

# Winter Program Guide

## January-March 2021

Lower Mainland | Interior | Vancouver Island



Canucks Autism Network continues to adjust programming based on ongoing updates from the local health authorities. CAN is taking a number of steps to ensure that in-person programming is structured in a way that creates maximum possible safety for participants.

We recognize that, at this time, some members will feel more comfortable attending virtual programming, so we continue to expand our offerings in that area.

Thank you to our entire Canucks Autism Network (CAN) community for your ongoing patience during this time. Our team continues working hard to ensure that our members are able to access in-person programming safely.



## [Read CAN's Safety Plan >>](#)

### Key Summary:

- **Mandatory masks** | Staff and volunteers will be required to wear masks at all times during programs. Members who are able to wear a mask must wear a mask upon entering an indoor public space.
- **Spectators in children's programs are not permitted** | In accordance with current provincial health mandates, spectators/caregivers are no longer able to enter program facilities and observe programs. Participants will be dropped off at the facility entrance and CAN staff will escort them into the space.
- **Program structure adjustments** | In all programs, activities have been modified to ensure that physical distancing can be maintained and emphasize active and fun individualized experiences (e.g. station-based activities in children's programs). Reduced participant numbers per session will also be implemented this upcoming season.
- **COVID-19 Screening** | Before each session, CAN staff will screen parents/caregivers and participants for COVID-19 symptoms and ask questions about recent travel outside of Canada or potential exposure to a confirmed COVID-19 case.
- **Cleaning & sanitization of program equipment** | Use of shared equipment will be reduced or eliminated. CAN staff will sanitize program equipment as necessary between participant use and sessions.
- **Clean hands** | Participants will be required to wash or sanitize their hands at the beginning of the program and will be asked to re-sanitize their hands at regular intervals throughout programs.
- **Physical distancing** | Provincial Health Guidelines require that CAN staff and volunteers maintain physical distance from participants. For participants who have difficulty maintaining physical distance, a parent/caregiver may be asked to join the program to provide one-on-one physical support if required. If this is the case for your child, CAN staff will contact you directly to create an individualized approach.
- **Program suspensions** | At any point in time, temporary program suspensions may occur in accordance with mandates set by the provincial health authorities. Members will receive notifications of any program suspensions in a timely manner.



## Children's Programs:

CAN Program Team is implementing a number of significant changes to in-person children's sport and recreation programming, including:



- All programs featuring a station-based format in which participants are even farther distanced within the program area
- All program activities are designed to be hands-free. Participants will focus on skills such as running, jumping, hopping and kicking. Activities that require touching equipment will be eliminated for this season.
- New and exciting virtual program opportunities have been added!

## Youth & Adult Programs

- Increased outdoor programming where physical distancing can be maintained
- Increasing our offering of virtual programs for youth and adults



## Family Experiences

- Creating more Family Experiences in outdoor venues
- Reinforcing and ensuring that physical distancing is maintained throughout the event and that families stay within their immediate household bubbles



Members, staff and volunteer safety continues to be paramount in our program planning at this time. We will continue to adjust as health recommendations evolve.



**Thank you again for your ongoing confidence in the CAN Team to deliver safe programming!**

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>.

## Winter 2021 Programs by Age Group

*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.*

3-6yrs	7-12yrs	13-17yrs, 18+yrs	All Ages
<ul style="list-style-type: none"> <li><a href="#">Active</a></li> <li><a href="#">Skate</a></li> <li><a href="#">Virtual Early Years Programs</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Multisport</a></li> <li><a href="#">Skate</a></li> <li><a href="#">Virtual Children's Programs</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Explore Volunteering</a></li> <li><a href="#">Fitness</a></li> <li><a href="#">Monthly Youth &amp; Adult Program</a></li> <li><a href="#">Virtual Youth &amp; Adult Program</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Family Experiences</a></li> </ul>

