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

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 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 at programs are not permitted**
- **Program structure adjustments**
  - 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
- **COVID-19 screening before each session**
- **Cleaning & sanitization of program equipment**
- **Frequent hand washing and sanitizing**
- **Physical distancing**
- **If required, program suspensions may occur in accordance with mandates set by the provincial health authorities**

For additional details on the safety measures implemented, please see a summary on our [Updated Safety Plan page](#) on our website.
Canucks Autism Network (CAN) provides programs to individuals on the spectrum and their families, while promoting acceptance and inclusion through community engagement and training initiatives across BC and beyond.

**The programs included in this guide are available for CAN members.**

**Not yet a member?**
To become a member, and begin registering for programs, participants and families must first have an online CAN membership account. To begin this process, please visit [https://canucksautismprograms.ca](https://canucksautismprograms.ca).

**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](https://canucksautismprograms.ca).

**Program Registration Reminders**
- Spots are not available on a first-come, first-served basis - we use PENDING enrolment, which allows us to review all requests after registration has closed, and make enrolment decisions to accommodate as many participants as possible
- 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.
- Waitlists do occur due to high demand for certain programs
- **Spring 2021 weekly program registration opens Monday, February 22, at noon, and closes Friday, February 26, at noon** - all those who submit requests will be updated on their registration status by end of day Friday, March 5
- To stay up to date on upcoming programs and registrations, make sure to keep an eye out for our monthly email newsletter
## Spring 2021 Programs by Location

### Lower Mainland

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

**Burnaby**
- Active (3-6yrs)
- Multisport (7-12yrs)
- Participant-Parent Swim (3-6yrs, 7-12yrs)

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

**Coquitlam**
- Active (3-6yrs)
- Fitness (13+yrs)
- **Monthly Youth & Adult (13+yrs)**
- Multisport (7-12yrs)
- Skate

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

**Langley**
- Active (3-6yrs)
- Fitness (13+yrs)
- Gymnastics (7-12yrs)
- **Monthly Youth & Adult (13+yrs)**
- Multisport (7-12yrs)
- Participant/Parent Swim (3-6yrs, 7-12yrs)

### Maple Ridge
- Active (3-6yrs)
- Multisport (7-12yrs)

### New Westminster
- Active (3-6yrs)
- Multisport (7-12yrs)

### North Vancouver
- Weekly Youth & Adult Program (13+yrs)

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

### Vancouver
- Active (3-6yrs)
- **Monthly Youth & Adult (13+yrs)**
- Multisport (7-12yrs)
- Music
- Skate (3-6yrs, 7-12yrs)
- Participant-Parent Swim (3-6yrs, 7-12yrs)
- Weekly Youth & Adult (13+yrs)

### Virtual Programs
- Early Years (3-6yrs)
- Children (7-12yrs)
- Youth and Adult (13+yrs)
Vancouver Island

Nanaimo
- Active (3-6yrs)
- Skate (3-6yrs, 7-12yrs)
- Monthly Youth & Adult (13+yrs)
- Multisport (7-12yrs)

Victoria
- Active (3-6yrs)
- Gymnastics (7-12yrs)
- Monthly Youth & Adult (13+yrs)
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)

Interior

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

Kelowna
- Monthly Youth & Adult (13+yrs)
- Multisport (7-12yrs)
- Skate (3-6yrs, 7-12yrs)
- Participant-Parent Swim (3-6yrs, 7-12yrs)

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

* Programs listed in RED are to be confirmed.
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.

**Programs by Alphabetical Order**

- **Active**
- **Family Experiences**
- **Fitness**
- **Gymnastics**
- **Monthly Youth & Adult Program**
- **Multisport**
- **Music**
- **Skate**
- **Swim**
- **Virtual Children’s Programs**
- **Virtual Early Years Programs**
- **Virtual Youth & Adult Programs**
- **Weekly Youth & Adult Programs**

**Age Groups**

- 3-6 yrs
- 7-12 yrs
- 13-17yrs & 18+yrs
- All Ages

**Programs by Age Group**

<table>
<thead>
<tr>
<th>3-6yrs</th>
<th>7-12yrs</th>
<th>13-17yrs, 18+yrs</th>
<th>All Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active</td>
<td>Gymnastics</td>
<td>Fitness</td>
<td>Family Experiences</td>
</tr>
<tr>
<td>Skate</td>
<td>Multisport</td>
<td>Monthly Youth &amp; Adult Program</td>
<td>Music</td>
</tr>
<tr>
<td>Swim</td>
<td>Music</td>
<td>Virtual Youth &amp; Adult Program</td>
<td>Virtual Youth &amp; Adult Program</td>
</tr>
<tr>
<td>Virtual Early Years Programs</td>
<td>Skate</td>
<td>Weekly Youth &amp; Adult Program</td>
<td>Weekly Youth &amp; Adult Program</td>
</tr>
<tr>
<td></td>
<td>Swim</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Active (Ages 3-6)**

**A fun introduction to fundamental movement skills**

The Active program has participants take part in fun, station-based activities and games that work on physical movement skills like running, jumping, and balancing!

