Fri, Aug 16 @ noon
Burnaby	CBI Consultants	Resume Workshop	Sat, Oct 5 12:30pm-2:00pm	Mon, Sep 9 @ noon	Fri, Sep 13 @ noon
Surrey	Guildford Recreation Centre	Comic Book Workshop	Sat, Nov 2 11:45am-1:15pm	Mon, Oct 14 @ noon	Fri, Oct 18 @ noon

Kamloops, 13-17yrs, 18+yrs

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Kamloops	The Fun Factor Fun Centre	Laser tag, arcade games, and more fun activities!	Wed, Oct 2 5:00pm-6:30pm	Mon, Sept 9 @ noon	Fri, Sept 13 @ noon
Kamloops	Evolve Pilates Studio	Intro to yoga followed by healthy snacks!	Wed, Nov 6 5:00pm-6:30pm	Mon, Oct 14 @ noon	Fri, Oct 18 @ noon

An introduction to various sports

The purpose of the Multisport program is to provide participants with autism, and their siblings, a fun introduction into the world of sports! Participants will enjoy games and drills that work on a variety of skills used in various sports. 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, Winter, Spring

Cost: No Cost

Siblings: Yes

Session Structure: Individual practice and group games that work on skills relating to physical literacy, and a variety of sports.

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





FALL MULTISPORT LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Abbotsford	Abbotsford Recreation Centre	Thursday	6:00pm-7:00pm	Oct 24	Dec 5
Burnaby	Cameron Recreation Centre	Saturday	6:45pm-7:45pm	Oct 26	Dec 7
Burnaby	Edmonds Community Centre	Tuesday	7:00pm-8:00pm	Oct 29	Dec 3
Kamloops	Beattie Elementary School	Monday	6:15pm-7:15pm	Oct 7	Nov 25
Kamloops	Beattie Elementary School	Tuesday	6:15pm-7:15pm	Oct 22	Nov 26
Langley	Timm's Community Centre	Wednesday	5:45pm-6:45pm	Oct 30	Dec 4
Langley	Walnut Grove Community Centre	Sunday	2:00pm-3:00pm	Oct 27	Dec 8
Maple Ridge	Maple Ridge Leisure Centre	Sunday	10:30am-11:30am	Oct 20	Dec 8
Nanaimo	Pleasant Valley Elementary School	Wednesday	5:15pm-6:15pm	Oct 30	Dec 4
Port Coquitlam	Hyde Creek Recreation Centre	Wednesday	6:15pm-7:15pm	Oct 30	Dec 4
Surrey	Surrey YMCA	Sunday	4:00pm-5:00pm 5:00pm-6:00pm	Oct 27	Dec 8
Vancouver	Britannia Community Centre	Monday	6:15pm-7:15pm	Oct 28	Dec 9
Vancouver	Roundhouse Arts & Recreation Centre	Monday	6:00pm-7:00pm	Oct 28	Dec 9
Victoria	Royal Oak Middle School	Tuesday	6:45pm-7:45pm	Oct 29	Dec 3
West Kelowna	Mar Jok Elementary	Monday	6:00pm-7:00pm	Oct 21	Dec 2

** Program is in the process of being confirmed and details may change*



Program Structure

Duration: 45 minutes for 8 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

Siblings: No

Session structure: Music lessons directed by Sarah McLachlan School of Music, supported by Canucks Autism Network staff and volunteers.

The Music program, in partnership with [Sarah McLachlan School of Music](#), offers participants with autism the opportunity to practice singing and to play basic percussion instruments in a group lesson format. Lessons are taught by experienced music instructors and supported by CAN staff and volunteers.

FALL MUSIC LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	End Date
Vancouver (7-12yrs)	Sarah McLachlan School of Music	Friday	4:30pm-5:15pm	Oct 4	Dec 6
Vancouver (9-12yrs)	Sarah McLachlan School of Music	Friday	5:30pm-6:15pm	Oct 4	Dec 6
Vancouver (13-17yrs)	Sarah McLachlan School of Music	Friday	6:45pm-7:30pm	Oct 4	Dec 6



The Outdoor Recreation program, in partnership with [Power to Be](#), offers participants with autism the opportunity to try a range of outdoor activities alongside peers and under the leadership of experienced instructors. Activities vary by season but may include hiking, rock climbing and paddling. A great chance to try new things, have fun and meet new people in your community.

