OUR MISSION

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

We will have achieved our mission when:

1. The cause and cure for multiple sclerosis are identified in the shortest possible time.

2. People with MS have the opportunity to participate fully in all aspects of life.

3. The Canadian public is fully aware of MS, the MS Society and what it does.

4. All necessary activities of the MS Society are adequately funded.

5. The volunteers and staff of the chapters, division and national organization are working together effectively towards our common mission.
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FOREWORD

This guide provides Lower Mainland residents with a list of recreation opportunities that are adapted and/or accessible for those living with MS and/or disability. The purpose of this publication is to increase access to active living and exercise opportunities in the community for persons with MS.

Physical exercise is an important part of every healthy lifestyle, including the lifestyles of people living with MS. Physical exercise provides everyone with the benefits of reducing blood pressure, assisting weight control, achieving a healthy lifestyle, and reducing stress. For those with MS, physical exercise that is adapted to your needs and abilities can help:

- Improve strength, posture, mobility, and weight control
- Lessen fatigue: This point may seem counter-intuitive, but is possible to achieve with a physical activity that is suited to your comfort level and ability
- Improve mood, self-confidence, and general well-being
- Improve sleep, appetite, and cognitive functioning
- Create opportunities for new social outlets
- Decrease chances of secondary illness
- Improve quality of life
- Improve or maintaining the level of independence of the person with MS.

Exercise is especially beneficial as it provides the benefit of support from your peers and a reason to get out of the house.

This publication comprises a wide variety of activities for all ages, skill levels, and abilities. While not every physical activity in this guide will be suitable for you, we hope you come across opportunities that will allow you to achieve a healthier, more independent lifestyle.
Additional Resources

The following resources aim to educate people with MS on the benefits of exercise and how you can create an effective exercise/fitness plan suited to your needs and abilities.

- The MS Society of Canada has information and resources on how to meet the Canadian Physical Activity Guidelines for people living with MS. There is a Get Fit Toolkit fitness tips, Get in Motion free physical activity counselling, fitness planning sheets, and more. [https://mssociety.ca/hot-topics/exercise-and-physical-activity](https://mssociety.ca/hot-topics/exercise-and-physical-activity)

- The MS Society of Canada publishes “Everybody Stretch”, a step-by-step program to help individuals with MS design unique, adapted exercise regimes for themselves. Exercise regimes are created under the supervision of a health professional. The publication is written by a nurse who has been involved in MS care for over 20 years. [http://mssociety.ca/en/pdf/EverybodyStretch.pdf](http://mssociety.ca/en/pdf/EverybodyStretch.pdf)

- The Physical Activity Line (PAL), is British Columbia's primary physical activity counseling service. The PAL is a free phone line and online resource for active, healthy living. They will provide health screening, resources, individual fitness programs, and help find suitable fitness programs in your community. Qualified exercise professionals are available to prescribe exercise to people of all ages and abilities, including those with chronic medical conditions. Call: 1-877-725-1149 Or visit, [http://www.physicalactivityline.com/](http://www.physicalactivityline.com/)

- The National Multiple Sclerosis Society (of the United States of America) also provides information on MS and exercise. Visit their website for information on specific physical activities like yoga and tai chi; for guides on exercise and MS; and for articles on exercise and MS. [www.nationalmssociety.org/exercise](http://www.nationalmssociety.org/exercise)
How to Read This Guide

The Lower Mainland Adapted and Accessible Recreation and Leisure Guide comprises a wide variety of recreation opportunities in the Lower Mainland. View the Table of Contents for a full overview of the listings in this publication.

The organization of this guide is as follows:

- Each community/section is designated a letter. For example, “Vancouver” is letter B, and “Richmond” is letter C.
- Each recreation listing falls under the letter of their community, and is designated a number. For example, the second listing in Vancouver is “B-2”.
- Each recreation listing is formatted using this template (note: information in *italics* is changed for each listing, and varies according to the information made available by the organization/recreation facility):

<table>
<thead>
<tr>
<th>Letter - #</th>
<th>Organization or Program Name</th>
<th>Location: Address</th>
<th>Tel: Number</th>
<th>Fax: Number</th>
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<td>Email: Email address</td>
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*This section beneath the contact information contains a description on the organization/recreation facility and/or the programs it offers. If there are multiple components to a listing, the components are put into an alphabetized list, and immediately follow the principal listing.*
Disclaimer

The MS Society of Canada does not endorse any particular activity or organization. All listings are for reference only. In addition, while this guide aims to be comprehensive, it is not exhaustive and should not be considered as such.