This program has been adapted to follow COVID-19 protocols.

To learn more about these adaptions, please see p.2.

**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 26.
### SPRING ACTIVE LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnaby</td>
<td>Scotia Barn</td>
<td>Sunday</td>
<td>12:30pm-1:15pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Burnaby</td>
<td>Edmonds Community Centre</td>
<td>Tuesday</td>
<td>6:15pm—7:00pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
<tr>
<td>Burnaby</td>
<td>Cameron Recreation Centre</td>
<td>Wednesday</td>
<td>6:15pm-7:00pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Chilliwack</td>
<td>Exhibition Field Grandstand **</td>
<td>Saturday</td>
<td>3:15pm—4:00pm</td>
<td>Apr 17</td>
<td>Jun 5</td>
</tr>
<tr>
<td>Coquitlam</td>
<td>Pinetree Community Centre</td>
<td>Saturday</td>
<td>5:45pm—6:30pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Delta</td>
<td>Sungod Recreation Centre</td>
<td>Saturday</td>
<td>3:00pm-3:45pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Kamloops</td>
<td>Kamloops Soccer Dome</td>
<td>Tuesday</td>
<td>5:45pm-6:30pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
<tr>
<td>Kamloops</td>
<td>West Highlands Community</td>
<td>Saturday</td>
<td>12:45pm-1:30pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Langley</td>
<td>Douglas Recreation Centre</td>
<td>Wednesday</td>
<td>5:45pm-6:30pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Langley</td>
<td>TOCA Langley</td>
<td>Saturday</td>
<td>6:15pm-7:00pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Langley</td>
<td>Douglas Park **</td>
<td>Sunday</td>
<td>2:45pm-3:30pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Maple Ridge</td>
<td>Maple Ridge Leisure Centre</td>
<td>Sunday</td>
<td>9:45am-10:30am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Nanaimo</td>
<td>Merle Logan Field **</td>
<td>Sunday</td>
<td>11:00am-11:45am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>New</td>
<td>Futbol 5</td>
<td>Monday</td>
<td>5:15pm-6:00pm</td>
<td>Apr 19</td>
<td>May 31</td>
</tr>
<tr>
<td>Surrey</td>
<td>Uplands Sports Centre</td>
<td>Friday</td>
<td>5:15pm-6:00pm</td>
<td>Apr 16</td>
<td>May 28</td>
</tr>
<tr>
<td>Surrey</td>
<td>Cambridge Elementary **</td>
<td>Saturday</td>
<td>11:15am-12:00pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Surrey</td>
<td>Forsyth Road Elementary **</td>
<td>Sunday</td>
<td>2:15pm-3:00pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Jewish Community Centre</td>
<td>Saturday</td>
<td>10:00am-10:45am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Monday</td>
<td>5:15pm-6:00pm</td>
<td>Apr 19</td>
<td>May 31</td>
</tr>
<tr>
<td>Victoria</td>
<td>Juan de Fuca Recreation Centre</td>
<td>Sunday</td>
<td>9:15am –10:00am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Victoria</td>
<td>Royal Oak Middle School</td>
<td>Saturday</td>
<td>4:30pm-5:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>West Kelowna</td>
<td>Mar Jok Elementary</td>
<td>Monday</td>
<td>5:30pm-6:15pm</td>
<td>Apr 19</td>
<td>Jun 7</td>
</tr>
</tbody>
</table>

**Outdoor program**  Programs listed in RED are to be confirmed.
Family Experiences (All Ages)

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 members with fun opportunities to stay active and enjoy different venues within their community.

In the current health climate it has been difficult to plan Family Experiences as we have in the past.

We know our members are accustomed to Family Experiences in which CAN staff and volunteers are present and in which they can interact with other families as part of the CAN community.

