

Lower Mainland | Interior | Vancouver Island | Virtual





## NEW REGISTRATION SYSTEM FOR SPRING PROGRAMMING

Starting this month, we will have a new registration site where participants can sign up for all programs including youth and adult opportunities, in one place.

**Spring registration opens on a first-come, first-served basis on March 5 at 9am.**

*The day and time of registration will likely change for future seasons.*

### IMPORTANT CHANGES:

#### No Membership Required

The \$25 annual CAN Membership is no longer required. Families will simply need to create an account in the new system. **No old accounts will be transferred over to the new system.**

#### First-Come, First-Served Enrolment (FCFS)

FCFS registration will allow participants to receive immediate confirmation of their status so they can better plan for the season ahead. Participants will be enrolled in a **maximum of 2 weekly programs per season**. There is no limit to the number of program waitlists you can sign up for.

#### Fee Structure

To ensure program sustainability, most CAN programs will now have associated fees.

#### Payment Options

Due to ongoing challenges with the Autism Funding approvals process, AFU will no longer be a payment option for programs under \$100.

Families facing financial barriers can apply to CAN's Fee Assistance Program.

#### Family Experience Pass

Families can opt for a \$25 Family Experience Pass for unlimited Family Experiences for 365 days.



**Questions about the above changes?** Please visit [canucksautism.ca/newregistration](https://canucksautism.ca/newregistration) for FAQs.





## Interested in signing up for CAN programs?

CAN provides children, youth and adults on the autism spectrum access to a full range of year-round programs and Family Experiences.

Join the CAN Community to access programs at [canucksautism.ca/join](https://canucksautism.ca/join)



**Please note:** Select youth & adult programs (13yrs+) are open to non-CAN participants and take place outside of the CAN registration system.

**An official autism diagnosis is *not* required for Autistic individuals 13yrs+.** [Learn more >>](#)

## Already part of the CAN Community?

**Login to your account** when registration opens.

### Questions?

[info@canucksautism.ca](mailto:info@canucksautism.ca) | 604-685-4049

1788 West 8th Avenue, Vancouver

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



## REGISTRATION FOR WEEKLY SPRING PROGRAMS:

**Opens on a first-come, first served basis on TUESDAY, MARCH 5 at 9:00am**

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

## DID YOU KNOW?

**Our pending enrolment process takes over 200 hrs per season to manually confirm participants.**

**The new automated first-come, first-served process will:**



Provide immediate status confirmation



Allow you to enroll in up to 2 programs



Enable you to withdraw from programs at will

## Lower Mainland

### Abbotsford

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

### Burnaby

- Baseball ([3-6](#), [7-12yrs](#))
- Leisure Ed. ([13+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

### Chilliwack

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

### Coquitlam

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

### Langley

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

### Maple Ridge

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

### Mission

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

### Richmond

- Baseball ([3-6](#), [7-12yrs](#))
- Gymnastics ([7-12yrs](#))

### Surrey

- Baseball ([3-6](#), [7-12yrs](#))
- Dance ([7-12yrs](#))
- Gymnastics ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13+yrs](#))

### Vancouver

- Baseball ([3-6](#), [7-12yrs](#))
- Mental Health & Wellness ([13+yrs](#))
- Music ([7-12yrs](#))
- Music to Move Your Mood ([13-17](#), [18+yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Skills Training Employment Program ([16+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13-17](#), [18+yrs](#))

## Virtual Programs

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

*Sessions subject to change.*

## Interior

### Kamloops

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

### Kelowna

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

### West Kelowna

- Baseball ([3-6](#), [7-12yrs](#))

## Vancouver Island

### Nanaimo

- Baseball ([3-6](#), [7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13+yrs](#))

### Victoria

- Baseball ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13+yrs](#))

*Sessions subject to change.*

## Programs by Age Group

*Find information about our programs, including registration information, eligibility, as well as program locations and times, by clicking on any of the programs listed below.*

3-6yrs	7-12yrs	13-17yrs, 18+yrs	All Ages
<ul style="list-style-type: none"> <li>• <a href="#">Baseball</a></li> <li>• <a href="#">Preschool Swim</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Swimmer 1/2/3</a></li> <li>• <a href="#">Virtual Early Years Programs</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Baseball</a></li> <li>• <a href="#">Dance</a></li> <li>• <a href="#">Gymnastics</a></li> <li>• <a href="#">Music</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Swimmer 1/2/3*</a></li> <li>• <a href="#">Virtual Children's Programs</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Mental Health &amp; Wellness Programs</a></li> <li>• <a href="#">Monthly Youth &amp; Adult Programs</a></li> <li>• <a href="#">Recreation Programs - Youth &amp; Adult</a></li> <li>• <a href="#">Skills Training Employment Program (CAN-STEP)</a></li> <li>• <a href="#">Ready, Willing &amp; Able (RWA)</a></li> <li>• <a href="#">Youth &amp; Adult Swim</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Family Experiences</a></li> </ul>



## ***New this season, Active is focusing on teaching fundamental baseball skills!***

**Baseball** teaches children on the autism spectrum fundamental skills such as running, throwing, catching and hitting in a safe and supportive environment.