FALL OUTDOOR RECREATION LOCATIONS & TIMES

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Vancouver	Queen Elizabeth Park	Disc Golf!	Thu, Sep 12 5:00pm-6:30pm	Mon, Aug, 12 @ noon	Fri, Aug 16 @ noon
Vancouver	Stanley Park	Outdoor skill building—navigation & shelter	Thu, Oct 3 5:00pm-6:30pm	Mon, Sep 9 @ noon	Fri, Sep 13 @ noon
North Vancouver	Climb Base5	Indoor Rock Climbing	Thu, Nov 7 5:00pm-6:30pm	Mon, Oct 14 @ noon	Fri, Oct 18 @ noon
North Vancouver	The Hive	Bouldering	Thu, Dec 12 5:00pm-6:30pm	Mon, Nov 11 @ noon	Fri, Nov 15 @ noon



The Skate program provides participants with autism the opportunity to develop basic skate skills in a safe and supportive environment. This introductory program focuses on balance, control and agility.

Program Structure

Duration: 30-minutes, once per week, for 6 weeks

Seasons: Fall, Winter

Cost: \$30

Siblings: No

Session Structure: Warm-up, skill practice, group games.

See more here: [Skate Activity Storybook](#)



FALL SKATE LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Coquitlam	Poirier Sports and Leisure Centre	Saturday	2:30pm-3:00pm 3:00pm-3:30pm	Oct 26	Dec 7
Delta	Ladner Leisure Centre	Thursday	5:30pm-6:00pm 6:00pm-6:30pm	Oct 24	Dec 5
Kelowna	Capital News Centre	Tuesday	5:30pm-6:00pm	Oct 29	Dec 3
Nanaimo	Cliff McNabb Arena	Friday	4:15pm-4:45pm	Oct 18	Dec 6
Port Coquitlam	Port Coquitlam Recreation Centre	Friday	5:45pm-6:15pm	Oct 25	Dec 6
Surrey	Cloverdale Arena	Saturday	2:00pm-2:30pm	Oct 26	Dec 7
Surrey	Surrey Sport and Leisure Centre	Tuesday	5:00pm-5:30pm	Oct 29	Dec 3
Vancouver	Britannia Arena	Saturday	10:00am-10:30am 10:30am-11:00am	Oct 26	Dec 7

** Program is in the process of being confirmed and details may change*



FALL SKATE LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Coquitlam	Poirier Sports and Leisure Centre	Saturday	3:30pm-4:00pm 4:00pm-4:30pm	Oct 26	Dec 7
Delta	Ladner Leisure Centre	Thursday	6:30pm-7:00pm	Oct 24	Dec 5
Kelowna	Capital News Centre	Tuesday	6:00pm-6:30pm 6:30pm-7:00pm	Oct 29	Dec 3
Nanaimo	Cliff McNabb Arena	Friday	4:45pm-5:15pm	Oct 18	Dec 6
Port Coquitlam	Port Coquitlam Recreation Centre	Friday	6:15pm-6:45pm	Oct 25	Dec 6
Surrey	Cloverdale	Saturday	2:30pm-3:00pm	Oct 26	Dec 7
Surrey	Surrey Sport & Leisure Centre	Tuesday	5:30pm-6:00pm	Oct 29	Dec 3
Vancouver	Britannia Arena	Tuesday	6:00pm-6:30pm 6:30pm-7:00pm 7:00pm-7:30pm	Oct 29	Dec 3

** Program is in the process of being confirmed and details may change*



The purpose of the Swim program is to teach basic swimming and water safety skills to children, youth and young adults with autism in a safe and supportive environment. The objective of this program is to help participants develop swim and water safety skills that will assist them in enjoying a lifetime of water recreation pursuits.



Canadian
Red Cross

**Training
Partner**



All participants will work towards achieving a Red Cross report card that could eventually transfer to other community-based swim classes.

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!



Canadian
Red Cross

**Training
Partner**



Program Structure

Duration: 30-minute sessions, once per week, for 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40

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.