Due to physical distancing requirements, we are shifting our focus to experiences in which families are provided exclusive opportunities to enjoy passes to events that are either open to the public (ie. Snowshoeing at Cypress Mountain & Glow Langley) or opened privately to CAN members without our staff and volunteers present (ie. PNE WinterLights & Twilight Drive-In in Langley).

Please keep an eye out for CAN monthly newsletters for updates on these experiences.

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

View our full Family Experiences Safety Plan >>
Gain confidence in a gym setting and get fit!

The Fitness program provides youth and adults on the spectrum an introduction to cardio exercises, free weights, and basic gym etiquette with the support of qualified instructors!

This program has been adapted to follow COVID-19 protocols. To learn more about these adaptations, please see p.2.

SPRING FITNESS LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Age</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coquitlam</td>
<td>Pinetree Community Centre</td>
<td>13-17yrs</td>
<td>Sunday</td>
<td>10:00am-11:00am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Coquitlam</td>
<td>Pinetree Community Centre</td>
<td>18+yrs</td>
<td>Sunday</td>
<td>11:15am-12:15pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Langley</td>
<td>Timms Community Centre</td>
<td>13+yrs</td>
<td>Saturday</td>
<td>12:15pm-1:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
</tbody>
</table>

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.
**Gymnastics (Ages 7-12)**

*Learn basic gymnastic skills and general gym safety!*

The Gymnastics program provides an introduction to gymnastics skills such as jumping, moving in different directions and balancing as well as gym safety in a safe and supportive environment!

This program has been adapted to follow COVID-19 protocols. To learn more about these adaptations, please see p.2.

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

**Program Structure & Supports**

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

**Seasons:** Fall, Winter, Spring

**Cost:** $60

**Siblings:** No

**Session Structure:** Fun, station-based activities to support participants to be active and gain physical literacy skills specific to gymnastics

---

**SPRING 7-12YRS GYMNASTICS LOCATIONS & TIMES**

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kamloops</td>
<td>Tournament Capital</td>
<td>Sunday</td>
<td>12:14pm-1:45pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Langley</td>
<td>Langley Gymnastics</td>
<td>Sunday</td>
<td>5:30pm-6:30pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Victoria</td>
<td>Inspire Sports Victoria</td>
<td>Saturday</td>
<td>1:30pm-2:15pm, 2:30pm-3:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
</tbody>
</table>
Try new things. Connect!

The Monthly Youth & Adult 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.

LOWER MAINLAND MONTHLY YOUTH & ADULT PROGRAM LOCATIONS & TIMES*

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Date &amp; Time</th>
<th>Reg. Opens</th>
<th>Reg. Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vancouver</td>
<td>Queen Elizabeth Park</td>
<td>Visiting Bloedel Conservatory &amp; Cherry Blossoms</td>
<td>April - Date &amp; Time TBA</td>
<td>Mon, Mar 8 @ noon</td>
<td>Fri, Mar 12 @ noon</td>
</tr>
<tr>
<td>Coquitlam</td>
<td>Eagle Quest Golf</td>
<td>Mini Golfing</td>
<td>May - Date &amp; Time TBA</td>
<td>Mon, Apr 12 @ noon</td>
<td>Fri, Apr 16 @ noon</td>
</tr>
<tr>
<td>Langley</td>
<td>Fort Langley</td>
<td>Scavenger Hunt</td>
<td>June - Date &amp; Time TBA</td>
<td>Mon, May 10 @ noon</td>
<td>Fri, May 14 @ noon</td>
</tr>
</tbody>
</table>

KELOWNA MONTHLY YOUTH & ADULT PROGRAM LOCATIONS & TIMES*

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Date &amp; Time</th>
<th>Reg. Opens</th>
<th>Reg. Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelowna</td>
<td>McCurdy Bowling Centre</td>
<td>Bowling</td>
<td>Sunday, May 9 2:45pm-4:15pm</td>
<td>Mon, Apr 12 @ noon</td>
<td>Fri, Apr 16 @ noon</td>
</tr>
</tbody>
</table>

NANAIMO & VICTORIA MONTHLY YOUTH & ADULT PROGRAM LOCATIONS &

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Date &amp; Time</th>
<th>Reg. Opens</th>
<th>Reg. Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nanaimo</td>
<td>Maffeo Sutton Park</td>
<td>Beach Clean Up</td>
<td>Sunday, May 6 1:00pm-2:00pm</td>
<td>Mon, Apr 12 @ noon</td>
<td>Fri, Apr 16 @ noon</td>
</tr>
<tr>
<td>Victoria</td>
<td>TBA</td>
<td>Park Clean Up</td>
<td>June Date &amp; Time TBA</td>
<td>Keep an eye out for info in upcoming newsletters</td>
<td></td>
</tr>
</tbody>
</table>

* Programs listed in RED are tentative and to be confirmed.
Build the skills and confidence necessary for a lifetime of physical activity!