In partnership with [Jays Care](#), participants get the opportunity to play games and try baseball using provided baseball equipment.



### **Program Structure**

45 mins, once per week, 6 weeks

**Seasons:** Spring

**Cost:** \$40

**Session Structure:** Each week, participants will focus on core competencies of baseball through various games and activities.

**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](mailto:info@canucksautism.ca) to inquire if one is needed.*



## SPRING 2024 BASEBALL LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Recreation Centre	Thursday	5:15-6:00pm	Apr 18	May 23
Burnaby	Edmonds Community Centre	Tuesday	6:15-7:00pm	Apr 23	May 28
Chilliwack	Chilliwack Central Elementary	Saturday	1:30-2:15pm	Apr 20	June 1
Coquitlam	Bettie Allard YMCA	Saturday	12:45-1:30pm	Apr 20	June 8
Kamloops	Beattie Elementary School	Monday	5:15-6:00pm	Apr 15	June 3
Langley	Timms Community Centre	Monday	5:15-6:00pm	Apr 22	June 3
Maple Ridge	Maple Ridge Leisure Centre	Sunday	9:45-10:30am	Apr 21	June 2
Nanaimo	Randerson Ridge Elementary	Tuesday	4:15-5:00pm	Apr 23	May 28
Richmond	West Richmond Community Centre	Sunday	1:30-2:15pm	Apr 21	June 2
Richmond	West Richmond Community Centre	Sunday	2:15-3:00pm	Apr 21	June 2
Surrey	Uplands Sports Centre	Sunday	5:15-6:00pm	Apr 21	June 2
Vancouver	Britannia Community Centre	Monday	5:15-6:00pm	Apr 22	June 3
Vancouver	Jewish Community Centre	Saturday	9:45-10:30am	Apr 20	June 8
Victoria	Northridge Elementary School	Monday	6:15-7:00pm	Apr 15	May 27
Victoria	Macaulay Elementary	Tuesday	6:15-7:00pm	Apr 16	May 21
Victoria	Campus View Elementary	Saturday	11:30-12:15pm	Apr 20	June 8
West Kelowna	Mar Jok Elementary	Monday	5:15-6:00pm	Apr 22	June 3

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is 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:** Spring

**Cost:** \$50

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

See more in the [Skate Activity Storybook](#).

**Equipment:** Skate and helmet rentals are available at facilities.

**SPRING 2024 SKATE LOCATIONS & TIMES**

City	Facility	Day	Time	Starts	Ends
Abbotsford	M.S.A Arena	Monday	3:30-4:00pm	Apr 15	May 27
Chilliwack	Sardis Sports Complex	Friday	3:15-3:45pm	Apr 19	May 31
Coquitlam	Poirier Sport & Leisure Complex	Saturday	1:00-1:30pm	Apr 27	June 8
Kamloops	Synergy Skate	Thursday	4:00-4:30pm	Apr 18	May 23
Kamloops	Synergy Skate	Thursday	4:30-5:00pm	Apr 18	May 23
Nanaimo	Cliff McNabb Arena	Friday	4:15-4:45pm	Apr 19	May 31
Vancouver	Britannia Community Centre	Tuesday	6:00-6:30pm	Apr 2	May 7
Vancouver	Britannia Community Centre	Saturday	9:00-9:30am	Apr 20	June 8

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is 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 partnership with the Lifesaving Society >>](#)

## Program Structure

30 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 dedicated volunteers.

Review the [Swim Activity Storybook](#) to be prepared.



## SPRING 2024 PRESCHOOL SWIM LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	4:00-4:30pm	Apr 17	June 5
Abbotsford	Matsqui Recreation Centre	Wednesday	4:30-5:00pm	Apr 17	June 5
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	Apr 13	June 8
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	Apr 13	June 8
Chilliwack	Cheam Leisure Centre	Sunday	8:30-9:00am	Apr 14	June 9
Chilliwack	Cheam Leisure Centre	Sunday	9:00-9:30am	Apr 14	June 9
Coquitlam	City Centre Aquatic Complex	Sunday	8:00-8:30am	Apr 14	June 9
Coquitlam	City Centre Aquatic Complex	Sunday	8:30-9:00am	Apr 14	June 9
Coquitlam	City Centre Aquatic Complex	Sunday	9:00-9:30am	Apr 14	June 9
Coquitlam	City Centre Aquatic Complex	Sunday	9:30-10:00am	Apr 14	June 9
Coquitlam	City Centre Aquatic Complex	Sunday	10:00-10:30am	Apr 14	June 9
Kamloops	Tournament Capital Centre	Wednesday	4:00-4:30pm	Apr 17	June 5
Kelowna	Rutland YMCA	Sunday	3:00-3:30pm	Apr 14	June 9
Langley	W.C. Blair Recreation Centre	Saturday	9:30-10:00am	Apr 13	June 15
Langley	W.C. Blair Recreation Centre	Saturday	10:00-10:30am	Apr 13	June 15
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:00-12:30pm	Apr 13	June 22
Maple Ridge	Maple Ridge Leisure Centre	Saturday	12:30-1:00pm	Apr 13	June 22
Mission	Mission Leisure Centre	Sunday	8:00-8:30am	Apr 7	June 9
Nanaimo	Beban Park Pool	Sunday	5:00-5:30pm	Apr 14	June 9
Richmond	Minoru Centre for Active Living	Sunday	9:30-10:00am	Apr 14	June 9
Richmond	Minoru Centre for Active Living	Sunday	10:00-10:30am	Apr 14	June 9

