

Lower Mainland | Interior | Vancouver Island | Virtual



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



As we move towards Fall 2023, participants confirmed into in-person programs are no longer required to self-screen prior to attending to each class.

[View our Communicable Disease Prevention Plan >](#)

However, we ask that anyone showing symptoms of illness stay home and complete the program absence form by visiting canucksautism.ca/absence.

Interested in signing up for CAN programs?

[Join now!](#) For \$25 a year (per individual on the autism spectrum), membership gives children, youth and adults on the autism spectrum access to our full range of year-round programs and family experiences. [Learn more about membership >>](#)

Note that *select* youth & adult programs (13yrs+) do not require CAN membership.

Additionally, diagnosis is *not* required for Autistic individuals 13yrs+. We recognize that receiving an official diagnosis can be a barrier to access for Autistic youth & adults.

[Learn more >>](#)

Already a CAN member?

[Login to your membership profile](#)
when registration opens.

Note that registration for youth & adult programs open to non-members takes place outside of the CAN registration system.

Questions?

info@canucksautism.ca | 604-685-4049

1788 West 8th Avenue, Vancouver

Mon-Fri, 8:30am-4:30pm





ONLINE REGISTRATION FOR WEEKLY FALL PROGRAMS

OPENS: MON, AUG 21, NOON | CLOSES: SUN, AUG 27, 11:59PM

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

Registration periods for select Youth & Adult Programs and Family Experiences vary throughout the season.

Registration is NOT first-come, first served.

- Registration requests first go to a PENDING status, meaning that no program spots are provided on a first-come, first-served basis.
- **Family Experiences will be open on a first-come, first-served basis.**

Rank your programs in order of preference.

- 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.

Due to the popularity of certain programs, waitlists will occur.

- Due to increasing demand, many of our programs will require waitlists. We encourage waitlisted participants & families to continue registering for future opportunities.

Our goal is to accommodate as many unique CAN members as possible.

- Enrolment decisions are based on various factors including program demand, a participant's registration history, and a participant's current and past program registration ranking.
- **NEW:** Due to high demand, we can no longer accommodate non-ASD siblings in programs.

Lower Mainland

Abbotsford

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Gymnastics ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Burnaby

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Chilliwack

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Coquitlam

- Active ([3-6yrs](#))
- Hockey ([8-18yrs](#))
- Leisure Education ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Langley

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Maple Ridge

- Active ([3-6yrs](#))
- Leisure Education ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Mission

- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

North Vancouver

- Try It! ([13+yrs](#))

Richmond

- Active ([3-6yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))

Surrey

- Active ([3-6yrs](#))
- Bouldering ([13-17](#), [18+yrs](#))
- Dance ([7-12yrs](#))
- Hockey ([8-18yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Vancouver

- Active ([3-6yrs](#))
- Hockey ([8-18](#), [18+yrs](#))
- Mental Health & Wellness ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Music ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Across the Lower Mainland

- Ready, Willing & Able ([15+yrs](#))
Career Navigation Services

Sessions subject to change.

Interior

Kamloops

- Active ([3-6yrs](#))
- Baseball ([13+yrs](#))
- Gymnastics ([7-12yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12](#), [13+yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

Kelowna

- Gymnastics ([7-12yrs](#))
- Outdoor Active ([13+yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

West Kelowna

- Active ([3-6yrs](#))
- Multisport ([7-12yrs](#))

Sessions subject to change.

Vancouver Island

Nanaimo

- Active ([3-6yrs](#))
- Cooking ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Victoria

- Active ([3-6yrs](#))
- Fitness ([13+yrs](#))
- Multisport ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Virtual Programs

- Early Years ([3-6yrs](#))
- Children ([7-12yrs](#))
- Youth & Adult Rec Programs ([13+yrs](#))
- Mental Health & Wellness Programs ([13+yrs](#))
- Employment Programs & Services ([15+yrs](#))

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"> • Active • Preschool Swim • Skate • Swimmer 1/2/3 • Virtual Early Years Programs 	<ul style="list-style-type: none"> • Gymnastics • Multisport • Music • Skate • Swimmer 1/2/3* • Virtual Children's Programs 	<ul style="list-style-type: none"> • Mental Health & Wellness Programs • Monthly Youth & Adult Programs • Ready, Willing & Able (RWA) Career Navigation • Recreation Programs - Youth & Adult • Youth & Adult Swim 	<ul style="list-style-type: none"> • Family Experiences

A fun introduction to fundamental movement skills!

Active teaches children on the autism spectrum movement skills such as running, jumping and balancing in a safe and supportive environment.

Participants get the opportunity to play games and practice transitions while being physically active. Learning fundamental movement skills helps children build the confidence necessary for a lifetime of sport and physical activity!

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

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

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.

Wheelchairs may be available upon request in certain regions. Email info@canucksautism.ca to inquire if one is needed.