FALL SWIM: EARLY YEARS LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Burnaby	Edmonds Community Centre	Saturday	8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:00am-10:30am	Oct 5	Dec 7
Burnaby	Eileen Dailey Leisure Pool	Sunday	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am	Oct 6	Dec 8
Chilliwack	Cheam Leisure Centre	Sunday	1:30pm-2:00pm 2:00pm-2:30pm	Oct 6	Dec 8
Coquitlam	Coquitlam Aquatic Centre	Sunday	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:00am-10:30am	Oct 6	Dec 8
Coquitlam	Poirier Sports & Leisure Complex	Sunday	2:30pm-3:00pm 3:00pm-3:30pm	Oct 6	Dec 8
Kamloops*	Westsyde Pool	Sunday	11:00am-11:30am	Oct 6	Dec 8
Kelowna	Parkinson Recreation Centre	Sunday	5:00pm-5:30pm	Oct 6	Dec 8
Langley	Walnut Grove Community Centre	Tuesday	5:00pm-5:30pm 5:30pm-6:00pm 6:00pm-6:30pm 6:30pm-7:00pm	Oct 15	Dec 3
Mission	Mission Leisure Centre	Saturday	4:30pm-5:00pm	Oct 5	Dec 7
Nanaimo	Beban Pool	Friday	5:30pm-6:00pm	Oct 4	Dec 6
Richmond	Minoru Aquatic Centre	Sunday	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am	Oct 6	Dec 8

** Program is in the process of being confirmed and details may change*

FALL SWIM: EARLY YEARS LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Surrey	Newton Wave Pool	Thursday	5:00pm-5:30pm 5:30pm-6:00pm 6:00pm-6:30pm	Oct 10	Dec 5
Surrey	Surrey YMCA	Saturday	5:30pm-6:00pm 6:00pm-6:30pm 6:30pm-7:00pm	Oct 5	Dec 7
Vancouver	Jewish Community Centre	Saturday	11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm	Oct 5	Dec 7
Victoria	Panorama Recreation	Wednesday	5:30pm-6:00pm 6:00pm-6:30pm	Oct 16	Dec 4



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.



Canadian
Red Cross

Training Partner

Prerequisite: No previous swim experience required. Intended for participants working on the skills listed above.

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, they 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, Winter, Spring

Cost: \$40

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](#).

FALL SWIM LEVEL 1: LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Burnaby	Edmonds Community Centre	Saturday	11:30am-12:00pm 12:00pm-12:30pm	Oct 5	Dec 7
Chilliwack	Cheam Leisure Centre	Sunday	2:30pm-3:00pm	Oct 6	Dec 8
Kamloops*	Westsyde Pool	Sunday	11:30am-12:00pm	Oct 6	Dec 8
Kelowna	Parkinson Recreation Centre	Sunday	5:30pm-6:00pm	Oct 6	Dec 8
Langley	W.C Blair Recreation Centre	Friday	5:30pm-6:00pm 6:00pm-6:30pm 6:30pm-7:00pm	Oct 4	Dec 6
Mission	Mission Leisure Centre	Saturday	5:00pm-5:30pm	Oct 5	Dec 7
Nanaimo	Beban Pool	Friday	6:00pm-6:30pm	Oct 4	Dec 6
Port Coquitlam	Hyde Creek Recreation Centre	Sunday	11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm	Oct 6	Dec 8
Surrey	Guildford Recreation Centre	Sunday	4:00pm-4:30pm 4:30pm-5:00pm 5:00pm-5:30pm	Oct 6	Dec 8
Vancouver	Jewish Community Centre	Saturday	11:30am-12:00pm 12:00pm-12:30pm	Oct 5	Dec 7
Victoria	Panorama Recreation	Wednesday	6:30pm-7:00pm	Oct 16	Dec 4

** Program is in the process of being confirmed and details may change*



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.



Canadian
Red Cross

Training Partner

Prerequisite: Participants must have passed Level 1 and/or are able to confidently and independently execute skills developed in Level 1.

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, they 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, Winter, Spring

Cost: \$40

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](#).