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*





SPRING 2024 PRESCHOOL SWIM LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Tong Louie YMCA	Saturday	2:00-2:30pm	Apr 13	June 22
Surrey	Tong Louie YMCA	Saturday	2:30-3:00pm	Apr 13	June 22
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Apr 13	June 15
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Apr 13	June 15
Victoria	Esquimalt Recreation Centre	Thursday	4:00-4:30pm	Apr 18	June 6
Victoria	Esquimalt Recreation Centre	Thursday	4:30-5:00pm	Apr 18	June 6
Victoria	Esquimalt Recreation Centre	Saturday	5:00-5:30pm	Apr 13	June 15
Victoria	Juan de Fuca Recreation Centre	Sunday	4:15-4:45pm	Apr 21	June 16
Victoria	Juan de Fuca Recreation Centre	Sunday	4:45-5:15pm	Apr 21	June 16

Reg. opens: Tuesday, March 5 at 9:00am

Registration is 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!

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



**Program Structure**

30 mins, once per week, 6 weeks

**Seasons:** Fall, Winter, Spring **Cost:** \$20

**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 in partnership with the [C.O.D.E. Initiative!](#)  
No experience or software required.

**Science**

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

**SPRING 2024 VIRTUAL PROGRAMS DATES & TIMES**

Location	Activity	Day	Time	Starts	Ends
Online	Art	Sunday	10:00-10:30am	Apr 21	June 2
Online	Coding	Wednesday	4:15-4:45pm	Apr 24	May 29
Online	Science	Tuesday	5:30-6:00pm	Apr 23	May 28

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is 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, Winter, Spring

**Cost:** \$40

SPRING 2024 DANCE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
South Surrey	Arts Umbrella	Tuesday	5:15-6:00pm	Apr 16	May 21
South Surrey	Arts Umbrella	Tuesday	6:00-6:45pm	Apr 16	May 21

**Reg. opens: Tuesday, March 5 at 9:00am**  
*Registration is first-come, first served. Sessions subject to change.*





## Program Structure

1 hour, once per week, 6 weeks

**Seasons:** Fall, Winter, Spring

**Cost:** \$80

**Session Structure:** Circuit-style activities, individual & small group skill practice, and group games - Review our [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.

## SPRING 2024 GYMNASTICS LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Twisters Gymnastics Club	Sunday	10:00-11:00am	Apr 21	June 2
Chilliwack	Chilliwack Gymnastics Club	Thursday	7:00-8:00pm	Apr 18	May 23
Kamloops	Tournament Capital Centre	Saturday	12:30-1:30pm	Apr 20	June 1
Kamloops	Tournament Capital Centre	Saturday	1:30-2:30pm	Apr 20	June 1
Kelowna	Okanagan Gymnastics	Saturday	2:30-3:30pm	Apr 20	June 1
Kelowna	Okanagan Gymnastics	Saturday	3:30-4:30pm	Apr 20	June 1
Langley	Langley Gymnastics	Sunday	5:30-6:30pm	Apr 21	June 2
Richmond	TumbleTown Ironwood	Saturday	4:00-5:00pm	Apr 20	June 8
Richmond	TumbleTown Ironwood	Saturday	5:00-6:00pm	Apr 20	June 8
Surrey	White Rock Gymnastics	Saturday	5:00-6:00pm	Apr 20	June 8
Surrey	White Rock Gymnastics	Saturday	6:00-7:00pm	Apr 20	June 8

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*

***New this season, Multisport is focusing on teaching fundamental baseball skills!***

**Baseball** teaches children on the autism spectrum fundamental skills such as running, throwing, catching and hitting in a safe and supportive environment.

In partnership with [Jays Care](#), participants get the opportunity to play games and try baseball using provided baseball equipment.



### Program Structure

1 hour, once per week, 6 weeks

**Seasons:** Spring **Cost:** \$40

**Session Structure:** Each week, participants will focus on core competencies of baseball through various games and activities.