## Winter 2021 Programs by Location

### Lower Mainland

#### Abbotsford

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

#### Burnaby

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

#### Chilliwack

- Family Experience (All Ages)

#### Coquitlam

- Fitness (13+yrs)
- Skate (3-6yrs, 7-12yrs)

#### Langley

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

#### Maple Ridge

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

#### North Vancouver

- Weekly Youth & Adult Program (13+yrs)

#### Surrey

- Active (3-6yrs)
- Explore Volunteering (15+yrs)
- Hockey (8-17yrs)
- Multisport (7-12yrs)

#### Vancouver

- Active (3-6yrs)
- Hockey (8+yrs)
- **Monthly Youth & Adult (13+yrs)**
- Multisport (7-12yrs)
- Music
- Skate (3-6yrs, 7-12yrs)

### Vancouver Island

#### Nanaimo

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

#### Victoria

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

### Interior

#### Kamloops

- Active (3-6yrs)
- Family Experience (All Ages)
- Multisport (7-12yrs)

#### Kelowna

- Active (3-6yrs)
- Family Experience (All Ages)
- **Monthly Youth & Adult (13+yrs)**
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)

#### West Kelowna

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

### Virtual Programs

- Early Years (3-6yrs)
- Children (7-12yrs)
- Youth and Adult (13+yrs)

**\* Programs listed in RED are to be confirmed.**



**Online registration for Winter programs is open from Monday, November 30, at noon to Friday, December 4, 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***

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During the COVID-19 pandemic, significant changes have been made to the structure of this program.

All activities will be conducted in station-based format. Group games are eliminated at this time to support physical distancing.

The CAN Team continues to be committed to supporting young children to be active and develop fundamental movement skills in a safe environment.

**Please note: Spectators are not allowed in facilities at this time.**

### **Program Structure & Supports**

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

**Seasons:** Fall, Winter, Spring

**Cost:** No cost

**Siblings:** Yes

**Session Structure:** Fun, station-based activities to support young children to be active and gain physical literacy skills.

**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](#).





## WINTER ACTIVE LOCATIONS &amp; TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Burnaby	Scotia Barn	Sunday	12:15pm-1:00pm	Jan 24	Mar 7
Kamloops	West Highlands Community Centre	Saturday	12:0pm-12:45pm	Jan 23	Mar 13
Kelowna	Capital News Centre	Sunday	6:45pm-7:30pm	Jan 31	Mar 7
Langley	Douglas Recreation Centre	Wednesday	5:45pm-6:30pm	Jan 27	Mar 3
Langley	TOCA Langley	Saturday	6:15pm-7:00pm	Jan 23	Mar 6
Maple Ridge	Maple Ridge Leisure Centre	Sunday	9:30am-10:15am	Jan 24	Mar 7
Surrey	Cloverdale Athletic Park	Sunday	4:15pm-5:00pm	Jan 31	Mar 21
Surrey	Uplands Sport Centre	Friday	5:15pm-6:00pm	Jan 22	Mar 5
Vancouver	Britannia Community Centre	Monday	5:00pm-5:45pm	Jan 25	Mar 8
Vancouver	Jewish Community Centre	Saturday	10:00am-10:45am	Jan 23	Mar 6
Vancouver	Mount Pleasant Neighbourhood House	Thursday	5:15pm-6:00pm	Jan 28	Mar 4
Vancouver	West Point Grey Community Centre	Thursday	5:30pm-6:15pm	Jan 28	Mar 4
Victoria	Royal Oak Middle School	Saturday	3:30pm-4:15pm	Jan 23	Mar 6
West Kelowna	Mar Jok Elementary	Monday	5:15pm-6:00pm	Jan 25	Mar 8



## *Learn the joy of skating!*

The Skate program provides participants on the spectrum the opportunity to develop and practice basic skate skills in a safe and supportive environment.

