

Fall Program Guide

October-December 2020

Lower Mainland | Interior | Vancouver Island



Safety Plan

In order to ensure the safety of all participants, families, staff and volunteers, we are introducing a variety of new COVID-19 protocols:

- **Screening.** Before each session, CAN staff will screen parents/guardians and participants for COVID-19 symptoms and ask questions about recent travel outside of Canada or potential exposure to a confirmed COVID-19 case.
- **Personal safety.** CAN staff will teach and enforce diligent hand hygiene, respiratory hygiene and physical distancing.
- **Additional procedures** will be in place to ensure that toileting, first aid and facility/equipment usage adheres to all health regulations. Personal Protective Gear is optional for participants.

The outlined protocols above are detailed in our [Safety Plan](#).

All parents, guardians and/or participants must read the full document and agree to the protocols before their enrollment is confirmed in any CAN program.



Restart Plan

As expected, our upcoming year will look much different due to the safety, financial and logistical challenges created by COVID-19. We are currently in Phase 3 of our [Restart Plan](#).

- **Beginning Fall 2020, we will slowly reintroduce up to 25% of in-person programs each season.**
- **Programs being re-introduced will be dependent on:**

Ongoing Health Orders: Would it be safe?

Facility Availability: Are facilities open, available and accepting external bookings?

Funding: Do we have the necessary financial support?

Staffing: Do we have the necessary personnel to safely run the program?

Physical Distancing: Programs requiring close physical contact (ie swim) will be put on hold until they can be safely reintroduced.

These key points are detailed in the [CAN Restart Plan](#).





Canucks Autism Network (CAN) provides programs to individuals with autism and their families, while promoting acceptance and inclusion through community engagement and training initiatives across BC and beyond.

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>.

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.

FALL 2020 PROGRAM	AGE GROUPS
<u>Active</u>	3-6yrs
<u>Family Events</u>	All Ages
<u>Monthly Youth and Adult Program</u>	13-17yrs, 18+yrs
<u>Multisport</u>	7-12yrs
<u>Skate</u>	3-6yrs, 7-12yrs
<u>Virtual Early Years Programs</u>	3-6yrs
<u>Virtual Children's Programs</u>	7-12yrs
<u>Virtual Youth & Adult Programs</u>	13-17yrs, 18+yrs

Reminders of upcoming Canucks Autism Network programs and registration dates can be accessed through the CAN monthly email newsletter.

[Access past newsletters.](#) | [Sign up to receive newsletters.](#)

Lower Mainland

Abbotsford

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

Burnaby

- *Active (3-6yrs)*
- *Multisport (7-12yrs)*
- Monthly Youth & Adult (13-17yrs, 18+yrs)

Chilliwack

- Family Event (All Ages)

Coquitlam

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

Maple Ridge

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

Surrey

- *Monthly Youth & Adult (13-17yrs, 18+yrs)*

Vancouver

- *Active (3-6yrs)*
- *Multisport (7-12yrs)*
- *Monthly Youth & Adult (13-17yrs, 18+yrs)*

Vancouver Island

Nanaimo

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

Victoria

We have been working hard to book facilities and find creative ways to deliver in-person opportunities in your region.

Stay tuned as we work to secure venues this fall.

Interior

Kamloops

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

Kelowna

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

West Kelowna

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

Virtual Programs

- Early Years (3-6yrs)
Active & Challenger Baseball
- Children (7-12yrs)
Movement, Challenger Baseball, Online Meet Up & Sibling Meet Up
- Youth and Adult (13+yrs)
Fitness, Online Meet Up & Movie Club

Please note: Programs listed in RED are tentative, as we are still awaiting confirmation from facilities. Please recognize that changes and cancellations may still occur after registration requests are submitted due to challenges with facility bookings.

Online registration for Fall programs will open Monday, August 24, at noon and will close on Friday, August 28, 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.
- **Programs listed in RED are TENTATIVE.**
 - ◇ We are awaiting confirmation from these facilities.
 - ◇ Please keep this in mind when submitting registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.



Waitlists

- Due to the popularity of certain programs, waitlists will occur.
- Try not to be discouraged by waitlists. Being on a waitlist will positively impact 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.