The Multisport program has participants take part in fun, station based activities and games.

Participants will develop soccer skills, as well as agility skills including running, jumping, and balancing!

This program has been adapted to follow COVID-19 protocols.

To learn more about these adaptions, please see p.2.

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.
## SPRING 2021 MULTISPORT LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnaby</td>
<td>Edmonds Community Centre</td>
<td>Tuesday</td>
<td>7:15pm-8:15pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
<tr>
<td>Burnaby</td>
<td>Scotia Barn</td>
<td>Sunday</td>
<td>1:30pm-2:30pm; 2:45pm-3:45pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Burnaby</td>
<td>Cameron Recreation Centre</td>
<td>Wednesday</td>
<td>7:15pm-8:15pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Chilliwack</td>
<td>Exhibition Field Grandstand **</td>
<td>Saturday</td>
<td>4:15pm-5:15pm</td>
<td>Apr 17</td>
<td>Jun 5</td>
</tr>
<tr>
<td>Coquitlam</td>
<td>Pinetree Community Centre</td>
<td>Saturday</td>
<td>6:45pm-7:45pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Delta</td>
<td>Sungod Recreation Centre</td>
<td>Saturday</td>
<td>4:00pm-5:00pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Kamloops</td>
<td>Kamloops Soccer Dome</td>
<td>Tuesday</td>
<td>6:45pm-7:45pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
<tr>
<td>Kamloops</td>
<td>West Highlands Community Centre</td>
<td>Saturday</td>
<td>1:45pm-2:45pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Kelowna</td>
<td>Capital News Centre</td>
<td>Saturday</td>
<td>11:15am-12:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Langley</td>
<td>Douglas Recreation Centre</td>
<td>Wednesday</td>
<td>6:45pm-7:45pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Langley</td>
<td>TOCA Langley</td>
<td>Saturday</td>
<td>7:15pm-8:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Langley</td>
<td>Douglas Park - Sports Box **</td>
<td>Sunday</td>
<td>3:45pm-4:45pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Maple Ridge</td>
<td>Maple Ridge Leisure Centre</td>
<td>Sunday</td>
<td>10:45am-11:45am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Nanaimo</td>
<td>Merle Logan Field **</td>
<td>Sunday</td>
<td>12:00pm-1:00pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>New Westminster</td>
<td>Futbol 5</td>
<td>Monday</td>
<td>6:15pm-7:15pm</td>
<td>Apr 19</td>
<td>May 31</td>
</tr>
<tr>
<td>Surrey</td>
<td>Upland Sports Centre</td>
<td>Friday</td>
<td>6:15pm-7:00pm; 7:15pm-8:00pm</td>
<td>Apr 16</td>
<td>May 28</td>
</tr>
<tr>
<td>Surrey</td>
<td>Cambridge Elementary</td>
<td>Saturday</td>
<td>12:15pm-1:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Surrey</td>
<td>Forsyth Road Elementary</td>
<td>Sunday</td>
<td>3:15pm-4:15pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Jewish Community Centre</td>
<td>Saturday</td>
<td>11:00am-12:00pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Roundhouse Community Centre</td>
<td>Sunday</td>
<td>1:15pm-2:15pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Monday</td>
<td>6:15pm-7:15pm</td>
<td>Apr 19</td>
<td>May 31</td>
</tr>
<tr>
<td>Victoria</td>
<td>Juan de Fuca Rec Centre</td>
<td>Sunday</td>
<td>10:15am-11:15am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>West Kelowna</td>
<td>Mar Jok Elementary School</td>
<td>Monday</td>
<td>6:30pm-7:30pm</td>
<td>Apr 19</td>
<td>Jun 7</td>
</tr>
</tbody>
</table>

**Outdoor program**  Programs listed in RED are to be confirmed.
Experience the joy of music!

The Music program, in partnership with Sarah McLachlan School of Music, offers children and youth on the spectrum an introductory opportunity to play basic percussion instruments in a group lesson format.

Participants will enjoy music games and drills that work on a variety of rhythms. Lessons are taught by experienced music instructors and supported by CAN staff and volunteers.

This program has been adapted to follow COVID-19 protocols. To learn more about these adaptations, please see p.2.