During the COVID-19 pandemic, physical distancing must be maintained. Due to this requirement, participants who are not yet able to stand on the ice independently will be offered the use of skate aids (t-bars) for support. If additional physical support is required, a CAN staff member will contact you to create an individualized support plan, which may include asking a caregiver to attend the program and provide physical support on ice.

**Please note: Spectators are not allowed in facilities at this time.**

### Program Structure

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

**Seasons:** Fall, Winter

**Cost:** \$30

**Siblings:** No

### Session Structure:

Fun, station-based activities that build basic skate skills.

**Equipment:** Skate and helmet rentals are available at facilities and will be sanitized before use.



### SKATE (3-6YRS) WINTER LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Abbotsford	Abbotsford Ice Rink	Sunday	12:15pm-12:45pm	Jan 24	Mar 7
Coquitlam	Poirier Sports & Leisure Complex	Saturday	8:30am-9:00am 9:00am-9:30am	Jan 23	Mar 6
Kelowna	Capital News Centre	Tuesday	5:45pm-6:15pm 6:30pm-7:00pm	Jan 26	Mar 3
Nanaimo	Cliff McNabb Arena	Friday	4:15pm-4:45pm 4:45pm-5:15pm	Jan 22	Mar 5
Vancouver	Britannia Community Centre	Saturday	10:15am-10:45am 11:00am-11:30am	Jan 23	Mar 6

## 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 out content along the way to best suit the online platform and the needs of the participants.



### Program Structure

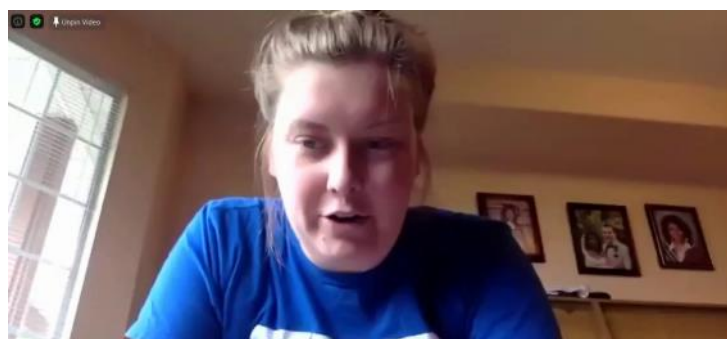
**Duration:** 30-minutes, once per week, for 6 weeks

**Seasons:** Fall, Winter, Spring

**Cost:** None

**Ages:** 8-6yrs

**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.

### WINTER VIRTUAL ACTIVE DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Sunday	11:30am-12:00pm	Jan 24	Mar 7

### WINTER VIRTUAL CHALLENGER BASEBALL DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Tuesday	4:00pm-4:30pm 4:45pm-5:15pm	Jan 26	Mar 2



## ***Get moving and have fun!***

The Multisport program provides children on the spectrum and their siblings the opportunity to be active and have fun in a safe and supportive environment. Participants will enjoy a range of station-based activities to get moving and build fundamental movement skills.

During the COVID-19 pandemic, significant changes have been made to the structure of this program. All activities will be conducted in station-based format. Group games are eliminated at this time to support physical distancing. The CAN Team continues to be committed to supporting children to be active and develop fundamental movement skills in a safe environment.