FALL 2023 ACTIVE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Rec. Centre	Thursday	5:15-6:00pm	Oct 19	Nov 23
Burnaby	Edmonds Community Centre	Tuesday	6:15-7:00pm	Oct 24	Dec 5
Chilliwack	Chilliwack Central Elementary	Saturday	1:30-2:15pm	Oct 21	Dec 2
Coquitlam	Bettie Allard YMCA	Saturday	12:45-1:30pm	Oct 21	Dec 2
Kamloops	Beattie Elementary School	Sunday	10:15-11:00am	Oct 22	Dec 3
Kamloops	Beattie Elementary School	Sunday	11:00-11:45am	Oct 22	Dec 3
Kamloops	Beattie Elementary School	Monday	5:15-6:00pm	Oct 23	Dec 11
Langley	Timms Community Centre	Monday	5:15-6:00pm	Oct 23	Dec 4
Maple Ridge	Maple Ridge Leisure Centre	Sunday	9:45-10:30am	Oct 22	Dec 3
Nanaimo	Randerson Ridge Elementary	Tuesday	4:15-5:00pm	Oct 24	Dec 5
Richmond	West Richmond Community Centre	Sunday	1:30-2:15pm	Oct 22	Dec 3
Richmond	West Richmond Community Centre	Sunday	2:15-3:00pm	Oct 22	Dec 3
Surrey	Uplands Sports Centre	Sunday	5:15-6:00pm	Oct 22	Dec 3
Vancouver	Britannia Community Centre	Monday	5:15-6:00pm	Oct 23	Dec 4
Vancouver	Jewish Community Centre	Saturday	9:45-10:30am	Oct 21	Dec 2
Victoria	Northridge Elementary School	Monday	6:15-7:00pm	Oct 23	Dec 11
Victoria	Macaulay Elementary	Tuesday	6:15-7:00pm	Oct 24	Dec 12
Victoria	Campus View Elementary	Saturday	11:30-12:15pm	Oct 21	Dec 9
West Kelowna	Mar Jok Elementary	Monday	5:15-6:00pm	Oct 23	Dec 4

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



Skate teaches children on the autism spectrum basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

Program Structure

30 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$30

Session Structure: Warm-up, skill practice, group games. See more in the [Skate Activity Storybook](#).

Equipment: Skate and helmet rentals are available at facilities.

FALL 2023 SKATE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Sardis Sports Complex	Monday	3:45-4:15pm	Oct 23	Dec 4
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:30-3:00pm	Oct 21	Nov 25
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:00-3:30pm	Oct 21	Nov 25
Kamloops	Memorial Arena	Thursday	4:00-4:30pm	Oct 26	Nov 30
Kelowna	Capital News Centre	Thursday	5:00-5:30pm	Oct 19	Nov 30
Mission	Mission North Arena	Tuesday	3:15-3:45pm	Oct 24	Dec 5
Nanaimo	Cliff McNabb Arena	Friday	4:15-4:45pm	Oct 20	Dec 1
Surrey	North Surrey Sport & Ice Complex	Saturday	9:30-10:00am	Oct 21	Dec 16
Vancouver	Britannia Community Centre	Saturday	10-10:30am	Oct 21	Dec 2
Vancouver	Britannia Community Centre	Tuesday	6:00-6:30pm	Oct 24	Dec 5

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

Preschool Swim participants work on entries into the water, buoyancy, bubbles, movement, floats, and front/back swim.

Games and songs will be incorporated into lessons to create a fun environment that encourages increased comfort in the water!

The swim program will teach basic swimming and Water Smart skills under the [Lifesaving Society Swim for Life program](#).

**No previous swim experience required.*

Participants with all levels of support needs are encouraged to register.

[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40

Session Structure: High ratio of support provided by a certified swim instructor, trained support workers and dedicated volunteers. Review the [Swim Activity Storybook](#) to be prepared.



LIFESAVING SOCIETY®

The Lifeguarding Experts



FALL 2023 PRESCHOOL SWIM LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	4:00-4:30pm	Oct 18	Dec 6
Abbotsford	Matsqui Recreation Centre	Wednesday	4:30-5:00pm	Oct 18	Dec 6
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Oct 14	Dec 9
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Oct 14	Dec 9
Chilliwack	Cheam Leisure Centre	Sunday	8:30-9:00am	Oct 15	Dec 10
Chilliwack	Cheam Leisure Centre	Sunday	9:00-9:30am	Oct 15	Dec 10
Coquitlam	City Centre Aquatic Complex	Sunday	8:00-8:30am	Oct 15	Dec 10
Coquitlam	City Centre Aquatic Complex	Sunday	8:30-9:00am	Oct 15	Dec 10
Coquitlam	City Centre Aquatic Complex	Sunday	9:00-9:30am	Oct 15	Dec 10
Coquitlam	City Centre Aquatic Complex	Sunday	9:30-10:00am	Oct 15	Dec 10
Coquitlam	City Centre Aquatic Complex	Sunday	10:00-10:30am	Oct 15	Dec 10
Kamloops	Tournament Capital Centre	Wednesday	4:00-4:30pm	Oct 25	Dec 13
Kelowna	Rutland YMCA	Sunday	3:00-3:30pm	Oct 15	Dec 10
Langley	W.C. Blair Recreation Centre	Saturday	9:30-10:00am	Oct 14	Dec 9
Langley	W.C. Blair Recreation Centre	Saturday	10:00-10:30am	Oct 14	Dec 9
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:00-12:30pm	Oct 14	Dec 16
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:30-1:00pm	Oct 14	Dec 16
Mission	Mission Leisure Centre	Friday	4:00-4:30pm	Oct 13	Dec 8
Mission	Mission Leisure Centre	Friday	4:30-5:00pm	Oct 13	Dec 8
Nanaimo	Beban Park Pool	Sunday	5:00-5:30pm	Oct 15	Dec 10
Surrey	Tong Louie YMCA	Saturday	4:15-4:45pm	Oct 14	Dec 9
Surrey	Tong Louie YMCA	Saturday	1:30-2:00pm	Oct 14	Dec 9