Some of the individuals identified in this document have approached the MS Society in order to share information and services in their particular area of professional practice. Some may have a past history and knowledge of working with individuals with MS, while others may not. The MS Society does not endorse the services any of these individuals, but wishes to pass along this information for your consideration.

Not every activity listed in this guide will be suited to you, and not every activity in this guide is tailored specifically to the needs of persons with MS. Always consider the severity and extent of your MS and of any related symptoms when choosing a physical activity for yourself. It is recommended that people with MS consult a healthcare professional before starting a new exercise regime, and again during a relapse, when it might be necessary to reduce or stop exercising. It is also recommended that you call the recreation facility or organization to confirm that the activity you are considering is appropriate for you.
A THROUGHOUT THE LOWER MAINLAND

A-1 Accessible Trails
This is a listing of paths and trails around the Lower Mainland that are wheelchair accessible. Remember that standards differ and it is your responsibility to make sure that trails are suited to your needs.

Burnaby Lake
http://www.metrovancouver.org/services/parks/parks-greenways-reserves/burnaby-lake-regional-park
In the heart of Burnaby, this is an easy-to-reach hiking location. Essentially a smooth trail around a lake through an area rich in birdlife. The website also has other trails in the area that are accessible.

Burns Bog (Delta Nature Reserve)
http://www.burnsbog.ca/visit.html
This is a very accessible trail, mostly consisting of boardwalks through a nature reserve.

Central Park
http://www.burnaby.ca/Things-To-Do/Explore-Outdoors/Parks/Central-Park.html
Walk in the trails within Central Park and you can stop for a picnic lunch by the duck pond. Located by Patterson Skytrain station.

Cypress Mountain, Yew Trail
http://www.hellobc.com/en-CA/PopularAreas/Children/VancouverCoastandMountains_NorthShoreMountains.htm#nshike
This 2-kilometre trail loops through meadows and past several small lakes.

Fraser River Boardwalk at New Westminster Quay
Walk along the boardwalk, close to New Westminster Skytrain station. There are great views of the river and it is close to many restaurants.

Maplewood Flats (Wild Bird Trust), located in North Vancouver
www.wildbirdtrust.org
This area has three kilometres of accessible trails with viewing platforms to see the birds.

Pacific Spirit Park
http://www.metrovancouver.org/services/parks/parks-greenways-reserves/pacific-spirit-regional-park
Some trails are accessible and there are accessible washrooms available. The BC Mobility Opportunities Society can help access the other trails with the Trail Rider.

Stanley Park
http://vancouver.ca/parks-recreation-culture/explore-stanley-park.aspx
The seawall and some of the paths in the interior of the park are accessible.

Inland Lake Trail, near Powell River
www.env.gov.bc.ca/bcparks/explore/parkpgs/inland_lk/
This 13 kilometre, one-of-a-kind trail, loops around Inland Lake and is fully wheelchair-accessible. The circuit includes boardwalks, bridges, and a crushed limestone path.

Sea to Sky Trail
Phone: 604 932-1343
Email: info@seatoskytrail.ca
http://www.seatoskytrail.ca/
The vision of a trail connecting the communities of the Sea to Sky Corridor, from Squamish to D'ArCY, has long held the imaginations of the residents of this region. This 180 kilometre, non-motorized, multi-use trail is being built right now for everyone to enjoy. A few sections will be wheelchair accessible. See the website for the latest.

Alice Lake Loop, near Squamish
One trail is accessible and others may be suitable for some users. The area includes accessible toilets and camping.

Valley Trail, Whistler
http://www.whistler.com/activities/valley-trail/
Whistler has over 40 kilometres of paved trail with various access points.