**Please note: Spectators are not allowed in facilities at this time.**

### **Program Structure**

**Duration:** 45-60-minutes, once per week, for 6 weeks

**Seasons:** Fall, Winter, Spring

**Cost:** No Cost

**Siblings:** Yes

**Session Structure:** Fun, station-based activities that support physical distancing.



## WINTER 2021 MULTISPORT LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Burnaby	Scotia Barn	Sunday	1:30pm-2:30pm 2:45pm-3:45pm	Jan 24	Mar 7
Kamloops	West Highlands Community Centre	Sunday	1:00pm-2:00pm	Jan 23	Mar 13
Kelowna	Capital News Centre	Sunday	7:45pm-8:30pm	Jan 31	Mar 7
Langley	Douglas Recreation Centre	Wednesday	6:45pm-7:45pm	Jan 27	Mar 3
Langley	TOCA Langley	Saturday	7:15pm-8:15pm	Jan 23	Mar 6
Maple Ridge	Maple Ridge Leisure Centre	Sunday	10:15am-11:15am	Jan 24	Mar 7
Surrey	Uplands Sport Centre	Friday	6:15pm-7:00pm 7:15pm-8:00pm	Jan 22	Mar 5
Surrey	Cloverdale Athletic Park	Sunday	5:15pm-6:15pm	Jan 31	Mar 21
Vancouver	Britannia Community Centre	Monday	6:00pm-7:00pm 7:15pm-8:00pm	Jan 25	Mar 8
Vancouver	Jewish Community Centre	Saturday	11:00am-12:00pm	Jan 23	Mar 6
Vancouver	Mount Pleasant Neighbourhood House	Thursday	6:15pm-7:15pm	Jan 28	Mar 4
Vancouver	Roundhouse Community Arts & Recreation Centre	Sunday	1:15pm-2:15pm	Jan 24	Mar 7
Vancouver	West Point Grey Community Centre	Thursday	6:30pm-7:30pm	Jan 28	Mar 4
Victoria	Royal Oak Middle School	Saturday	4:30pm-5:30pm	Jan 23	Mar 6
West Kelowna	Mar Jok Elementary	Monday	6:00pm-7:00pm	Jan 25	Mar 8



The Skate program provides participants on the spectrum the opportunity to develop and practice basic skate skills in a safe and supportive environment.

During the COVID-19 pandemic, physical distancing must be maintained. Due to this requirement, participants who are not yet able to stand on the ice independently will be offered the use of skate aids (t-bars) for support. If additional physical support is required, a CAN staff member will contact you to create an individualized support plan, which may include asking a caregiver to attend the program and provide physical support on ice.

**Please note: Spectators are not allowed in facilities at this time.**



## Program Structure

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

**Seasons:** Fall, Winter

**Cost:** \$30

**Siblings:** No

**Session Structure:** Fun, station-based activities that build basic skate skills.

**Equipment:** Skate and helmet rentals are available at facilities and will be sanitized before use.

## WINTER LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Abbotsford	Abbotsford Ice Rink	Sunday	1:00pm-1:30pm 1:45pm-2:15pm	Jan 24	Mar 7
Coquitlam	Poirier Sports & Leisure Complex	Saturday	8:30am-9:00am 9:00am-9:30am	Jan 23	Mar 6
Kelowna	Capital News Centre	Tuesday	7:15pm-7:45pm 8:00pm-8:30pm	Jan 26	Mar 3
Nanaimo	Cliff McNabb Arena	Friday	5:15pm-5:45pm 5:45pm-6:15pm	Jan 22	Mar 5
Vancouver	Britannia Community Centre	Saturday	11:45pm-12:15pm	Jan 23	Mar 6



## 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 out 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



### WINTER VIRTUAL PROGRAMS DATES & TIMES

Activity	Day	Time	Start Date	End Date
Art	Friday	4:00pm-4:45pm	Jan 29	Mar 5
Cars	Thursday	6:00pm-6:45pm	Jan 28	Mar 4
Challenger Baseball	Monday	4:00pm-4:45pm 5:00pm-5:45pm	Jan 25	Mar 8
Drama	Friday	5:00pm-5:45pm	Jan 29	Mar 5
Drawing	Thursday	4:00pm-4:45pm	Jan 28	Mar 4
Meet Up (9-12yrs)	Wednesday	4:00pm-4:45pm 5:00pm-5:45pm	Jan 27	Mar 3
Movement	Sunday	9:30am-10:15am 10:30am-11:15am	Jan 24	Mar 7
Sports Sampler Series	TBA	TBA	TBA	TBA
Science	Thursday	5:00pm-5:45pm	Jan 28	Mar 4

\* Program listed in RED is tentative.