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



FALL 2023 PRESCHOOL SWIM LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Oct 14	Dec 9
Victoria	Esquimalt Recreation Centre	Thursday	4:00-4:30pm	Oct 19	Dec 7
Victoria	Esquimalt Recreation Centre	Thursday	4:30-5:00pm	Oct 19	Dec 7
Victoria	Esquimalt Recreation Centre	Saturday	5:00-5:30pm	Oct 14	Dec 9
Victoria	Juan de Fuca Recreation Centre	Sunday	4:15-4:45pm	Oct 15	Dec 10

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm
Registration is not first-come, first served. Sessions subject to change.

Virtual Programming is hosted on a weekly basis through the online video program *Zoom*.

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

Have fun and build confidence alongside peers through activities guided by experienced CAN coaches!



Program Structure

30 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring **Cost:** No cost

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.

Art*

Create art while making friends and socializing in a safe and supported environment.

Coding

Learn fundamental coding skills with CAN! No experience or software required.

Music

Participants will get an opportunity to practice making music through a range of group activities.

Science*

Discover science through a range of experiments & activities. Learn and have fun at the same time!

**Some basic household items may be needed to participate in certain activities.*

FALL 2023 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Art	Sunday	10:00-10:30am	Oct 22	Dec 3
Online	Coding	Monday	4:15-4:45pm	Oct 23	Dec 4
Online	Music	Wednesday	5:30-6:00pm	Oct 25	Nov 29
Online	Science	Saturday	10:15-10:45am	Oct 21	Dec 2

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



The Dance program, in partnership with [Arts Umbrella](#), offers participants an introductory opportunity to learn various styles of dance in a group lesson format.

Participants will enjoy games and activities that make movement fun. Lessons are taught by Arts Umbrella instructors and supported by CAN staff and volunteers.

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall

Cost: No cost

FALL 2023 DANCE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Arts Umbrella South Surrey	Tuesday	5:15-6:00pm	Oct 24	Dec 5
Surrey	Arts Umbrella South Surrey	Tuesday	6:00-6:45pm	Oct 24	Dec 5

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

Gymnastics (7-12yrs)



Program Structure

1 hour, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

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

Gymnastics provides children on the autism spectrum an introduction to skills such as jumping, moving in different directions, balancing, as well as gym safety in a safe and supportive environment. Participants are overseen by a certified gymnastics coach, trained support workers, and volunteers.

FALL 2023 GYMNASTICS LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Twisters Gymnastics Club	Sunday	10:00-11:00am	Oct 22	Dec 3
Chilliwack	Chilliwack Gymnastics Club	Thursday	7:00-8:00pm	Oct 19	Nov 23
Kamloops	Tournament Capital Centre	Saturday	12:30-1:30pm	Oct 21	Dec 2
Kamloops	Tournament Capital Centre	Saturday	1:30-2:30pm	Oct 21	Dec 2
Kelowna	Okanagan Gymnastics	Saturday	2:30-3:30pm	Oct 21	Dec 2
Kelowna	Okanagan Gymnastics	Saturday	3:30-4:30pm	Oct 21	Dec 2
Langley	Langley Gymnastics	Sunday	5:30-6:30pm	Oct 22	Dec 3
Richmond	TumbleTown Ironwood	Saturday	4:00-5:00pm	Oct 21	Dec 2
Richmond	TumbleTown Ironwood	Saturday	5:00-6:00pm	Oct 21	Dec 2
Surrey	White Rock Gymnastics	Saturday	5:00-6:00pm	Oct 21	Dec 2
Surrey	White Rock Gymnastics	Saturday	6:00-7:00pm	Oct 21	Dec 2

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

Multisport provides children on the autism spectrum a fun introduction to the world of sports, including soccer and basketball.

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



Program Structure

1 hour, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: No cost

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](#).

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.

Wheelchairs may be available upon request in certain regions. Email info@canucksautism.ca to inquire if one is needed.