A fun introduction to fundamental movement 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 introductory 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 20](#).





FALL ACTIVE LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
<i>Abbotsford</i>	<i>Abbotsford Rec Centre</i>	<i>Thursday</i>	<i>5:15pm-6:00pm</i>	<i>Oct 22</i>	<i>Nov 26</i>
<i>Burnaby</i>	<i>St. Thomas More Collegiate</i>	<i>Wednesday</i>	<i>5:30pm-6:15pm</i>	<i>Oct 21</i>	<i>Dec 2</i>
<i>Burnaby</i>	<i>Scotia Barn</i>	<i>Wednesday</i>	<i>5:30pm-6:15pm</i>	<i>Oct 21</i>	<i>Dec 2</i>
Kamloops	TBD	Wednesday	5:30pm-6:15pm	Nov 4	Dec 9
<i>Maple Ridge</i>	<i>Maple Ridge Leisure Centre</i>	<i>Sunday</i>	<i>9:45am-10:30am</i>	<i>Oct 25</i>	<i>Nov 29</i>
<i>North Vancouver</i>	<i>North Vancouver Outdoors</i>	<i>Thursday</i>	<i>6:00pm-6:45pm</i>	<i>Oct 22</i>	<i>Nov 26</i>
<i>Vancouver</i>	<i>Jewish Community Centre</i>	<i>Saturday</i>	<i>10:00am-10:45am</i>	<i>Oct 24</i>	<i>Dec 5</i>
West Kelowna	Mar Jok Elementary School	Monday	5:15pm-6:00pm	Oct 26	Nov 30

Please note: *Programs listed in RED are tentative.* We are awaiting confirmation from facilities. Please keep in mind when making registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.

Fun for the whole family!

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 20; 1hr timeslots between 9:00am-1:00pm	Mon, Sept 7 @ noon	Fri, Sept 11 @ noon
Surrey	Bear Creek Ghost Train	Enjoy FREE ride on the Ghost Train alongside other CAN families!	Sat, Oct 17; 30 min time slots 12-5pm or 6:30pm-9pm	Mon, Sept 28 @ noon	Fri, Oct 2 at noon

Try new things. Connect!

The purpose of the youth and adult monthly programs is to provide the opportunity for youth and 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

Season: Fall

Cost: No cost

Siblings: No

Session Structure: Activities vary every month

LOWER MAINLAND MONTHLY YOUTH & ADULT PROGRAM LOCATIONS & TIMES*

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Burnaby	Deer Lake Park	Nature Walk & Outdoor Activities	Sat., Sept 12; 13-17yrs @ 10:00am, 18+yrs @ 12:00pm	Mon., Aug 10 @ noon	Fri., Aug 14 @ noon
Maple Ridge	TBD	Outdoor Fitness Class	Sun, Oct 11; 13-17yrs @ 12:30pm 18+yrs @ 2:00pm	Mon., Sept 14 @ noon	Fri., Sept 18 @ noon
Surrey	TBD	Park Clean Up	Sat., Nov 14; 13-17yrs @ 9:30am 18+yrs @ 11:30am	Mon., Oct 12 @ noon	Fri., Oct 16 @ noon
Vancouver	CAN Office	Arts & Crafts	Sat., Dec 12; 13-17yrs @ 5:00pm 18+yrs @ 7:00pm	Mon., Nov 9 @ noon	Fri., Nov 13 @ noon

Multisport (Ages 7-12)

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](#).



Multisport (Ages 7-12)



FALL MULTISPORT LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
<i>Abbotsford</i>	<i>Abbotsford Recreation Centre</i>	<i>Thursday</i>	<i>6:00pm-7:00pm</i>	<i>Oct 22</i>	<i>Nov 26</i>
<i>Burnaby</i>	<i>St. Thomas More Collegiate</i>	<i>Wednesday</i>	<i>6:15pm-7:15pm</i>	<i>Oct 21</i>	<i>Dec 2</i>
<i>Burnaby</i>	<i>Scotia Barn</i>	<i>Wednesday</i>	<i>6:15pm-7:15pm</i>	<i>Oct 21</i>	<i>Dec 2</i>
Kamloops	TBD	Wednesday	6:15pm-7:15pm	Nov 4	Dec 9
<i>Maple Ridge</i>	<i>Maple Ridge Leisure Centre</i>	<i>Sunday</i>	<i>10:30am-11:30am</i>	<i>Oct 25</i>	<i>Nov 29</i>
<i>North Vancouver</i>	<i>North Vancouver Outdoors</i>	<i>Thursday</i>	<i>6:45pm-7:45pm</i>	<i>Oct 22</i>	<i>Nov 26</i>
<i>Vancouver</i>	<i>Jewish Community Centre</i>	<i>Saturday</i>	<i>10:45am-11:45am</i>	<i>Oct 24</i>	<i>Dec 5</i>
West Kelowna	Mar Jok Elementary School	Monday	6:00pm-7:00pm	Oct 26	Nov 30