A-2  BC Adaptive Snowsports
Head Office
Location:  780 SW Marine Drive
BC Adaptive Snowsports (formerly Disabled Skiers Association of BC) is a provincial sport organization responsible for the development and support of adapted snowsport programs throughout BC. In partnership with local clubs and hundreds of volunteers they provide opportunities for all persons with a disability to enjoy the freedom and therapeutic benefits of skiing and snowboarding. They believe everybody, regardless of their disability, has the right to participate in adaptive snowsports. They currently have 12 active adaptive snow sports programs Province-Wide.

BC Adaptive Snowsports provides Adaptive Skiing and Snowboarding lesson programs to participants of all ages with a variety of disabilities. The association also provides learn-to-race programs, opportunities for competitive racing of any level, and opportunities to join their Para-Alpine Ski Team. For those who are interested in volunteering there are clinics provided for volunteer instructors, coaches, and officials.

Programs run throughout BC and operate in the Lower Mainland through Vancouver Adaptive Snow Sports (VASS) at Grouse, Seymour, and Cypress Mountains. VASS makes the mountain experience accessible to all and welcomes participants of all ages and disabilities. Students can use adaptive equipment and/or specialized teaching techniques to maximize their independence on the snow.

VASS offers lesson programs from beginner to advanced skill levels, including snowboarding, sit-ski, stand-up skiing, and advanced adaptive ski racing. All instructors are certified in disabled skiing/snowboarding.

BC Blind Sports and Recreation Association
Location: Suite 170 – 5055 Joyce Street, Vancouver
Tel: 604-325-8638 Toll-Free: 1-877-604-8638
Fax: 604-325-1638
Email: info@bcblindsports.bc.ca
For those with visual complications due to MS, the BC Blind Sports and Recreation Association (BCBSRA) is a well-established organization offering opportunities for recreation, sports, and community involvement to people of all levels of visual impairment.

BCBSRA programs are designed for people of all ages and all skill levels. BCBSRA adult programs are available to those who wish to improve their fitness in their local communities, whether for recreational or competitive purposes. BCBSRA supports all blind/visually impaired athletes: from those who want to simply enjoy health and fitness programs, to those who wish to reach the international and Paralympic level in their chosen sport.

- Adult recreational programs include: Ice Skating, Ice Hockey, and a Walking Program.
- Adult competitive sport programs for non-Paralympic sports include: Curling, Dragon Boating, Golf, Karate, Lawn Bowling, Powerlifting, Showdown, and Wrestling.
- Paralympic sport programs include: Athletics (Track & Field), Biathlon, Goalball, Judo, Skiing (Alpine and Cross Country), Tandem Cycling

BCBSRA will also help parents get their children started in community or school programs, and will help teachers, coaches, and activity leaders ensure that community/school programs are suitable for those with visual impairment.

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**A-4  BC Powersoccer**

**Location:** 780 South West Marine Dr., Vancouver, BC, V6P 5Y7  
**Tel:** 604-251-2030 (Vancouver)  
**Email:**
  - Penticton: c.cunningham@shaw.ca  
  - Nanaimo: eyelandliving@shaw.ca  
  - Surrey/Cloverdale: inclusion@surrey.ca  
  - Vancouver: m.mcleod@telus.net  
**Web:** [http://sportabilitybc.ca/programs/power-soccer](http://sportabilitybc.ca/programs/power-soccer)

BC Powersoccer is a non-profit organization that aims to provide recreational and sporting opportunities to all persons who use power wheelchairs in the form of power soccer. Power soccer is a fast-paced, competitive sport with an international set of regulations, and BC Powersoccer’s mandate is to regulate these rules and to arrange rules meetings to abide by the true nature of the sport.
There are currently 5 power soccer teams in the Lower Mainland and BC Powersoccer encourages people to start a new team if one does not yet exist in their community. BC Powersoccer represents 9 power soccer teams provincially and has representatives from each team in the province, with some BC team members being invited to play at International Powerchair Football Cups in the past. One team from BC also won the Powerchair Football Canada Cup in 2012.