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

*Wheelchairs may be available upon request in certain regions. Email us at [info@canucksautism.ca](mailto:info@canucksautism.ca) to inquire.*

### SPRING 2024 BASEBALL LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Abbotsford Recreation Centre	Thursday	6:00-7:00pm	Apr 18	May 23
Burnaby	Edmonds Community Centre	Tuesday	7:00-8:00pm	Apr 23	May 28
Chilliwack	Chilliwack Central Elementary	Saturday	2:15-3:15pm	Apr 20	June 1
Coquitlam	Bettie Allard YMCA	Saturday	1:30-2:30pm	Apr 20	June 8
Kamloops	Beattie Elementary School	Monday	6:00-7:00pm	Apr 15	June 3
Langley	Timms Community Centre	Monday	6:00-7:00pm	Apr 22	June 3
Nanaimo	Randerson Ridge Elementary	Tuesday	5:00-6:00pm	Apr 23	May 28
Maple Ridge	Maple Ridge Leisure Centre	Sunday	10:30-11:30am	Apr 21	June 2
Richmond	West Richmond Community Centre	Sunday	3:00-4:00pm	Apr 21	June 2

**Reg. opens: Tuesday, March 5 at 9:00am**

**Registration is first-come, first served. Sessions subject to change.**



SPRING 2024 BASEBALL LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Surrey	Uplands Sports Centre	Sunday	6:00-7:00pm	Apr 21	June 2
Surrey	Uplands Sports Centre	Sunday	7:00-8:00pm	Apr 21	June 2
Vancouver	Britannia Community Centre	Monday	6:00-7:00pm	Apr 22	June 3
Vancouver	Jewish Community Centre	Saturday	10:30-11:30am	Apr 20	June 8
Victoria	Campus View Elementary	Saturday	12:15-1:15pm	Apr 20	June 8
Victoria	Northridge Elementary School	Monday	7:00-8:00pm	Apr 15	May 27
Victoria	Macaulay Elementary	Tuesday	7:00-8:00pm	Apr 16	May 21
West Kelowna	Mar Jok Elementary	Monday	6:00-7:00pm	Apr 22	June 3

Reg. opens: Tuesday, March 5 at 9:00am

Registration is 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:** \$40



SPRING 2024 MUSIC LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Vancouver	Sarah McLachlan School of Music	Friday	5:00-5:45pm	Apr 19	May 31
Vancouver	Sarah McLachlan School of Music	Friday	6:00-6:45pm	Apr 19	May 31

**Reg. opens: Tuesday, March 5 at 9:00am**  
*Registration is first-come, first served. Sessions subject to change.*



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:** \$50

**Session Structure:** Warm-up, skill practice, group games. Prepare by reviewing the [Skate Activity Storybook](#).

**Equipment:** Skate and helmet rentals are available at facilities.



SPRING 2024 SKATE LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	M.S.A Arena	Monday	4:00-4:30pm	Apr 15	May 27
Chilliwack	Sardis Sports Complex	Friday	3:45-4:15pm	Apr 19	May 31
Coquitlam	Poirier Sport & Leisure Complex	Saturday	1:30-2:00pm	Apr 27	June 8
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:00-2:30pm	Apr 27	June 8
Kamloops	Synergy Skate	Thursday	5:00-5:30pm	Apr 18	May 23
Kamloops	Synergy Skate	Thursday	5:30-6:00pm	Apr 18	May 23
Nanaimo	Cliff McNabb Arena	Friday	4:45-5:15pm	Apr 19	May 31
Nanaimo	Cliff McNabb Arena	Friday	5:15-5:45pm	Apr 19	May 31
Vancouver	Britannia Community Centre	Tuesday	6:30-7:00pm	Apr 2	May 7
Vancouver	Britannia Community Centre	Saturday	9:30-10:00am	Apr 20	June 8

Reg. opens: Tuesday, March 5 at 9:00am

Registration is first-come, first served. Sessions subject to change.





### Program Structure

30 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 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 partnership with the Lifesaving Society >>](#)

**It is the parent or guardian's responsibility to sign up for the correct level.**

If a participant has been 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 >](#)

### SPRINGS 2024 SWIMMER 1: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	5:00-5:30pm	Apr 17	June 5
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30am	May 4	June 29
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	May 4	June 29
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	May 4	June 29
Chilliwack	Cheam Leisure Centre	Sunday	9:30-10:00am	Apr 14	June 9
Coquitlam	Bettie Allard YMCA	Sunday	1:00-1:30pm	Apr 14	June 9
Coquitlam	Bettie Allard YMCA	Sunday	1:30-2:00pm	Apr 14	June 9
Coquitlam	Bettie Allard YMCA	Sunday	2:00-2:30pm	Apr 14	June 9