Please note: *Programs listed in RED are tentative.* We are awaiting confirmation from facilities. Please keep in mind when making registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.

Skate (Ages 3-6, 7-12)



Learn the joy of skating!

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.

Skate (3-6yrs)

FALL LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Coquitlam	Poirier Sports and Leisure Centre	Saturday	8:30am-9:00am 9:00am-9:30am	Oct 24	Nov 28
<i>Kelowna</i>	<i>Capital News Centre</i>	<i>Tuesday</i>	<i>2:30pm-3:00pm 3:00pm-3:30pm</i>	<i>Oct 27</i>	<i>Dec 1</i>
Nanaimo	Cliff McNabb Arena	Friday	4:15pm-4:45pm 4:45pm-5:15pm	Oct 23	Nov 27

Program Structure

Duration: 30 mins, once per week, for 6 weeks

Seasons: Fall, Winter

Cost: \$30

Siblings: No

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

Equipment: Participants must provide their own skates and helmet due health concerns.

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

Skate (Ages 3-6, 7-12)

Skate (7-12yrs)

FALL LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Coquitlam	Poirier Sports and Leisure Centre	Saturday	8:30am-9:00am 9:00am-9:30am	Oct 24	Nov 28
<i>Kelowna</i>	<i>Capital News Centre</i>	<i>Tuesday</i>	<i>3:30pm-4:00pm 4:00pm-4:30pm</i>	<i>Oct 27</i>	<i>Dec 1</i>
Nanaimo	Cliff McNabb Arena	Friday	5:15pm-5:45pm 5:45pm-6:15pm	Oct 23	Nov 27

Please note: *Programs listed in RED are tentative.* We are awaiting confirmation from facilities. Please keep in mind when making registration requests that changes and cancellations may occur as we work with our partners to finalize bookings.



Stay active online

Canucks Autism Network Virtual Programming for Early Years (3-6yrs) is hosted through the online communication program *Zoom*.

Coaches are able to connect in real-time with participants, teach new, fun, and interactive lessons in the digital environment.

This is a learning experience for us all. You can expect to see us adapt our content along the way to best suit the online platform and the needs of the participants.

Program Structure

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

Seasons: Fall, Winter, Spring

Cost: None

Ages: 3-6yrs

Siblings: Yes

Virtual Active

The Virtual Active program teaches children with autism and their siblings core movement skills such as running, jumping and balancing.

Participants also get the opportunity to play games, participate in sing-a-longs, story time and skills like listening and waiting.

Learning these fundamental movement skills helps children build the confidence necessary for a lifetime of sport and physical activity.

Virtual Challenger Baseball

The Virtual Challenger Baseball program is in partnership with Jays Care. This online program provides children with autism the opportunity to try virtual Challenger Baseball from the comfort of their home.

Registered participants will all receive an adapted Challenger Baseball Equipment Kit. This program will provide experiences for children with autism to make new friends, have fun and build confidence through activities online.



FALL VIRTUAL ACTIVE DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Sunday	11:30am-12:00pm	Oct 25	Nov 29
Online	Sunday	12:15pm-12:45pm	Oct 25	Nov 29

FALL VIRTUAL CHALLENGER BASEBALL DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Tuesday	4:00pm-4:30pm	Oct 20	Nov 24
Online	Tuesday	4:45pm-5:15pm	Oct 20	Nov 24

Stay active & connect online.