SPRING 2021 MUSIC LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Age</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vancouver</td>
<td>Sarah McLachlan School of Music</td>
<td>7-12yrs</td>
<td>Friday</td>
<td>4:45pm-5:30pm</td>
<td>Apr 16</td>
<td>May 28</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Sarah McLachlan School of Music</td>
<td>13+yrs</td>
<td>Friday</td>
<td>6:00pm-6:45pm</td>
<td>Apr 16</td>
<td>May 28</td>
</tr>
</tbody>
</table>
Learn the joy of skating!

The Skate program provides participants on the spectrum the opportunity to develop and practice basic skate skills in a fun, safe, and supportive environment! This program has been adapted to follow COVID-19 protocols. To learn more about these adaptations, please see p.2.

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) SPRING LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbotsford</td>
<td>Abbotsford Ice Rink</td>
<td>Saturday</td>
<td>12:15pm-12:45pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Coquitlam</td>
<td>Poirier Sports &amp; Leisure Centre</td>
<td>Sunday</td>
<td>12:00pm-12:30pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Kelowna</td>
<td>Memorial Arena Kelowna</td>
<td>Sunday</td>
<td>12:00pm-12:30pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Nanaimo</td>
<td>Cliff McNabb Arena</td>
<td>Friday</td>
<td>4:15pm-4:45pm</td>
<td>Apr 16</td>
<td>Jun 4</td>
</tr>
<tr>
<td>Nanaimo</td>
<td>Cliff McNabb Arena</td>
<td></td>
<td>4:45pm-5:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Saturday</td>
<td>9:15am-9:45am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Victoria</td>
<td>Oak Bay Recreation Centre</td>
<td>Sunday</td>
<td>10:00am-10:30am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Victoria</td>
<td>Oak Bay Recreation Centre</td>
<td></td>
<td>10:50am-11:20am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Programs listed in RED are tentative and yet to be confirmed.
Skate (Ages 7-12)

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

This program has been adapted to follow COVID-19 protocols. To learn more about these adaptations, please see p.2.

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.

SPRING SKATE 7-12 YRS LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbotsford</td>
<td>Abbotsford Ice Rink</td>
<td>Saturday</td>
<td>1:00pm-1:30pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:45pm-2:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coquitlam</td>
<td>Poirier Sports &amp; Leisure Complex</td>
<td>Sunday</td>
<td>1:00pm-1:30pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Kelowna</td>
<td>Memorial Arena Kelowna</td>
<td>Sunday</td>
<td>12:45pm-1:15pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1:30pm-2:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nanaimo</td>
<td>Cliff McNabb Arena</td>
<td>Friday</td>
<td>5:15pm-5:45pm</td>
<td>Apr 16</td>
<td>June 4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5:45pm-6:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vancouver</td>
<td>Britannia Community Centre</td>
<td>Saturday</td>
<td>10:05am-10:35am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10:55am-11:25am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Victoria</td>
<td>Oak Bay Recreation Centre</td>
<td>Sunday</td>
<td>11:40am-12:10pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:30pm-1:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Programs listed in RED are tentative and yet to be confirmed.
**CAND Parent/Guardian Participation Swim: Preschool and Swim Kids 1**

To offer a swim program while following current COVID-19 protocols, this spring we will be piloting a program where participants will be supported by a parent/guardian in the water.

The purpose of this program is to provide children on the spectrum with the opportunity to learn basic swim skills.

This program is recommended for children who are comfortable in the water and learning with parent/guardian support.

The program will be led by Red Cross certified Water Safety Instructors who will be following all of the Red Cross curriculum and current COVID safety protocols.

In addition to the Coach, there will be one CAN Support Worker on deck to support positive engagement.

**Please Note:**
- CAN staff will remain 3 metres distance from participants and caregivers.
- Caregivers will need to provide any physical guidance required (e.g., supporting the child to float).
- We request that the same caregiver attends each session to maximize success.
- Facility-specific COVID safety protocols will be provided and must be adhered to by all participants.
- Due to the limited support available due to physical distancing, we suggest registering participants who are already comfortable in the water and are able to follow simple group instructions with caregiver support.
- *Note that CAN’s traditional swim programs will return as soon as it is safe to do so, where participants with all levels of support needs are encouraged to register.*