## SPRINGS 2024 SWIMMER 1: LOCATIONS &amp; TIMES

City	Facility	Day	Time	Starts	Ends
Kamloops	Tournament Capital Centre	Wednesday	4:30-5:00pm	Apr 17	June 5
Kamloops	Tournament Capital Centre	Wednesday	5:00-5:30pm	Apr 17	June 5
Kamloops	Tournament Capital Centre	Wednesday	5:30-6:00pm	Apr 17	June 5
Kamloops	Tournament Capital Centre	Wednesday	6:00-6:30pm	Apr 17	June 5
Kelowna	Rutland YMCA	Sunday	3:30-4:00pm	Apr 14	June 9
Langley	W.C. Blair Recreation Centre	Saturday	10:30-11:00am	Apr 13	June 15
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:00-1:30pm	Apr 13	June 22
Maple Ridge	Maple Ridge Leisure Centre	Saturday	1:30-2:00pm	Apr 13	June 22
Mission	Mission Leisure Centre	Sunday	8:30-9:00am	Apr 7	June 9
Mission	Mission Leisure Centre	Sunday	9:00-9:30am	Apr 7	June 9
Nanaimo	Beban Park Pool	Sunday	5:30-6:00pm	Apr 14	June 9
Richmond	Minoru Centre for Active Living	Sunday	10:30-11:00am	Apr 14	June 9
Richmond	Minoru Centre for Active Living	Sunday	11:00-11:30am	Apr 14	June 9
Surrey	Tong Louie YMCA	Saturday	3:45-4:15pm	Apr 13	June 22
Surrey	Tong Louie YMCA	Saturday	4:15-4:45pm	Apr 13	June 22
Surrey	Surrey Sport & Leisure Complex	Sunday	1:15-1:45pm	Apr 14	June 23
Surrey	Surrey Sport & Leisure Complex	Sunday	1:45-2:15pm	Apr 14	June 30
Surrey	Surrey Sport & Leisure Complex	Sunday	2:15-2:45pm	Apr 14	June 30
Vancouver	Jewish Community Centre	Saturday	12:00-12:30pm	Apr 13	June 15
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Apr 13	June 15
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Apr 13	June 15
Victoria	Esquimalt Recreation Centre	Thursday	5:00-5:30pm	Apr 18	June 6
Victoria	Esquimalt Recreation Centre	Saturday	5:30-6:00pm	Apr 13	June 15
Victoria	Juan de Fuca Recreation Centre	Sunday	5:15-5:45pm	Apr 21	June 16
Victoria	Juan de Fuca Recreation Centre	Sunday	5:45-6:15pm	Apr 21	June 16

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*



## Program Structure

30 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 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 partnership with the Lifesaving Society >>](#)

**It is the parent or guardian's responsibility to sign up for the correct level.**

If a participant has been 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: Tuesday, March 5 at 9:00am**

**Registration is first-come, first served. Sessions subject to change.**





## SPRING 2024 SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	5:30-6:00pm	Apr 17	June 5
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00am	May 4	June 29
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30am	Apr 14	June 9
Coquitlam	Bettie Allard YMCA	Sunday	2:30-3:00pm	Apr 14	June 9
Kamloops	Tournament Capital Centre	Wednesday	6:30-7:00pm	Apr 17	June 5
Kelowna	Rutland YMCA	Sunday	4:00-4:30pm	Apr 14	June 9
Langley	W.C. Blair Recreation Centre	Saturday	11:00-11:30am	Apr 13	June 15
Maple Ridge	Maple Ridge Leisure Centre	Saturday	2:00-2:30pm	Apr 13	June 22
Mission	Mission Leisure Centre	Sunday	9:30-10:00am	Apr 7	June 9
Nanaimo	Beban Park Pool	Sunday	4:30-5:00pm	Apr 14	June 9
Nanaimo	Beban Park Pool	Sunday	6:00-6:30pm	Apr 14	June 9
Surrey	Tong Louie YMCA	Saturday	4:45-5:15pm	Apr 13	June 22
Surrey	Surrey Sport & Leisure Complex	Sunday	2:45-3:15pm	Apr 14	June 30
Richmond	Minoru Centre for Active Living	Sunday	11:30-12:00pm	Apr 14	June 9
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Apr 13	June 15
Vancouver	Jewish Community Centre	Saturday	1:00-1:30pm	Apr 13	June 15
Victoria	Esquimalt Recreation Centre	Thursday	5:30-6:00pm	Apr 18	June 6
Victoria	Esquimalt Recreation Centre	Saturday	6:00-6:30pm	Apr 13	June 15
Victoria	Juan de Fuca Recreation Centre	Sunday	6:15-6:45pm	Apr 21	June 16

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is 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 partnership with the Lifesaving Society >>](#)

**It is the parent or guardian's responsibility to sign up for the correct level.**

If a participant has been 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 >](#)

## SPRING 2024 SWIM LEVEL 3: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30am	Apr 13	June 8
Victoria	Esquimalt Recreation Centre	Saturday	6:30-7:00pm	Apr 13	June 15

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*

### Program Structure

30 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.