FALL 2023 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Recreation Centre	Thursday	6:00-7:00pm	Oct 19	Nov 23
Burnaby	Edmonds Community Centre	Tuesday	7:00-8:00pm	Oct 24	Dec 5
Chilliwack	Chilliwack Central Elementary	Saturday	2:15-3:15pm	Oct 21	Dec 2
Coquitlam	Bettie Allard YMCA	Saturday	1:30-2:30PM	Oct 21	Dec 2
Kamloops	Beattie Elementary School	Sunday	11:45-12:45pm	Oct 22	Dec 3
Kamloops	Beattie Elementary School	Monday	6:00-7:00pm	Oct 23	Dec 11
Langley	Timms Community Centre	Monday	6:00-7:00pm	Oct 23	Dec 4
Maple Ridge	Maple Ridge Leisure Centre	Sunday	10:30-11:30am	Oct 22	Dec 3
Nanaimo	Randerson Ridge Elementary	Tuesday	5:00-6:00pm	Oct 24	Dec 5
Nanaimo	Randerson Ridge Elementary	Tuesday	6:00-7:00pm	Oct 24	Dec 5
Richmond	West Richmond Community Centre	Sunday	3:00-4:00pm	Oct 22	Dec 3

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

Multisport (7-12yrs)



FALL 2023 MULTISPORT LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Uplands Sports Centre	Sunday	6:00-7:00pm	Oct 22	Dec 3
Surrey	Uplands Sports Centre	Sunday	7:00-8:00pm	Oct 22	Dec 3
Vancouver	Britannia Community Centre	Monday	6:00-7:00PM	Oct 23	Dec 4
Vancouver	Jewish Community Centre	Saturday	10:30-11:30am	Oct 21	Dec 2
Victoria	Northridge Elementary	Monday	7:00-8:00pm	Oct 23	Dec 11
Victoria	Macaulay Elementary	Tuesday	7:00-8:00pm	Oct 24	Dec 12
Victoria	Campus View Elementary	Saturday	12:15-1:15pm	Oct 21	Dec 9
West Kelowna	Mar Jok Elementary	Monday	6:00-7:00pm	Oct 23	Dec 4

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm
Registration is not first-come, first served. Sessions subject to change.

The Music program, in partnership with [Sarah McLachlan School of Music](#), offers children on the autism 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 Sarah McLachlan School of Music instructors and supported by CAN staff and volunteers.

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: No Cost



FALL 2023 MUSIC LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Vancouver	Sarah McLachlan School of Music	Friday	5:00-5:45pm	Oct 20	Dec 1
Vancouver	Sarah McLachlan School of Music	Friday	6:00-6:45pm	Oct 20	Dec 1

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

Skate (7-12yrs)



Learn to skate.

The **Skate** program teaches children on the autism spectrum basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

The program is led by a skills coach, while support workers and volunteers work with participants to provide individualized instruction.

Program Structure

30 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring

Cost: \$30

Session Structure: Warm-up, skill practice, group games. See more in the [Skate Activity Storybook](#).

Equipment: Skate and helmet rentals are available at facilities.



FALL 2023 SKATE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Sardis Sports Complex	Monday	4:15-4:45pm	Oct 23	Dec 4
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:30-4:00pm	Oct 21	Nov 25
Coquitlam	Poirier Sport & Leisure Complex	Saturday	4:00-4:30pm	Oct 21	Nov 25
Kamloops	Memorial Arena	Thursday	4:30-5:00pm	Oct 26	Nov 30
Kelowna	Capital News Centre	Thursday	5:30-6:00pm	Oct 19	Nov 30
Kelowna	Capital News Centre	Thursday	6:00-6:30pm	Oct 19	Nov 30
Mission	Mission Arena	Tuesday	3:45-4:15pm	Oct 24	Dec 5
Nanaimo	Cliff McNabb Arena	Friday	4:45-5:15pm	Oct 20	Dec 1
Nanaimo	Cliff McNabb Arena	Friday	5:15-5:45pm	Oct 20	Dec 1
Surrey	North Surrey Sport & Ice Complex	Saturday	10:00-10:30am	Oct 21	Dec 16
Surrey	North Surrey Sport & Ice Complex	Saturday	10:30-11:00am	Oct 21	Dec 16
Vancouver	Britannia Community Centre	Tuesday	6:30-7:00pm	Oct 24	Dec 5
Vancouver	Britannia Community Centre	Saturday	10:30-11:00am	Oct 21	Dec 2

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40

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

Please review [Swim Activity Storybook](#) to prepare.

Swimmer 1 focuses on swimming strokes and skills, while building confidence. Participants will be introduced to skills adapted from the [Lifesaving Society Swimmer 1 curriculum](#), including bubbles, floating, gliding, kicking, water entries and exits.

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



[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.

Not sure which level to sign up for? [Refer to our Lifesaving Society transition guide >](#)

FALL 2023 SWIMMER 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	5:00-5:30pm	Oct 18	Dec 6
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Oct 14	Dec 9
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Oct 14	Dec 9
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Oct 14	Dec 9