[NEXT PAGE: VIRTUAL PROGRAM DESCRIPTIONS >>](#)

## Art Club

This weekly program will provide an opportunity for children with autism to get together on zoom and participate in a range of art activities. Registered participants will receive an equipment kit which includes supplies to make your own crafts at home. This program will provide unique programming via Zoom to children to participate in fun games, make friends and socialize in a safe and supported environment.

## Car Club

For children with autism to get together on zoom and participate in a range of activities related to the theme of cars. Registered participants will receive an equipment kit that will elevate the online experience of learning more about cars and playing fun car-themed games. Guided by experienced CAN coaches, children will participate in fun games, make friends and socialize in a safe and supported environment.

## Challenger Baseball

The weekly program in partnership with Jays Care, will provide children 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.

## Drama Club

This weekly program will provide an opportunity for children with autism to get together on zoom and participate in a range of drama activities including things like making your own commercial and charades. Guided by experienced CAN coaches, children will participate in fun drama games, make friends and socialize in a safe and supported environment.

## Drawing Club

This weekly program will provide an opportunity for children with autism to get together on zoom and participate in a range of activities related to drawing. Registered participants will receive an equipment kit, which includes a sketchbook and drawing tools, that will elevate the online experience of being creative. This program will provide unique programming via Zoom for children to participate in fun games, make friends and socialize in a safe and supported environment.



## 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.

## Movement

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.

## Sports Sampler Series with Pacific Sport Fraser Valley (PSFV)

The weekly program in partnership with Pacific Sport Fraser Valley, will provide children and youth autism the opportunity to try ringette, golf and field hockey in the comfort of their own homes. Registered participants will all receive an adapted equipment kit from Pacific Sport Fraser Valley. This program will provide experiences for children with autism to make new friends, have fun and build confidence through activities online.

## Science Club

This weekly program will provide an opportunity for children with autism to get together on zoom and participate in a range of science experiments and activities. Registered participants will receive an equipment kit with their own science notebook to keep track of all of the experiments. Guided by experienced CAN staff, children will participate in fun games, make friends and socialize in a safe and supported environment.

## Virtual Sibling Meet Up (7-12yrs)

The Virtual Sibling 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.



## WINTER VIRTUAL SIBLING MEET UP DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Tuesday	5:30pm-6:15pm	Jan 26	Mar 2



## Try new things. Connect!

The Monthly program provides an opportunity for youth and adults on the spectrum to get together, build social relationships, and have a good time. Events and locations change each month to offer a range of activities that encourage social engagement. Activities may focus on: social and life skills, physical and mental health, employment and volunteering, or arts and technology.

During the COVID-19 pandemic, CAN is prioritizing outdoor program opportunities where physical distance can be maintained.

### Program Structure

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

**Season:** Winter

**Cost:** No cost

**Siblings:** No

**Session Structure:** Focus is on outdoor activities where physical distance can be maintained.



## MONTHLY YOUTH & ADULT PROGRAM LOCATIONS & TIMES\*

City	Facility	Activity	Date & Time	Reg. Opens	Reg. Closes
Kelowna	Simplex SportsPlex	Virtual Reality Sports	Sat, Jan 30 2:00pm-3:00pm 3:00pm-4:00pm	Mon Dec 14 @ noon	Fri Dec 18 @ noon
North Vancouver	Mt. Seymour	Snowshoeing	Mon, Jan 25 Time TBA	Mon Dec 7 @ noon	Fri Dec 14 @ noon
Surrey	TBD	Tree Planting	Wed Feb 17 Time TBA	Mon Jan 11 @ noon	Fri Jan 15 @ noon
Port Moody	Rocky Point Park	Outdoor Mystery Game	Mon Mar 8 4:30pm-7:45pm	Mon Feb 8 @ noon	Fri Feb 12 @ noon
Kelowna	Downtown Kelowna	Walking Scavenger Hunt	Saturday, March 13 11:00am-12:30pm	Mon Feb 8 @ noon	Fri Feb 12 @ noon

\* Programs listed in RED are tentative and to be confirmed.