**SPRING 3-6YRS SWIM LOCATIONS & TIMES**

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnaby</td>
<td>Edmonds Community Centre</td>
<td>Saturday</td>
<td>9:00am-9:30am 9:45am-10:15am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Langley</td>
<td>W.C. Blair Recreation</td>
<td>Friday</td>
<td>5:15pm-5:45pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Kelowna</td>
<td>Parkinson Recreation Centre</td>
<td>Sunday</td>
<td>3:30pm-4:00pm 4:10pm-4:40pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Jewish Community Centre</td>
<td>Saturday</td>
<td>1:00pm-1:30pm 1:45pm-2:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
</tbody>
</table>
### SPRING 7-12YRS SWIM LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Day of the Week</th>
<th>Time</th>
<th>Start Date</th>
<th>Finish Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnaby</td>
<td>Edmonds Community Centre</td>
<td>Saturday</td>
<td>10:30am-11:00am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Langley</td>
<td>W.C. Blair Recreation Centre</td>
<td>Friday</td>
<td>6:00pm-6:30pm, 6:45pm-7:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Kelowna</td>
<td>Parkinson Recreation Centre</td>
<td>Sunday</td>
<td>4:50pm-5:20pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Jewish Community Centre</td>
<td>Saturday</td>
<td>2:30pm-3:00pm, 3:15pm-3:45pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
</tbody>
</table>
**Participate & connect online.**

**CAN Virtual Programming for Children** (3-12yrs) 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.

Participants will take part in fun games, make friends and socialize in a safe and supported environment.

---

**Program Structure**

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

**Seasons:** Fall, Winter, Spring

**Cost:** None

**Ages:** 7-12yrs

---

**SPRING VIRTUAL PROGRAMS DATES & TIMES**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>Wednesday</td>
<td>5:00pm-5:45pm, 6:00pm-6:45pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Cars</td>
<td>Friday</td>
<td>4:00pm-4:45pm</td>
<td>Apr 23</td>
<td>Jun 4</td>
</tr>
<tr>
<td>Drama</td>
<td>Friday</td>
<td>6:00pm-6:45pm</td>
<td>Apr 23</td>
<td>Jun 4</td>
</tr>
<tr>
<td>Drawing</td>
<td>Tuesday</td>
<td>6:00pm-6:45pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
<tr>
<td>Meet Up (9-12yrs)</td>
<td>Wednesday</td>
<td>4:00pm-4:45pm, 5:00pm-5:45pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Movement</td>
<td>Sunday</td>
<td>11:00am-11:45am, 12:00pm-12:45pm</td>
<td>Apr 18</td>
<td>Jun 30</td>
</tr>
<tr>
<td>Try Sports: Golf &amp; Volleyball</td>
<td>Saturday</td>
<td>9:30am-10:15am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Try Sports: Field Hockey &amp; Basketball</td>
<td>Saturday</td>
<td>10:30am-11:15am</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Try Sports: Ringette &amp; Rugby</td>
<td>Saturday</td>
<td>11:30am-12:15pm</td>
<td>Apr 17</td>
<td>May 29</td>
</tr>
<tr>
<td>Music</td>
<td>Friday</td>
<td>5:00pm-5:45pm</td>
<td>Apr 23</td>
<td>Jun 4</td>
</tr>
<tr>
<td>Science</td>
<td>Thursday</td>
<td>5:00pm-5:45pm, 6:00pm-6:45pm</td>
<td>Apr 22</td>
<td>Jun 27</td>
</tr>
<tr>
<td>Sibling Meet Up</td>
<td>Tuesday</td>
<td>4:00pm-4:45pm, 5:00pm-5:45pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
</tbody>
</table>
**Virtual Art**

Virtual Art provides participants the opportunity to get together and enjoy fun art activities at home! Registered participants will receive an equipment kit which includes supplies to make their own crafts at home.

**Virtual Car Club**

Virtual Car Club offers a range of fun activities and games related to cars! Registered participants will receive an equipment kit that will help them take part in the program at home.

**Virtual Drama Club**

Drama Club provides the opportunity for participants to enjoy drama activities at home! Activities may include making their own commercial and charades!

**Virtual Drawing Club**

Drama Club provides participants the opportunity to enjoy activities related to drawing at home! Registered participants will receive an equipment kit, which includes a sketchbook and drawing tools.

**Virtual Meet Up (9-12yrs)**

Virtual Meet Up provides participants on the spectrum an opportunity to get together online and enjoy fun activities while building social relationships!

**Virtual Movement**

Virtual Movement provides participants 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.

**Try Sports with Pacific Sport Fraser Valley**

Virtual Multisport is in partnership with Pacific Sport Fraser Valley, and provides participants the opportunity to try different sports at home! Registered participants will all receive an adapted equipment kit from Pacific Sport Fraser Valley.