Canucks Autism Network Virtual Programming for Children(7-12yrs) is hosted through the online communication program *Zoom*. Coaches are able to connect in real-time with participants, teach new, fun, and interactive lessons in the digital environment.

This is a learning experience for us all, you can expect to see us adapt our content along the way to best suit the online platform and the needs of the participant.

Program Structure

Duration: 45-minutes, once per week, for 6 weeks

Seasons: Fall, Winter, Spring

Cost: None

Ages: 7-12yrs

Siblings: Varies

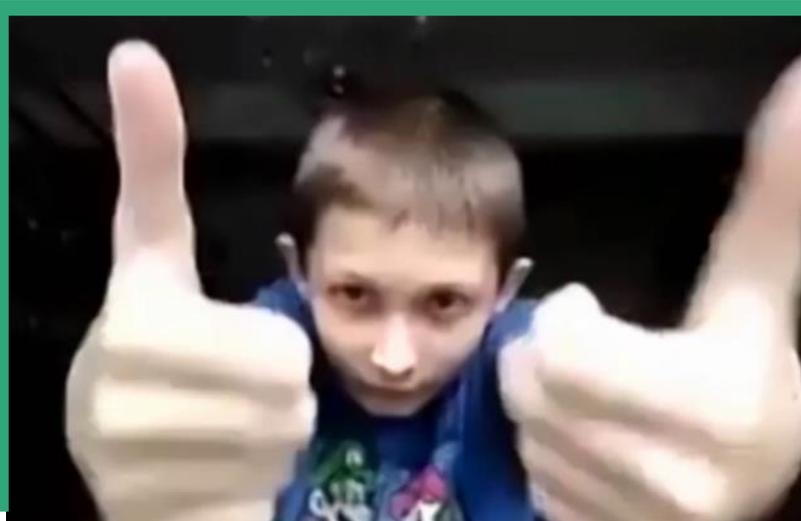
Virtual Movement (7-12yrs)

The Virtual Movement program provides children with autism and their siblings with a fun introduction to the world of physical activity and social interactive games.

Participants will play games and learn movement skills and drills while practicing listening, transitions and taking turns.

Virtual Challenger Baseball (7-12yrs)

The weekly program in partnership with Jays Care, will provide children with autism and their siblings the opportunity to try virtual challenger baseball in the comfort of their home. Registered participants will all receive an adapted Challenger Baseball Equipment Kit. This program will provide experiences for children with autism to make new friends, have fun and build confidence through activities online.



Virtual Meet Up (9-12yrs)

The Virtual Meet Up program provides an opportunity for children with autism to get together online, build social relationships, and have a good time.

This weekly program invites participants to enjoy a variety of fun activities while getting to know each other and building peer relationships.

Virtual Sibling Meet Up (7-12yrs)

The Virtual Meet Up program provides an opportunity for siblings of individuals with autism to get together on zoom, build social relationships, and have a chance to connect.

This weekly program invites siblings to enjoy a variety of fun activities while getting to know each other and building peer relationships.

FALL VIRTUAL MOVEMENT DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Sunday	9:30am-10:15am	Oct 25	Nov 29
Online	Sunday	10:30am-11:15am	Oct 25	Nov 29

FALL VIRTUAL CHALLENGER BASEBALL DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Monday	4:00pm-4:45pm	Oct 20	Nov 24
Online	Monday	5:00pm-5:45pm	Oct 20	Nov 24

FALL VIRTUAL MEET UP DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Wednesday	4:00pm-4:45pm	Oct 21	Dec 2
Online	Wednesday	5:00pm-5:45pm	Oct 21	Dec 2

FALL VIRTUAL SIBLING MEET UP DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Tuesday	5:30pm-6:15pm	Oct 20	Nov 24

Get fit. Connect. Discuss online.

Canucks Autism Network Virtual Programming for Youth and Adults (13-17, 18+yrs) provides a range of opportunities for participants with autism to connect through online programming.

All sessions are facilitated by CAN staff and hosted through an online meeting app.

This is a learning experience for us all, you can expect to see us adapt out content along the way to best suit the online platform and the needs of the participant.