During the COVID-19 pandemic, this program will be offered in a hybrid format that includes virtual (Zoom-based) sessions as well as in-person experiences where safe physical distancing can be maintained. More information will be provided to members once details are confirmed.

The Explore Volunteering program provides opportunities for autistic youth and adults to sample a variety of volunteer tasks. The program encourages community engagement while developing volunteer experience, work skills, and communication and social skills.

## Program Structure & Supports

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

**Seasons:** Fall, Winter, Spring

**Cost:** No cost

**Siblings:** No

**Session Structure:** During the COVID-19 pandemic, this program will be a hybrid of virtual and in-person opportunities.



## WINTER EXPLORE VOLUNTEERING DATES & TIMES

City	Location	Day of the Week	Time	Start Date	Finish Date
Surrey	Various & Online	Saturday	9:30am-12:00pm	Jan 16	Mar 13

**Parent/guardian involvement**—For those enrolled into this program, there will be a mandatory orientation on January 9th. The orientation will happen online, and more details will be sent to those who are confirmed into the program





During the COVID-19 pandemic, a variety of additional protocols will be in place to ensure the safety of participants.

**Note:** A virtual version of this Fitness program is available for members who prefer to access the program in a virtual environment.

The Fitness program provides youth and adults on the spectrum with an introduction to cardio exercises, free weights, and basic gym etiquette with the support of qualified instructors. Participants are also encouraged to build independence and fitness routines that can be maintained outside of the program.

### Program Structure

**Duration:** 60-minutes, once per week, for 6 weeks

**Seasons:** Fall, Winter, Spring

**Cost:** No cost

**Siblings:** No

**Session Structure:** Individual fitness exercises that maintain physical distancing.

### WINTER FITNESS LOCATIONS & TIMES

City	Facility	Day of the Week	Time	Start Date	Finish Date
Coquitlam	Pinetree Community Centre	Sunday	10:30am-11:30am	Jan 24	Mar 7



## 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.

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## New! Virtual Explore Employment Program (13+yrs)

Explore Employment is a new virtual program where youth and adults with autism will have the opportunity to gain a variety of skills to better prepare them with their employment journey. The program will focus on activities including, social skills in the workplace, job seeking skills, career exploration, as well as the opportunity to learn from and network with a range of employers and experts in the employment field. *Weekly activities may include: resume workshop, interview practice, discussions on workplace norms/socializing, and guest employers speaking to their workplace culture and employment.*

## 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.



### Program Structure

**Duration:** 6 weeks | **Seasons:** Fall, Winter, Spring

**Cost:** None | **Ages:** 13-17yrs, 18+yrs | **Siblings:** No

## Virtual Movie Club (13+yrs)

The CAN Movie Club is a virtual opportunity for youth and adults with autism. The program will be once per month where participants will watch a short movie and then immediately after will meet on Zoom to discuss the movie and hang out online. Participants will watch movies through their own Netflix account and a Telaparty link setup by CAN. Discussions and games will take place on Zoom and be supported by a CAN staff.

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

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



## WINTER VIRTUAL FITNESS DATES & TIMES

Location	Day	Time	Start Date	End Date
Online	Wednesday	6:00pm-7:00pm	Jan 27	Mar 3

## WINTER VIRTUAL MEET UP DATES & TIMES

Location	Age Group	Day	Time	Start Date	End Date
Online	13-17yrs	Thursday	4:30pm-5:00pm	Jan 28	Mar 4
Online	18+ yrs	Thursday	5:45pm-6:45pm	Jan 28	Mar 4