A-5  
**BC Rehab Foundation**  
**Location:** Suite 195 – 4255 Laurel Street, Vancouver  
**Tel:** 604-737-6383  
**Fax:** 604-737-6494  
**Email:** info@bcrehab.ca  
**Web:** www.bcrehab.com

The BC Rehab Foundation is a registered Canadian charity supporting people with physical disabilities. BC Rehab is committed to closing the gaps between people with and without disabilities. People are invited to call and find out more about how BC Rehab supports people with disabilities through education, research, wellness programs, arts, and recreation. BC Rehab also fundraises and allocates money to organizations that support people living with physical disabilities in BC.

A-6  
**BC Therapeutic Riding Association**  
**Location:** 3885B 96th Street, Delta  
**Tel:** 604-590-0097  
**Email:** ponypalstra@yahoo.ca  
**Web:** www.vcn.bc.ca/bctra

Therapeutic riding for the disabled has been recognized for decades as physically, psychologically, and socially beneficial. Horseback riding can strengthen muscles, improve balance and coordination, increase circulation, and decrease spasticity.

Horseback riding increases concentration and improves learning skills. Riders are challenged but also rewarded with a sense of achievement and a general feeling of well-being, self-esteem and self-confidence. A rider with disabilities may also develop a strong bond of respect, trust and kinship with the horse, volunteers and fellow riders.

The BC Therapeutic Riding Association is a registered charitable organization that aims to provide horseback riding as therapy for people with disabilities. The association is experienced in working with people with MS. The association has riding centres for registered members across the province, with four riding centres located in:
• **Richmond** – Richmond Therapeutic Equestrian Society (see C-3)
• **Delta** – Pony Pals Therapeutic Riding Association (H-2)
• **Langley** – Pacific Riding for Developing Abilities (I-2)
• **Maple Ridge** – North Fraser Therapeutic Riding Association (K-2)

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**A-7 BC Wheelchair Basketball Society**

**Location:** 780 SW Marine Drive, Vancouver

**Tel:** 604-333-3530  
**Fax:** 604-326-1229

**Email:** info@bcwbs.ca  
**Web:** www.bcwbs.ca

The BC Wheelchair Basketball Society (BCWBS) is a non-profit organization, formed in 1983 and registered with Revenue Canada as a charity since 1985. Since its inception, BCWBS has been a catalyst in creating awareness about disability issues and has provided support to wheelchair basketball programs throughout British Columbia.

Wheelchair basketball is for anyone who wishes to participate, whether for recreation or for competitive sport. BCWBS offers programs to people who have physical disabilities, and there are programs for people from all age groups – from eight-year-olds to seniors.

BCWBS also operates a Wheelchair Loan Program, where Society members can borrow lightweight sports wheelchairs to maximize mobility and performance on the court.

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**A-8 BC Wheelchair Sports Association**

**Location:** 780 SW Marine Drive, Vancouver

**Tel:** 604-333-3520  
**Toll-Free:** 1-877-737-3090

**Fax:** 604-326-1229  
**Email:** info@bcwheelchairsports.com  
**Web:** www.bcwheelchairsports.com

Since 1971, BC Wheelchair Sports has supported the personal growth and athletic development of people with physical disabilities. BC Wheelchair Sports offers quality programs in four member sports and three associate member sports: Athletics, Basketball, Floor Hockey, Rugby, Target Sports, Tennis, and Curling. Programs for each sport are offered at all different skill levels, from novice to elite. Athletes can play on a recreational or competitive level. Junior programs are also available.
BC Wheelchair Sports offers a Wheelchair Loan Program provides athletes with short-term wheelchairs that are tailored to their chosen sport, and can sometimes offer financial assistance to athletes who want to secure their own sports wheelchairs.

Awards, bursaries, and funding are also available for wheelchair athletes who meet certain criteria or who have shown outstanding leadership in their sport.