**Virtual Science**

Virtual Science provides the opportunity for participants to get together and participate in a range of science experiments and activities online! Registered participants will receive an equipment kit with their own science notebook to keep track of all of the experiments at home.

**Virtual Sibling Meet Up**

Virtual Sibling Meet Up provides the opportunity for siblings of individuals on the spectrum to get together on zoom, build social relationships, and have a chance to connect.

** Siblings are able to register**
Canucks Autism Network Virtual Programming for Early Years (Ages 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.

**Virtual Active**
Virtual Active includes fun activities that work on physical movement skills such as hopping, balancing, and running! Participants will also enjoy sing-a-longs and story time, while working on listening and waiting skills.

**Virtual Art**
Virtual Art provides participants the opportunity to get together and enjoy fun art activities at home! Registered participants will receive an equipment kit which includes supplies to make their own crafts at home.

**Virtual Challenger Baseball**
Virtual Challenger Baseball is in partnership with Jays Care, and provides participants the opportunity to try baseball at home! Registered participants will receive an adapted Challenger Baseball Equipment Kit to help them take part at home.

**Virtual Science**
Virtual Science provides the opportunity for participants to get together and participate in a range of science experiments and activities online! Registered participants will receive an equipment kit with their own science notebook to keep track of their experiments.

### Program Structure
**Duration:** 30-minutes, once per week, for 6 weeks  
**Seasons:** Fall, Winter, Spring  
**Cost:** None  
**Ages:** 3-6yrs  
**Siblings:** Yes

### SPRING VIRTUAL ACTIVE DATES & TIMES

<table>
<thead>
<tr>
<th>Location</th>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online</td>
<td>Active</td>
<td>Sunday</td>
<td>9:30am-10:00am</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10:15am-10:45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Online</td>
<td>Art</td>
<td>Wednesday</td>
<td>4:15pm-4:45pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Online</td>
<td>Science</td>
<td>Thursday</td>
<td>4:15pm-4:45pm</td>
<td>Apr 22</td>
<td>May 27</td>
</tr>
</tbody>
</table>
Canucks Autism Network Virtual Programming for Youth and Adults (13-17, 18+yrs) provides weekly and monthly opportunities for autistic participants to connect through online programming. All sessions are facilitated by CAN staff and hosted through an online meeting app.

Our Monthly Virtual Youth and Adult Program provide online, 1-day opportunities for participants on the spectrum to try a different activity while connecting with others.

Past virtual monthly events have included movie club, resume workshop, and dance class.

**SPRING VIRTUAL MONTHLY PROGRAM DATES & TIMES**

<table>
<thead>
<tr>
<th>Location</th>
<th>Activity</th>
<th>Date</th>
<th>Start Time</th>
<th>Reg Opens</th>
<th>Reg Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online</td>
<td>Movie Club</td>
<td>Tue, Apr 20</td>
<td>6:00pm</td>
<td>Mon, Mar 8 @ noon</td>
<td>Fri, Mar 12 @ noon</td>
</tr>
<tr>
<td>Online</td>
<td>Coding Workshop - Beginner</td>
<td>Tue, Apr 27</td>
<td>6:00pm</td>
<td>Mon, Mar 8 @ noon</td>
<td>Fri, Mar 12 @ noon</td>
</tr>
<tr>
<td>Online</td>
<td>Coding Workshop - Intermediate</td>
<td>Tue, May 11</td>
<td>6:00pm</td>
<td>Mon, Apr 12 @ noon</td>
<td>Fri, Apr 16 @ noon</td>
</tr>
<tr>
<td>Online</td>
<td>Movie Club</td>
<td>Tue, May 18</td>
<td>6:00pm</td>
<td>Mon, Apr 12 @ noon</td>
<td>Fri, Apr 16 @ noon</td>
</tr>
<tr>
<td>Online</td>
<td>Movie Club</td>
<td>Tue, Jun 15</td>
<td>6:00pm</td>
<td>Mon, May 10 @ noon</td>
<td>Fri, May 14 @ noon</td>
</tr>
<tr>
<td>Online</td>
<td>Dance Class</td>
<td>TBA</td>
<td>TBA</td>
<td>TBA</td>
<td>TBA</td>
</tr>
</tbody>
</table>
Virtual Weekly Programs - Youth & Adults (Ages 13-17, 18+)

Weekly Virtual Youth and Adult programs provide online, weekly opportunities for participants on the spectrum to connect on weekly basis while taking part in an activity.