**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.

## Advanced Coding

Advanced Coding is for those who feel comfortable with coding or have finished a CAN Coding (age 7-12) course before. Run in partnership with the [C.O.D.E Initiative!](#)

## Coding

Learn fundamental coding skills with CAN in partnership with the [C.O.D.E Initiative!](#) No experience or software required.

## SPRING 2024 VIRTUAL PROGRAMS DATES & TIMES

Location	Activity	Day	Time	Starts	Ends
Online	Art	Sunday	10:45-11:30am	Apr 21	June 2
Online	Coding	Wednesday	5:00-5:45pm	Apr 24	May 29
Online	Coding	Wednesday	6:00-6:45pm	Apr 24	May 29
Online	Advanced Coding	Wednesday	7:00-7:45pm	Apr 24	May 29
Online	Science	Tuesday	6:15-7:00PM	Apr 23	May 28

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*



## Program Structure

45 mins, once per week, 6 weeks

**Seasons:** Fall, Winter, Spring **Cost:** \$20

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

## 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.*



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 partnership with the Lifesaving Society >>](#)

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

If a participant has been 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 >](#)

## SPRING 2024 YOUTH & ADULT SWIM (13YRS+) LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends
Abbotsford	Matsqui Recreation Centre	Wednesday	6:00-6:45pm	Apr 17	June 5
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00am	Apr 13	June 8
Langley	W.C. Blair Recreation Centre	Saturday	11:30-12:15pm	Apr 13	June 15
Nanaimo	Beban Park Pool	Sunday	6:30-7:15pm	Apr 14	June 9
Surrey	Tong Louie YMCA	Saturday	3:00-3:45pm	Apr 13	June 22
Surrey	Surrey Sport & Leisure Complex	Sunday	3:15-4:00pm	Apr 14	June 30
Vancouver	Jewish Community Centre	Saturday	1:30-2:00pm	Apr 13	June 15
Victoria	Esquimalt Recreation Centre	Saturday	7:00-7:30pm	Apr 13	June 15

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*



### Program Structure

30-45-mins/week for 8 weeks

**Seasons:** Fall, Winter, Spring

**Cost:** \$60

**Session structure:** Support provided by a certified swim instructor, support workers and volunteers. To prepare: [Swim Activity Storybook](#).



## In-Person & Virtual

**Monthly Youth & Adult Programs** provide 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 activities have included bowling, rock climbing, pizza making and more.



### *Virtual Programs offered monthly:*

#### **Virtual Movie Club (13+yrs)**

The Movie Club meets every 2nd and 4th Tuesday of the month at 6pm. The group will vote on which movie to watch after registering for the program.

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

**NEW!** Register once and gain access to this program every month until August! [Learn more and register >](#)



**Registration opens on a monthly basis!**

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

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



**Weekly programs** provide chances to get together to build skills and make new connections!

## Baseball

Learn baseball skills in a supported environment.

## Outdoor Active

In partnership with Community Recreation Initiatives Society (CRIS) in Kelowna. Enjoy some outdoor activities like hiking, raft building and scavenger hunts at various locations near Kelowna. The schedule will be sent out to confirmed participants before the program starts.

## Swim

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

## Walking Club

Get outside and get active with a group of peers!

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

## Program Structure

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

**Seasons:** Fall, Winter, Spring

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

**Cost:** Varies by program



**Reg. opens: Tuesday, March 5 at 9:00am**

***Registration is first-come, first served. Sessions subject to change.***





### SPRING 2024 YOUTH AND ADULT (13+, 13-17, 18+YRS) PROGRAMS

Program	Age	City	Location	Day	Time	Starts	Ends
Baseball	13+	Kamloops	Pacific Way Park	Tuesday	6:00-7:00pm	Apr 16	May 21
Outdoor Active	13+	Kelowna	Various locations	Wednesday	6:00-7:30pm	Apr 24	May 29
Walking Club	13+	Nanaimo	Neck Point Park & West Wood Lake	Saturday	11am-12:30pm	Apr 13	June 8
Walking Club	13-17	Vancouver	Seawall near Science World	Sunday	10-11am	Apr 28	June 9
Walking Club	18+	Vancouver	Seawall near Science World	Sunday	11:15am-12:15pm	Apr 28	June 9
Walking Club	13+	Surrey	Tynehead Regional Park	Sunday	10-11am	Apr 21	June 2
Walking Club	13+	Victoria	Esquimalt Rec Centre & Oak Bay Rec Centre	Wednesday	5:00-6:30pm	Apr 24	May 29

**Reg. opens: Tuesday, March 5 at 9:00am**

*Registration is first-come, first served. Sessions subject to change.*



Leisure Ed is an 8-week program consisting of 2 sessions each week (1 group, 1 individual), designed to increase participant's independence in accessing community leisure.