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

FALL 2023 SWIMMER 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Chilliwack	Cheam Leisure Centre	Sunday	9:30-10:00am	Oct 15	Dec 10
Coquitlam	Bettie Allard YMCA	Sunday	1:00-1:30pm	Oct 15	Dec 10
Coquitlam	Bettie Allard YMCA	Sunday	1:30-2:00pm	Oct 15	Dec 10
Kamloops	Tournament Capital Centre	Wednesday	4:30-5:00pm	Oct 25	Dec 13
Kamloops	Tournament Capital Centre	Wednesday	5:00-5:30pm	Oct 25	Dec 13
Kamloops	Tournament Capital Centre	Wednesday	5:30-6:00pm	Oct 25	Dec 13
Kamloops	Tournament Capital Centre	Wednesday	6:00-6:30pm	Oct 25	Dec 13
Kelowna	Rutland YMCA	Sunday	3:30-4:00pm	Oct 15	Dec 10
Langley	W.C. Blair Recreation Centre	Saturday	10:30-11:00am	Oct 14	Dec 9
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:00-1:30pm	Oct 14	Dec 16
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:30-2:00pm	Oct 14	Dec 16
Mission	Mission Leisure Centre	Friday	5:00-5:30pm	Oct 13	Dec 8
Nanaimo	Beban Park Pool	Sunday	5:30-6:00pm	Oct 15	Dec 10
Nanaimo	Beban Park Pool	Sunday	6:00-6:30pm	Oct 15	Dec 10
Surrey	Guildford Recreation Centre	Sunday	1:15-1:45pm	Oct 15	Dec 17
Surrey	Guildford Recreation Centre	Sunday	1:45-2:15pm	Oct 15	Dec 17
Surrey	Guildford Recreation Centre	Sunday	2:15-2:45pm	Oct 15	Dec 17
Surrey	Tong Louie YMCA	Saturday	2:45-3:15pm	Oct 14	Dec 9
Surrey	Tong Louie YMCA	Saturday	3:15-3:45pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Oct 14	Dec 9
Victoria	Esquimalt Recreation Centre	Thursday	5:00-5:30pm	Oct 19	Dec 7
Victoria	Esquimalt Recreation Centre	Saturday	5:30-6:00pm	Oct 14	Dec 9
Victoria	Esquimalt Recreation Centre	Saturday	6:00-6:30pm	Oct 14	Dec 9
Victoria	Juan de Fuca Recreation Centre	Sunday	4:45-5:15pm	Oct 15	Dec 10

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40

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

Please review [Swim Activity Storybook](#) to prepare.

Swimmer 2 will continue to build on the foundational skills mastered in Lifesaving Society Swimmer 1, with a focus on kicking, front and back crawl, and Water Smart education.

Participants will continue to work on swim endurance with a target distance of 10 meters. An introduction to deep water activities and life jackets will also be included.

****Prerequisite: Participants must have successfully completed Swimmer 1 (or Red Cross Level 1) and/or are able to confidently and independently execute skills developed in Swimmer 1 (or Red Cross Level 1).***



[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.

Not sure which level to sign up for?

[Refer to our Lifesaving Society transition guide >](#)

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



FALL 2023 SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	5:30-6:00pm	Oct 18	Dec 6
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Oct 14	Dec 9
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Oct 14	Dec 9
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30am	Oct 15	Dec 10
Coquitlam	Bettie Allard YMCA	Sunday	2:00-2:30pm	Oct 15	Dec 10
Coquitlam	Bettie Allard YMCA	Sunday	2:30-3:00pm	Oct 15	Dec 10
Kamloops	Tournament Capital Centre	Wednesday	6:30-7:00pm	Oct 25	Dec 13
Kelowna	Rutland YMCA	Sunday	4:00-4:30pm	Oct 15	Dec 10
Langley	W.C. Blair Recreation Centre	Saturday	11:00-11:30am	Oct 14	Dec 9
Maple Ridge	Maple Ridge Leisure	Saturday	2:00-2:30pm	Oct 14	Dec 16
Mission	Mission Leisure Centre	Friday	5:30-6:00pm	Oct 13	Dec 8
Nanaimo	Beban Park Pool	Sunday	4:30-5:00pm	Oct 15	Dec 10
Surrey	Guildford Recreation Centre	Sunday	2:45-3:15pm	Oct 15	Dec 17
Surrey	Tong Louie YMCA	Saturday	3:45-4:15pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Oct 14	Dec 9
Victoria	Esquimalt Recreation Centre	Saturday	6:30-7:00pm	Oct 14	Dec 9
Victoria	Esquimalt Recreation Centre	Thursday	5:30-6:00pm	Oct 19	Dec 7
Victoria	Juan de Fuca Recreation Centre	Sunday	5:15-5:45pm	Oct 15	Dec 10
Victoria	Juan de Fuca Recreation Centre	Sunday	5:45-6:15pm	Oct 15	Dec 10

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



Swimmer 3 will continue to expand on skills completed in Swimmer 2 adding in front/side glide with kicks and increasing front and back crawl distance to 15 meters. Swimmers will spend a lot of time in deep water practicing jumps, dives, and deep water support.

Prerequisite: Participants must have passed Swimmer 2 (or Red Cross Level 2) and/or are able to confidently and independently execute skills developed in Swimmer 2 (or Red Cross Level 2).

[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to be removed from the program.

Not sure which level to sign up for? [LSS transition guide >](#)

Program Structure

30 mins, once per week, 8 weeks

Seasons: Fall, Winter, Spring

Cost: \$40

Session structure: High ratio of support provided by a certified swim instructor, trained support workers and volunteers. Please review [Swim Activity Storybook](#) to prepare.



LIFESAVING SOCIETY®
The Lifeguarding Experts

FALL 2023 SWIM LEVEL 3: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Victoria	Juan de Fuca Recreation Centre	Sunday	6:15-6:45pm	Oct 15	Dec 10

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.

Virtual Programming is hosted on a weekly basis through the online video program *Zoom*.