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**Curl BC – Stick Curling and Wheelchair Curling**

Main Office: 3713 Kensington Avenue, Burnaby  
Tel: 604-333-3616    Fax: 604-667-2875  
Email: curling@curlbc.ca  
Web: [http://www.curlbc.ca/](http://www.curlbc.ca/)

Curl BC is dedicated to the promotion and development of curling in British Columbia and to the coordination of curling activities on behalf of the member clubs. Most curling clubs offer adaptive stick curling for those who cannot bend down and wheelchair curling for those in wheelchairs. The rules are slightly adapted, but recreational teams can be a mix of regular curlers, stick curlers, and wheelchair curlers. Wheelchair curling clinics for new curlers are offered on a regular basis, please call or check the website to sign up.

Wheelchair curling is available at the following clubs:

**Langley Curling Club**
Location: 20699 42nd Avenue, Langley  
Tel: 604-530-8218  
Email: manager@langleycurlingclub.com  
Web: [http://langleycurlingclub.com/](http://langleycurlingclub.com/)

**Marpole Curling Club**
Location: 8730 Heather Street, Vancouver  
Tel: 604-327-3400  
Web: [http://www.marpolecurling.com/](http://www.marpolecurling.com/)

**Richmond Curling Club**
Location: 5540 Hollybridge Way, Richmond  
Tel: 604-278-1722  
Email: doug@richmondcurling.com  
Web: [http://www.richmondcurling.com/](http://www.richmondcurling.com/)

**Vancouver Curling Club**
Please note that although most clubs offer stick curling, not all clubs are wheelchair accessible. Contact your local club or the Curl BC office for assistance.

A-10 **The Disability Foundation**

| Location: | Suite 318 – 425 Carrall Street, Vancouver |
| Tel: | 604-688-6464  Fax: | 604-688-6463 |
| Email: | info@disabilityfoundation.org |
| Web: | www.disabilityfoundation.org |

The Disability Foundation and its six affiliated societies exist to enrich the lives of people with significant physical disabilities by providing recreation and leisure opportunities. The foundation’s six affiliated societies and their respective areas of focus are:

a) **BC Mobility Opportunities Society** – for hiking, kayaking, gliding, and wilderness expeditions
b) **ConnecTra Society** – finds people links to activities and programs
c) **Disabled Independent Gardeners Association** – for accessible home and community gardening
d) **Disabled Sailing Association** – for sailing opportunities
e) **Tetra Society of North America** – provides assistive devices
f) **Vancouver Adapted Music Society** – programs for musicians of all levels of ability

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a) **BC Mobility Opportunities Society (BCMOS)**

| Location: | Suite 318 – 425 Carrall Street, Vancouver |
| Tel: | 604 688 6464  Fax: | 604 688 6463 |
| Email: | eric@disabilityfoundation.org |
| Web: | http://www.bcmos.org/main/ |

**Hiking**

BCMOS’s hiking programs feature the unique TrailRider device: a unique, multi-terrain, single-wheeled access vehicle that is designed for adults or for kids. The TrailRider is powered by two able-bodied individuals (sherpas) and leaves little or no environmental ‘footprint.’ TrailRiders allow BCMOS to plan trips of all difficulty levels for its members, from a stroll through Pacific Spirit Park to a tough trek into
the local mountains. They will be making TrailRiders available for guided hikes at Pacific Spirit Park starting in May and in June and July they will have a series of hikes exploring the beaches of Spanish Banks. In addition, BCMOS may operate destination hikes that venture further to specific destinations, such as Cypress Falls Park and the Seven Sisters Trail.

To hike with BCMOS, you need to be a member- this costs $10 and includes your first hike. The membership form is located here. Much of each year’s destination planning is decided by participants. Everyone is welcome to contact the BCMOS office and suggest a location: eric@disabilityfoundation.org. BCMOS staff will make the arrangements and coordinate equipment and sherpas.

The TrailRider has also been the vehicle of choice for BCMOS’ Access Challenge Program – a multi-day wilderness expedition involving six to ten teams, with each team consisting of one person with a disability and four able-bodied participants.