With staff support, participants will create their own goal for the program and choose activities that help them achieve these goals!

**This season's cohort will be held in the Burnaby area. Very limited spots available!**

Unsure? Hear about the program from a participant who has accessed it: [WATCH now.](#)

**Interested participants must complete the [intake form.](#)**

*The Leisure Coach will reach out to arrange follow-up conversations with individuals who are shortlisted for the program.*

**For more information, please contact:**  
[youthandadults@canucksautism.ca](mailto:youthandadults@canucksautism.ca)

**A formal autism diagnosis is not required to participate.** Programs are open to all youth & adults who identify on the autism spectrum.

[Learn more >>](#)

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



## Eligibility Requirements:

- 16+ years old
- Self-identify as being on the autism spectrum
- Not registered in secondary or post-secondary school
- Unemployed or precariously employed
- Not receiving Employment Insurance (EI) benefits
- Canadian citizen, permanent resident, or granted refugee status
- Legally entitled to work in Canada
- Committed to the entirety of the chosen program schedule
- Interest in working in the hospitality industry

**A formal autism diagnosis is not required.** [Learn more >>](#)

**Develop pre-employment skills and gain a paid work experience placement in the hospitality industry within the Lower Mainland.**

Participants will have the opportunity to select from a range of optional workshops to complement their career goals and employment needs.

Get certified in First Aid, FOODSAFE, SUPERHOST customer service training, Workplace Hazardous Materials Information System (WHMIS), and more!

## Classroom Training

- Up to five days in-person at the CAN Office\* (Monday-Friday; 9:30am-3:30pm)
- Up to eight participants for five weeks
- Workshops, discussions, group & individual work
- Participants will get a lunch stipend

## Paid Work Experience

- 120 hours in an entry level position
- To be completed over a 6-week period\*  
*\*Assuming a 20-hr work week (120 hrs total). If an employer has an opportunity that is less than 20 hrs per week, the work experience may be longer than 6 weeks.*
- May be anywhere across the Lower Mainland
- Onsite support provided by CAN staff

## Upcoming Cohort 2 *Apply by February 19*

- Classroom Portion: Begins March 11

## Upcoming Cohort 3 *Apply by April 22*

- Classroom Portion: Begins May 13

## [Apply for CAN-STEP](#)

**Contact:** [step@canucksautism.ca](mailto:step@canucksautism.ca)

Paul Baron & Jessica McDonald  
CAN-STEP Employment Facilitators





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

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

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

***\*Must be at least 15 years old to access navigation services. A formal autism diagnosis is not required to participate. [Learn more >>](#)***

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

## Questions about our navigation services?

### Lower Mainland

Maegan O'Neill

**Navigator, Youth and Adult Services**

*Autism Outreach Coordinator | RWA*

[maegan.oneill@canucksautism.ca](mailto:maegan.oneill@canucksautism.ca)

### Kelowna

Neil Bazzana-Adams

**Navigator, Youth and Adult Services**

*Autism Outreach Coordinator | RWA*

[neil.bazzana-adams@canucksautism.ca](mailto:neil.bazzana-adams@canucksautism.ca)



CAN Mental Health & Wellness programs aim to provide Autistic youth & adults with a range of opportunities to better understand and support their own mental health. [Learn more >>](#)

## **Women's Peer Group (18yrs+)**

A space for Autistic women, gender non-conforming, and gender-diverse individuals.

Validate, inform and support each other on areas of mutual interest while fostering friendships and social contacts.

[Learn more >>](#)

## **Dungeons & Dragons (13-17yrs, 18yrs+)**

This 8 week introductory program is led by an experienced Dungeon Master and supported by CAN staff.

*This program will return in Spring. Details will be sent in the [Youth & Adult newsletter](#).*

## **Mental Health & Wellness Workshop (13yrs+) (scheduled on a monthly basis)**

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

## **Music to Move Your Mood (13-17, 18+yrs)**

Come join us at the [Sarah McLachlan School of Music](#) and explore the many ways music can help regulate and express moods and emotions.

**Friday Apr 5th at 138 E 7th Ave, Vancouver**

13-17yrs: 5:30-6:45pm | 18yrs+: 4:00-5:15pm

[Learn more & register >>](#)

## **Questions? Contact:**

Nadine Wilk

**Wellness Specialist**

[nadine.wilk@canucksautism.ca](mailto:nadine.wilk@canucksautism.ca)

***A formal autism diagnosis NOT required to participate.***

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



## Autistic Youth & Well-Being (13-16yrs)

A 10-week program to explore mental health in a supportive and engaging environment.

This program is ideal for youth who are interested in learning more about their own mental health, who have struggled with mental health challenges, and/or who are ready to engage in meaningful conversations with their peers about mental health topics.