Coaches are able to connect in real-time with participants and teach new, fun, interactive lessons in a supportive digital environment. Have fun and build confidence alongside peers through activities guided by experienced CAN coaches!

Art*

Create art while making friends and socializing in a safe and supported environment.

Coding

Learn fundamental coding skills with CAN! No experience or software required.

Music

Participants will get an opportunity to practice making music through a range of group activities.

Science*

Discover science through a range of experiments & activities. Learn and have fun at the same time!

Program Structure

45 mins, once per week, 6 weeks

Seasons: Fall, Winter, Spring **Cost:** None

Siblings: Due to high demand, we can no longer accommodate non-ASD siblings.



**Some basic household items may be needed to participate in certain activities.*

FALL 2023 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Art	Sunday	10:45-11:30am	Oct 22	Dec 3
Online	Art	Sunday	11:45-12:30pm	Oct 22	Dec 3
Online	Coding	Monday	5:00-5:45pm	Oct 23	Dec 4
Online	Coding	Monday	6:00-6:45pm	Oct 23	Dec 4
Online	Coding	Monday	7:00-7:45pm	Oct 23	Dec 4
Online	Music	Wednesday	6:15-7:00pm	Oct 25	Nov 29
Online	Science	Saturday	11:00-11:45am	Oct 21	Dec 2

Program Structure

1 hour, once per week, 20 weeks

Season: mid-October to early-April

Cost: \$500*

**Please note [Hockey equipment](#) is required and will have additional costs.*

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

Due to the popularity and high demand of the Hockey program, there will be a limited number of spots this upcoming season.

The **Hockey program** provides participants on the autism spectrum the opportunity to develop introductory hockey skills (stick handling, passing and shooting) in a safe and supportive environment.

This program runs provides participants with opportunities to meet new people, build skating and teamwork skills and have fun.

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



In order to plan for a successful program experience, a Skate Assessment is mandatory for those new to hockey and interested in the program.

Participants will be assessed on skills around balance, control, and agility on ice to be eligible for the hockey program this season.

Attendance in the Skate Assessment does not guarantee enrolment into the program. However, participants must pass the Skate Assessment in order to be considered for a hockey team.

FALL 2023 SKATE ASSESSMENT DATE & TIME

City	Location	Activity	Day	Time	Session Date
Metro Vancouver	Britannia Community Centre	Skate Assessment	Saturday	9-10am	Sept 23

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Sessions subject to change.

Participants interested in the Hockey program must register for the Skate Assessment.

Upon registration, please specify which Hockey program you are interested in as the hockey dates and times listed below will not appear in the registration system.

FALL 2023 HOCKEY LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Coquitlam (8-18yrs)	Poirier Sports & Leisure Complex	Saturday	1:00-2:00pm	Oct 21	Dec 23
Surrey (8-18yrs)	North Surrey Sports & Ice Complex	Saturday	8:15-9:15am	Oct 21	Dec 23
Vancouver (8-18yrs)	Britannia Community Centre	Saturday	9:00-10:00am	Oct 21	Dec 23
Vancouver (19+yrs)	Britannia Community Centre	Friday	9:00-10:00am	Oct 20	Dec 22

PLEASE NOTE: There will be a mandatory parent/guardian meeting for confirmed participants, 8-18yrs in late-September, scheduled to be in-person however virtual attendance will be available (further details TBA). A separate meeting will be held for the 19yrs+ hockey program in late-September (details TBA).



Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Sessions subject to change.

Within the **Youth & Adult Swim Program (13+)**, participants set their own goals to develop water confidence and smooth recognizable strokes.

Skills have been adapted from the [Lifesaving Society Swimmer 1 program](#). The program provides a great opportunity to improve swimming skills, meet new people and increase fitness level.

This program is suitable for participants who are still developing water entries and exits, floats, glides, and front crawl of 10 metres.

Participants who have completed the Lifesaving Society's Swimmer program (Red Cross Basic 1), or who are comfortable with the swim skills listed above, are encouraged to access Lifesaving Society teens and young adult programs in their community.

[Learn more about CAN's new partnership with the Lifesaving Society >>](#)

Program Structure

30-45-mins, once per week,
8 weeks

Seasons: Fall, Winter, Spring

Cost: \$60

Session structure: High ratio of support provided by a certified swim instructor, trained support workers and volunteers. Please review [Swim Activity Storybook](#) to prepare.

It is the parent/guardian/participant's responsibility to sign up for the correct level.

If a participant has registered for the wrong level, our ability to transfer them into the appropriate level once the season has begun will be subject to program availability. If space is not available in the appropriate level, the participant may have to removed from the program.



Not sure which level to sign up for? [LSS transition guide >](#)

FALL 2023 ADULT SWIM (13YRS+) LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	6:00-6:45pm	Oct 18	Dec 6
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Oct 14	Dec 9
Langley	W.C. Blair Recreation Centre	Saturday	11:30-12:15pm	Oct 14	Dec 9
Nanaimo	Beban Park Pool	Sunday	6:30-7:15pm	Oct 15	Dec 10
Surrey	Guildford Recreation Centre	Sunday	3:15-4:00pm	Oct 15	Dec 17
Surrey	Tong Louie YMCA	Saturday	2:00-2:45pm	Oct 14	Dec 9
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Oct 14	Dec 9
Victoria	Esquimalt Rec. Centre	Saturday	7:00-7:45PM	Oct 14	Dec 9

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm
Sessions subject to change.