Program Structure

Duration: 6 weeks

Seasons: Fall, Winter, Spring

Cost: None

Ages: 13-17yrs, 18+yrs

Siblings: No

Virtual Fitness (13+yrs)

Opportunity for youth and adults with autism to participate in a workout class online led by a certified personal trainer. Fitness sessions will focus on aerobic endurance, strength, and flexibility and will feature activities that can easily be done from home – no previous fitness experience required.

Virtual Meetups (13-17yrs, 18+yrs)

Opportunity for youth and adults with autism to meet up online, build social relationships, and play a variety of fun games. A CAN staff mediates the group, introducing fun activities and guest facilitators each week.

Movie Club (13+yrs)

The CAN Movie Club is a virtual opportunity for youth and adults with autism. The program will alternate between watching a movie one week and meeting up to discuss, play games and hang out online the next week.

Participants will watch movies through their own Netflix account and a Netflix Party link set up by CAN. Discussions and games will take place on Zoom. All discussions will be supported by a CAN staff.

FALL VIRTUAL FITNESS DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Wednesday	6:00pm-6:45pm	Oct 28	Dec 9

FALL VIRTUAL MEET UP DATES & TIMES

Location	Age Group	Day	Time	Start Date	End Date
Online	13-17yrs	Thursday	4:00pm-5:00pm	Oct 29	Dec 3
Online	18+yrs	Thursday	5:15pm-6:15pm	Oct 29	Dec 3

FALL VIRTUAL MOVIE CLUB DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Tuesday	5:30pm-7:30pm	Oct 27	Dec 1



Additional Information — Support at Programs

Participant Support

- At Canucks Autism Network (CAN) programs, participants are supported by trained program coaches, experienced support workers and dedicated volunteers
- At CAN, we strive to meet the needs of each participant through collaboration

Parent and Guardian Collaboration

- We encourage parents and guardians to speak with program coaches and staff about useful support strategies such as visual schedules first-then boards, token systems, activity storybooks, etc.

Youth and Adult Participant Collaboration

- We encourage youth and adults to speak with program coaches and staff about useful support strategies, activity preference, and any other feedback they would like to share with our team



Additional Information — Registration

Fall Program Registration Period

- Online registration takes place Monday, August 24 at noon, and closes Friday, August 28 at noon.

Pending Enrolment Registration Process

- All registration requests have a status of Pending, meaning that spots are not provided on a first-come, first-served basis – this allows us to accommodate more individuals into our programs throughout the year
- There is a program ranking feature to allow participants to communicate their order of preference for programs – we encourage participants to request more than one program, so that if we cannot enrol them into their first choice, we can try to accommodate them into their second or third choice
- For a step-by-step guide on how to complete program registration, please watch this [how to register for programs tutorial video](#)

Reminders

- **Due to high demand, waitlists do occur**
- Enrolment decisions are based on a number of different factors, the most significant being demand for the program
- For more information on the registration process, please read [this blog post](#)

Program Fees

- Once confirmed, participants enrolled into a Fall 2020 program, will have a program invoice owing in their online account – families will receive additional information on how to process this program fee by the payment deadline
- For information on payment options, including credit card, Autism Funding, and CAN fee assistance program, please see the [Policies & Payment Options](#) page of our website

Missed Program Registration?

- Late requests may be emailed to info@canucksautism.ca, with the participant's name and age, and program name, location, and time

Program Fees

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

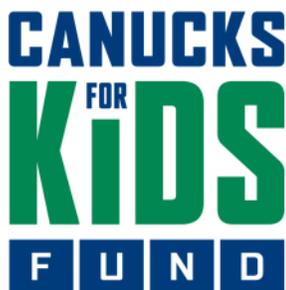
- The CAN Fee Assistance Program helps to alleviate any financial barriers to participation
- For more information, please email: info@canucksautism.ca

3. Additional Payment Options

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



Thank You to Our Sponsors



Thank you to Canucks For Kids Fund and The West Coast Fishing Club Fishing For Kids Tournament for their ongoing support of individuals with autism and their families in BC.



Across BC

Active
Multisport
Skate

Lower Mainland

Active
Multisport
Skate

Virtual Programs

Virtual Active
Virtual Movement
Virtual Meet Ups
Virtual Challenger Baseball
Virtual Fitness
Movie Club



Kelowna

Active
Multisport



Nanaimo

Skate



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