FALL SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Burnaby	Edmonds Community Centre	Saturday	12:30pm-1:00pm 1:00pm-1:30pm	Oct 5	Dec 7
Chilliwack	Cheam Leisure Centre	Sunday	3:00pm-3:30pm	Oct 6	Dec 8
Kamloops*	Westyde Pool	Sunday	12:00pm-12:30pm	Oct 6	Dec 8
Kelowna	Parkinson Recreation Centre	Sunday	6:00pm-6:30pm	Oct 6	Dec 8
Langley	W.C. Blair Recreation Centre	Friday	7:00pm-7:30pm	Oct 4	Dec 6
Mission	Mission Leisure Centre	Saturday	5:30pm-6:00pm	Oct 5	Dec 7
Nanaimo	Beban Park Pool	Friday	6:30pm-7:00pm	Oct 4	Dec 6
Port Coquitlam	Hyde Creek Recreation Centre	Sunday	1:00pm-1:30pm 1:30pm-2:00pm	Oct 6	Dec 8
Surrey	Recreation Centre	Sunday	5:30pm-6:00pm	Oct 6	Dec 8
Vancouver	Jewish Community Centre	Saturday	12:30pm-1:00pm	Oct 5	Dec 7
Victoria	Panorama Recreation	Wednesday	7:00pm-7:30pm	Oct 16	Dec 4

** Program is in the process of being confirmed and details may change*



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.



Canadian
Red Cross

**Training
Partner**

Program Structure

Duration: 45-minutes, once per week for 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

Siblings: No

Session structure: Skill development and water safety awareness.



FALL SWIM: YOUTH & YOUNG ADULT LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Burnaby	Edmonds Community Centre	Sunday	5:30pm-6:15pm 6:15pm-7:00pm 7:00pm-7:45pm	Oct 6	Dec 8
Kamloops*	Westsyde Pool and Fitness Centre	Sunday	12:30pm-1:00pm	Oct 6	Dec 8
Kelowna	Parkinson Recreation Centre	Sunday	6:30pm-7:15pm	Oct 6	Dec 8
Port Coquitlam	Hyde Creek Recreation Centre	Sunday	2:00pm-2:45pm	Oct 6	Dec 8
Surrey	Surrey YMCA	Friday	7:00pm-7:45pm 7:45pm-8:30pm 8:30pm-9:15pm	Oct 4	Dec 6
Vancouver	Jewish Community	Saturday	11:00am-11:45am	Oct 5	Dec 7

Weekly Youth & Young Adults Program (Ages 13-17, 18+)

Program Structure

Duration: 90-minutes, once per week
for 6 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

Siblings: No

Session Structure: Activities vary
each week and by location.

The purpose of the Weekly Youth and Young Adult Program are to offer the opportunity for participants with autism to get together, have a good time and develop varied skills in a safe and supportive environment. Activities vary but may include games nights, art and technology activities or physical activity nights. Have fun, meet new people and get out in your community with support from friendly peers.



FALL WEEKLY YOUTH & YOUNG ADULT PROGRAM LOCATIONS & TIMES*

City	Facility	Day of the Week	Time	Start Date	Finish Date
Kelowna (13yrs+)	Martin Avenue Community Centre	Tuesday	4:30pm-6:00pm	Oct 29	Dec 3
North Vancouver (18+yrs)	Harry Jerome Community Centre	Monday	6:30pm-8:00pm	Oct 28	Dec 9
North Vancouver Climbing (18yrs+)	The Hive	Saturday	2:00pm-3:30pm	Oct 26	Dec 7
Surrey (13yrs+)	Guildford Recreation Centre	Wednesday	7:00pm-8:30pm	Oct 30	Dec 4
Vancouver (13-17yrs)	Britannia Community Centre	Wednesday	5:00pm-6:30pm	Oct 30	Dec 4
Vancouver (18+yrs)	Britannia Community Centre	Wednesday	6:45pm-8:15pm	Oct 30	Dec 4



Parent/Guardian/Participant Collaboration

At Canucks Autism Network (CAN), we strive to meet the needs of each participant through parent/guardian/participant 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 at programs about strategies to use with your child (e.g. visual schedules, first-then boards, token systems, social stories, etc.). Please also update your online membership profile with current likes, dislikes, triggers, support strategies, 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.

Fall Weekly Program Registration Process

- Online registration is open to CAN members from Monday, August 19, at noon, to Friday, August 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, August 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 individuals with autism as possible throughout the year.





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 6-18yrs 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; we value confidentiality and are determined to reduce these barriers
- 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



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Weekly and Monthly Youth and Young Adult Programs

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Victoria

Weekly and Monthly Youth and Young Adult Programs

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Weekly and Monthly Youth and Young Adult Programs

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Training

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Kelowna

Weekly and Monthly Youth and Young Adult Programs

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