In-Person & Virtual

The Monthly Youth & Adult Program provides opportunities for participants to get together in-person and virtually to try new activities!

Events and locations change each month to offer a range of activities that encourage social engagement.

In-Person Programs offered monthly:

Various (All Regions)

Specific activities TBD. Past Fall activities have included bowling, rock climbing, pizza making and more.



Virtual Programs offered monthly:

Virtual Movie Club (13+yrs)

The group will vote on which movie they want to watch after registering for the program.

**Participants require their own Netflix account with Teleparty installed (a free application; instructions for installation are provided).*



CAN membership required

A formal autism diagnosis is *not* required to participate in these programs. [Learn more >>](#)

Registration opens on a monthly basis!

Subscribe to the [monthly newsletter](#) for registration dates >>

Weekly Youth & Adult Rec Programs provides chances to get together and build skills and friendships!

Baseball

Learn baseball skills in a supported environment.

Bouldering

Learn the basics of bouldering at [the HIVE](#)! Plus, confirmed participants will receive a free HIVE membership to practice their skills during the program.

Cooking

Learn cooking basics with [Nanaimo Foodshare](#)! Supported by CAN staff.

Fitness

An introduction to body weight exercises and cardio circuits. Participants are also encouraged to build independence and incorporate fitness routines into their schedule outside of the program.

Outdoor Active

Facilitated by our partners from [Community Recreation Initiatives Society \(CRIS\)](#), activities may include biking, hiking and snowshoeing (depending on weather conditions).

Skating

Practice skating with peers. Skate rentals will not be available.

Try It

Led by staff from [North Vancouver Recreation and Culture](#) and supported by CAN staff. Activities may include fitness, art, yoga and sports!

Program Structure

Once per week, 6-8 weeks; session duration varies.

Seasons: Fall, Winter, Spring

Cost: No cost

Age: 13+yrs, 13-17yrs, 18+yrs

Other Youth & Adult Rec Programs

Swim: Learn water safety and introductory swim skills from certified Lifesaving Society Instructors. [Learn more >>](#)

Hockey: Develop introductory hockey skills in a safe and supportive environment. [Learn more >>](#)

CAN membership required

A formal autism diagnosis is *not* required to participate in these programs.

[Learn more >>](#)

Reg. opens: Mon, Aug 21 at noon | Reg. closes: Sun, Aug 27 at 11:59pm

Registration is not first-come, first served. Sessions subject to change.



FALL 2023 YOUTH AND ADULT (13+, 13-17, 18+YRS) PROGRAMS

Program	Age	City	Location	Day	Time	Starts	Ends
Baseball	13+yrs	Kamloops	Sussex Center on MacArthur Island	Tuesday	6:30-7:30pm	Oct 24	Dec 5
Bouldering	13-17yrs	Surrey	The HIVE	Saturday	3:00-4:15pm	Oct 21	Dec 9
Bouldering	18+yrs	Surrey	The HIVE	Saturday	4:30-5:45pm	Oct 21	Dec 9
Cooking	13+yrs	Nanaimo	Nanaimo Foodshare	Monday	5:00-7:00pm	Oct 23	Dec 4
Fitness	13+yrs	Victoria	Royal Roads University Rec Centre	Saturday	2:15-3:15pm	Oct 21	Dec 2
Outdoor Active	13+yrs	Kelowna	Various	Wednesday	6:00-7:30pm	Oct 25	Nov 29
Skate	13+yrs	Kamloops	Memorial Arena	Thursday	4:00-5:00pm	Dec 7	Dec 21
Try It!	13+yrs	North Vancouver	Harry Jerome Community Centre	Wednesday	6:00-7:30pm	Oct 25	Nov 29

This 8 week program will consist of two sessions each week. The first session will be an online group workshop focused on a specific topic, such as leisure awareness and skills for accessing community recreation. The second session will be an in-person, 1:1 meeting to apply skills taught in the workshop.

During these 1:1 sessions, participants will meet their Leisure Support Worker at local facilities to complete various activities, including recreation activities of the participant's choice (pending local availability).

Interested participants will have to complete an intake assessment with CAN's Recreation Specialist to determine eligibility for this program.



CAN membership is NOT required to sign up!

A formal autism diagnosis is also not required to participate.

These programs are open to all youth & adults who identify on the autism spectrum. [Learn more >>](#)

FALL 2023 LEISURE EDUCATION (13+YRS)

Program	City	Location	Day	Time	Starts	Ends
Leisure Education	Coquitlam or Maple Ridge	Various	Monday	4:30-6:00pm	Sept 25	Nov 27

Sign up for the [Youth & Adult newsletter](#) to stay up-to-date on upcoming program details and registration periods >>



Ready, Willing & Able (RWA)

Looking for employment or need support with post-secondary studies?