Each session will be co-led by a clinical counselor and two Autistic peer facilitators.

## Autistic Peer Dating Group (19+yrs)

A new 6-week online program that makes space for Autistic adults to share their relationship struggles and successes and support each other as everyone navigates dating goals and relationship milestones in a small group.

*This program is not intended to practice dating or teach skills that mirror common dating expectations, but rather is a space for peers to explore what dating means to them and for folks to share lived experiences navigating dating as an Autistic adults.*

**A formal autism diagnosis NOT required to participate.**

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

## SPRING 2024 MENTAL HEALTH & WELLNESS PROGRAMS

Program	Age	Location	Day	Time	Starts	Ends
Autistic Youth & Well-Being	13-16	Zoom	Wednesday	6-7:30pm	Apr 3	June 5
Dating Peer Support Group	19+	Zoom	Monday	6-7:30pm	Apr 22	May 27

**Reg. opens: Tuesday, March 5 at 9:00am**

*Sessions subject to change.*





The Autistic Leaders Group works together on projects that promote advocacy and inclusion, including:

- Increasing representation of Autistic individuals
- Addressing barriers that Autistic people face

By signing up for this group you will receive 1-2 emails per month with meeting details and paid opportunities from CAN.

### **Participants would ideally be:**

- Interested in contributing within the Autistic community
- Respectful and open minded
- Willing to learn
- Able to see projects through to the end (attend 2-3 consecutive monthly meetings)
- 18 years or older

### **Meetings are held every 3rd Tuesday of the month:**

Tuesdays, 6:00-7:30pm on Zoom  
Monthly until August 20, 2024

### **Typical meeting schedule:**

- Introductions & updates – 20 min
- Working on project – 45 min
- Wrap up & planning – 25 min

Open to all who identify as Autistic, including non-CAN individuals. A formal autism diagnosis is not required to participate. [Learn more >>](#)

If you are curious about the group, you are welcome to join a meeting in any capacity and without expectation. We can also arrange for you to meet one of the facilitators to learn more about the group!

Questions? Email: [autisticleadersgroup@gmail.com](mailto:autisticleadersgroup@gmail.com) or [mark.comfort@canucksautism.ca](mailto:mark.comfort@canucksautism.ca)



## NEW: FAMILY EXPERIENCE PASS

Access unlimited Family Experiences by purchasing a Family Experience Pass for a family rate of \$25/year

Family Experiences are year-round activities that are open to the entire family, with all ages welcome. Activities may include: mini golf, visits to the farm, ice skating, CAN Sports Day, holiday events and more!

## TYPES OF FAMILY EXPERIENCES

### Exclusive Family Experience

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

### Community Family Experience

- Fewer CAN staff and volunteers supporting
- Venue is open to the public during the event
- 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 [monthly newsletter](#) to stay up-to-date with reminders 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.

## Parent and Guardian Collaboration

- **We strongly encourage parents/caregivers to provide as much information as possible about their child's needs in their online 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 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 Autistic youth and adults 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.



# NEW Registration Reminders



## Spring Program Registration

Online Registration opens on a first-come, first-served basis on Tuesday, March 5th at 9am.

### Registration is first-come, first served.

- First-come, first-served registration will allow participants and families to receive immediate confirmation of their registration status so they can better plan for the season ahead.
- In order to accommodate as many unique ASD participants as possible, each participant will only be enrolled in a **maximum of 2 weekly programs per season**.

### Reminders

- Due to increasing demand, many of our programs will have waitlists.
- 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 >>](#)
- Due to high demand, we can no longer accommodate non-ASD siblings in programs.

# Additional Information - Program Fees

## Program Fees

- In the new registration system, payment is due upon registration to confirm a program space.
- CAN wants to ensure that fees do NOT create barriers to participation. Along with traditional payment methods (i.e. credit card, cheque, and cash) program fees may be processed through:

### 1. CAN Fee Assistance Program

- The CAN Fee Assistance Program helps to alleviate any financial barriers to participation.
- A [Fee Assistance Form](#) needs to be completed **in advance** of registration for the program.
- A code will be given which needs to be used to pay upon registration.

### 2. Autism Funding

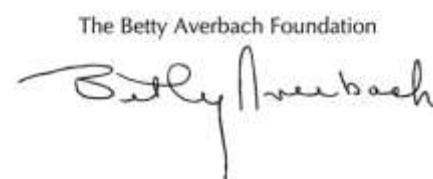
- Parents/guardians of participants' ages 6-18 are able to submit a Request to Pay form to Autism Funding for any program fees over \$100. ***There are no eligible programs this season.***

### 3. Additional Payment Options

- CAN is open to working with participants to process program fee payments through additional routes, including bursaries. For more information on payment options, including the methods listed above, please visit the [Policies & Payment Options](#) page of our website.



# Thank You to Our Supporters for Spring 2024



Foundation







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