## WINTER VIRTUAL MOVIE CLUB DATES & TIMES

Location	Date	Start Time	Registration Opens	Registration Closes
Online	Tuesday, Jan 26	5:30pm	Monday Dec 14 @ noon	Friday Dec 18 @ noon
Online	Tuesday, Feb 16	5:30pm	Monday, Jan 11 @ noon	Friday, Jan 15 @ noon
Online	Tuesday, Mar 9	5:30pm	Monday, Feb 8 @ noon	Friday, Feb 12 @ noon

## WINTER VIRTUAL EXPLORE EMPLOYMENT PROGRAMS DATES & TIMES

City	Location	Day of the Week	Time	Start Date	Finish Date
Vancouver*	Online	Sunday	9:30am-11:00am	Jan 17	Mar 14

\* Mandatory parent/guardian orientation will be held over Zoom on January 10th

## *Fun for the whole family!*

During the COVID-19 pandemic, CAN continues to prioritise outdoor Family Experiences where physical distancing can be maintained. Families will be required to stay in their immediate household “bubble”. Masks are encouraged and may be required in certain venues.

The purpose of Family Experiences 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.



## WINTER FAMILY EXPERIENCE LOCATIONS & TIMES

City	Facility	Activity	Date & Time	Reg.	Reg.
Lower Mainland	TBA	TBA - January Family Experience	January	TBA	TBA
Lower Mainland	TBA	TBA - February Family Experience	February	TBA	TBA
Chilliwack	Chilliwack Corn Maze	Enjoy the Corn Maze and other attractions!	Sat, Mar 28 2-hour times slots between 9am- 5pm	Mon, Mar 8 @ noon	Fri, Mar 12 @ noon
Kamloops	Harper Mountain Ski Hill	Tubing on Harper Mountain!	Sun, Feb 28 2-hour timeslots between 4pm-8pm	Mon, Feb 8 @ noon	Fri, Feb 12 @ noon
Kelowna	Capital News Centre	Sports Day!	Sun, Mar 6 45-minute timeslots between 12pm-5pm	Mon, Feb 15 @ noon	Fri, Feb 19 @ noon

**We are gradually re-introducing Family Experiences at this time.**

[View our full Family Experiences Safety Plan >>](#)

**\* Programs listed in RED are to be confirmed.**



# 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

- In accordance with provincial health mandates, spectators are not allowed in program facilities.
- **We strongly encourage parents/caregivers to ensure that their child's profile is up-to-date in the CAN Registration System.** This information is provided to CAN staff at the beginning of each program so that customized support can be provided to each child. Having detailed information about the support strategies that work best for your child helps CAN staff to support the unique needs of each participant.
- Throughout the program, if parents/caregivers have questions or concerns, they are welcome to contact the Program Coordinator, whose information will be provided when registration is confirmed.

## Youth and Adult Participant Collaboration

- We encourage youth and adults on the spectrum to speak directly with program coaches and staff about how they would like to be supported. CAN is committed to supporting each participant to meet their unique needs.
- Interested in joining our Youth Leadership Group to help us shape the future of youth and adult programs at CAN? Email [monica.bui@canucksautism.ca](mailto:monica.bui@canucksautism.ca) for more information



# Additional Information — Registration

## Winter Program Registration Period

- **Online registration takes place Monday, November 30 at noon, and closes Friday, December 4 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 enroll 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 Winter 2021 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](mailto: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](mailto:info@canucksautism.ca)

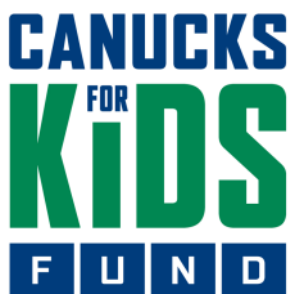
## 3. Additional Payment Options

- 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.

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## Nanaimo

Skate

## Virtual Programs

Virtual Early Years Programs

Virtual Children's Programs

Virtual Youth and Adult Programs



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## Greater Vancouver

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