Canucks Autism Network can help connect youth and adults in the Lower Mainland to community agencies and services that can help with:

- Pre-employment and employment readiness supports
- Employment opportunities in various industries
- Additional supports or accommodations that may be needed
- Mental health, life skills, housing services, etc.
- Coursework needed to complete an internship or field placement

CAN Skills Training & Employment Program (CAN-STEP)

We're making some exciting changes to CAN-STEP!

Subscribe to our [Youth & Adult newsletter](#) for updates.

▶ **To get started, please fill out [The Compass questionnaire >>](#)**

CAN membership NOT required.

A formal autism diagnosis is not required to participate.

[Learn more >>](#)

Questions about our navigation services?

Maegan O'Neill

Navigator, Youth and Adult Services

Autism Outreach Coordinator | Ready, Willing & Able

maegan.oneill@canucksautism.ca



CAN Mental Health & Wellness programs aim to provide Autistic youth & adults with a range of opportunities to better understand their own mental health through exploring a range of topics.

CAN membership is NOT required to sign up!

A formal autism diagnosis is also not required to participate.

These programs are open to all youth & adults who identify as being on the autism spectrum. [Learn more >>](#)

Women's Peer Support Group (18yrs+)

A space for Autistic individuals who identify as a woman or non-binary, transgender inclusive.

Validate, inform and support each other on areas of mutual interest while fostering friendships and social contacts. [Learn more >>](#)

Additional mental health & wellness workshops (13+yrs) are scheduled on a monthly basis.

Past workshops have included "Healthy Sleeping Habits", "Supporting Your Own Mental Health", "Setting Healthy Boundaries", and much more!

Healthy Relationships, Sexuality & Autism (19+yrs)

HRSA is a 16-week virtual sex-positive, inclusive sexuality education program for Autistic adults, developed by Autism Nova Scotia and delivered by Canucks Autism Network.

Topics include: Dating, Gender Identity, Sexual Behaviours and Relationships.

Wednesdays from 5-7pm | Sept 6 - Dec 20

[Register by Sun, Aug 20 >>](#)

Questions? Contact:

Nadine Wilk

Wellness Specialist

youthandadults@canucksautism.ca

Registration for these workshops is not done through the standard registration system.

Registration links will be sent out monthly through the [Youth & Adult newsletter](#).



Family Experiences provide opportunities to enjoy a variety of fun activities in a safe, supportive and non-judgmental environments.

We offer a range of activities in all regions throughout the year that are open to the entire family, with all ages welcome.

TYPES OF FAMILY EXPERIENCES

Exclusive Family Experience

This is the style of Family Experience that many of our long-time members have come to know and love.

- CAN tents/signage on site
- CAN staff and volunteers onsite
- Venues are often open exclusively to CAN families
- Goal is for CAN families to connect in a welcoming and non-judgmental environment
- Accommodations are made to ensure the event is autism friendly

Community Family Experience

This type of Family Experience invites CAN members to enjoy a fun activity alongside the general public.

- Fewer CAN staff and volunteers supporting
- Venue is open to the public during the CAN timeslots
- Goal is for CAN families to enjoy a safe and fun activity in their community
- Autism accommodations are made, wherever possible (i.e. designated quiet room)

Sign up for the [Member newsletter](#) to stay up-to-date on upcoming Family Experiences and registration periods >>



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 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.

Autistic Leaders Group

- Opportunities for Autistic adults to work together on projects that focus on advocacy and leadership within the CAN community. To learn more, email youthandadults@canucksautism.ca for more information or sign up for the [Youth & Adult newsletter](#)

Additional Information - Registration

The below details only refer to weekly programs. Much like registration periods, the registration process for Youth & Adult Programs and Family Experiences vary.

Fall Program Registration Period

- **Online Registration opens on Mon, Aug 21 at noon and closes Sun, Aug 27 at 11:59pm.**
Registration is NOT first-come, first served.

Registration periods for select Youth & Adult Programs & Family Experiences vary throughout the season.

Pending Enrolment Registration Process

- Registration requests first go to a PENDING status, meaning that no program spots are provided on a first-come, first-served basis.
- 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 increasing demand, many of our programs will require waitlists. We encourage waitlisted participants & families to continue registering for future opportunities.
- 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](#).
- Individuals who are 13 years and over who wish to participate in CAN programs & services do not need a formal autism diagnosis to register. [Learn more >>](#)

Updates

- Due to high demand, we can no longer accommodate non-ASD siblings in programs.

Program Fees

- Once confirmed, participants enrolled into a Fall 2023 program will have a program invoice owing in their online account (if applicable) – 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.

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

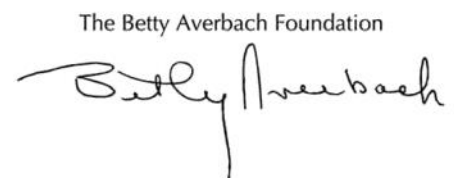
- CAN is open to working with participants to process program fee payments through additional routes, including bursaries.

Upcoming Registration Periods

- **Winter opens on Mon, Nov 20 at noon and closes Sun, Nov 26 at 11:59pm.**
- **Note that registration periods for Family Experiences and select Youth & Adult opportunities take place on a monthly basis.**

Refer to the [monthly member newsletter](#) for all upcoming registration dates.

Thank You to Our Supporters for Fall 2023





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