**Virtual Coding (13+yrs)**

Virtual Coding is an beginner’s introduction to coding!

Participants will need access to a desktop or laptop computer, and will use the scratch website each week (no software required).

**Virtual Explore Employment Program (15+yrs)**

Explore Employment is an opportunity for youth and adults on the spectrum to gain a variety of skills to better prepare them with their employment journey.

The program will focus on employment related activities including, social skills in the workplace, job seeking skills, career exploration, as well as employers and employment experts as guest speakers.

**Virtual Fitness (13+yrs)**

Virtual Fitness is an opportunity for youth and adults on the spectrum to participate in an online workout class 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)**

Virtual Meetups is an opportunity for youth and adults on the spectrum 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online</td>
<td>Beginner Coding</td>
<td>Tuesday</td>
<td>4:30pm-5:30pm</td>
<td>Apr 20</td>
<td>May 25</td>
</tr>
<tr>
<td>Online</td>
<td>Explore Employment (15+yrs)</td>
<td>Monday</td>
<td>3:30pm-5:00pm</td>
<td>Apr 12</td>
<td>Jun 7</td>
</tr>
<tr>
<td>Online</td>
<td>Explore Employment (15+yrs)</td>
<td>Wednesday</td>
<td>3:30pm-5:00pm</td>
<td>Apr 7</td>
<td>May 26</td>
</tr>
<tr>
<td>Online</td>
<td>Fitness</td>
<td>Wednesday</td>
<td>6:00pm-7:00pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Online</td>
<td>Youth Meet Up (13-17yrs)</td>
<td>Thursday</td>
<td>4:30pm-5:30pm</td>
<td>Apr 22</td>
<td>May 27</td>
</tr>
<tr>
<td>Online</td>
<td>Adult Meet Up (18+yrs)</td>
<td>Thursday</td>
<td>5:45pm-6:45pm</td>
<td>Apr 22</td>
<td>May 27</td>
</tr>
</tbody>
</table>

SPRING WEEKLY VIRTUAL PROGRAM
Try new things. Connect!

The Weekly program provides an opportunity for youth and adults on the spectrum to get together, build social relationships, and have a good time.

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

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

This program has been adapted to follow COVID-19 protocols. To learn more about these adaptations, please see p.2.

### Program Structure & Supports

**Duration:** 1.5 hrs, once per week, for 6 weeks  
**Seasons:** Fall, Winter, Spring  
**Cost:** No cost  
**Siblings:** No

### WEEKLY YOUTH & ADULT PROGRAM LOCATIONS & TIMES

<table>
<thead>
<tr>
<th>City</th>
<th>Facility</th>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Vancouver</td>
<td>Harry Jerome Rec Centre</td>
<td>Sport Sampler</td>
<td>Wednesday</td>
<td>6:00pm-7:30pm</td>
<td>Apr 21</td>
<td>May 26</td>
</tr>
<tr>
<td>Vancouver</td>
<td>Creekside Community Centre</td>
<td>Walking Club</td>
<td>Sunday</td>
<td>1:00pm-2:30pm</td>
<td>Apr 18</td>
<td>May 30</td>
</tr>
</tbody>
</table>
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/guardians to ensure that their participant’s profile is up-to-date in their online membership account.** 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/guardians have questions or concerns, they are welcome to contact the office at info@canucksautism.ca, and we will connect them with the appropriate staff person.

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 mark.comfort@canucksautism.ca for more information.
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 into a program with a fee, participants will have a program invoice owing in their online account, and will be emailed 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
Thank you to Canucks For Kids Fund and The West Coast Fishing Club Fishing For Kids Tournament for their ongoing support of individuals on the autism spectrum & their families in BC.

The Betty Averbach Foundation

Greater Vancouver, Vancouver Island, Interior BC
Active
Multisport
Skate

BMO Bank of Montreal

Nanaimo
Skate

Canada Post Community Foundation

Greater Vancouver
Active
Multisport
Skate
Swim

Greater Vancouver, Vancouver Island, Interior BC
Active
Multisport
Skate
Across BC
Virtual Programs

East Vancouver
Active
Multisport
Skate

Across BC
Virtual Programs

Greater Vancouver
Active
Multisport
Skate
Swim

Across BC
Virtual Explore Employment
Virtual Monthly Youth & Adult

Kelowna
Active
Multisport
Monthly Youth & Adult
Skate
Swim