BCMOS also rents TrailRiders at a rate of $10 per day throughout the year, for those that want to go their own way. Participants will have to arrange every aspect of their own hike. BCMOS also sells TrailRiders. If you would like to rent or purchase a TrailRider please get in contact with Stephen Hunter by phone at 604-688-6464 or by email at shunter@disabilityfoundation.org. If you are planning a hike for yourself, you can visit www.trailpeak.com for a list of TrailRider-friendly hikes.

Kayaking
Location: Jericho Sailing Centre 1300 Discovery St. Vancouver
Tel: 604-688-6464 ext. 117
Email: eric@disabilityfoundation.org
Web: http://www.bcmos.org/main/kayaking.php

BCMOS offers a sea kayaking program that features specially modified, fully accessible two-person kayaks for people with significant physical disabilities. Participants kayak with trained paddlers and navigate the waters near Jericho Sailing Centre along Vancouver’s beautiful shoreline. Kayaking runs June through August from Wednesday to Sunday, 11am to 5pm, at Jericho Sailing Centre.

Paddleboarding
Location: Creekside Community Centre, 1 Athlete's Way, Vancouver, BC V5Y 0B1
Tel: 604-868-7374
Email: bcmospaddling@gmail.com
Web: http://www.bcmos.org/main/paddleboarding.php

BCMOS offers adapted paddleboarding sessions in False Creek. Their paddleboards have been adapted for wheelchair use and outfitted with two outriggers to prevent tipping. All terrain wheelchairs are locked into place on each
paddleboard for participants. Each paddling session is one hour long and costs $10. The 2017 season runs from May 24th-August 31st. To book a session, contact Jen Boughner or Kristen Joy-Correll.

b) ConnecTRA Society
Location: Suite 318 – 425 Carrall Street, Vancouver
Tel: 604-688-6464 ext. 115  Fax: 604-688-6463
Email: info@connectra.org
Web: www.connectra.org

ConnecTRA Society’s Connecting Project is helping individuals with disabilities become more involved in their own communities so they can take advantage of opportunities and lead more complete lives. They offer one-on-one support for people with disabilities who want to explore work, social, and leisure options. Participants with disabilities are mentored by volunteers and within 18 months of initiating the project, more than 200 participants have been assigned to 88 volunteers. Volunteers connect with local agencies that offer support and can help explore opportunities including: job seeking, assistive technology, home adaptations, specialized computer equipment, low-tech assistive devices, community health programs and recreation.

c) Disabled Independent Gardeners Association (DIGA)
Location: Suite 318 – 425 Carrall Street, Vancouver
Tel: 604-688-6464
Email: diga@disabilityfoundation.org
Web: www.disabilityfoundation.org/diga

DIGA’s primary goals are to:
• Encourage people with significant disabilities to seek the enjoyment and health benefits available through gardening;
• Provide an opportunity for integrating disabled gardeners with their able-bodied counterparts, creating a gardening community that is blind to physical barriers;
• Provide disabled gardeners with volunteer engineering services for the adaptation and customization of gardening tools, making the activity accessible to all.

DIGA supports these goals through:
• Seasonal workshops held at local gardens, featuring expert speakers & educational programs, all complemented by online and print material;
• Delivery of community-based, in-home volunteer services to disabled
• Partnering with the Tetra Society of North America to benefit from their volunteers’ skills and experience allowing for the highest quality of adapted tools for our members.

d) **Disabled Sailing Association (DSA)**

**Head Office – General Inquiries**

**Location:** Suite 318 – 425 Carrall Street, Vancouver  
**Tel:** 604-688-6464 ext 132  
**Fax:** 604-688-6463  
**Email:** dsa@disabilityfoundation.org  
**Web:** www.disabledsailingbc.org

**Summer Office (Late May to Late August)**

**Location:** Jericho Sailing Centre, 1300 Discovery Street, Vancouver  
**Tel:** 604-222-3003  
**Fax:** 604-222-3004  
**Email:** dsasummer@disabilityfoundation.org

Offers sailing for people with significant disabilities. Disabled (or adaptive) sailing promotes freedom and independence. Even people with no movement below the neck are able to sail by themselves, with the use of sip ‘n’ puff technology. Even people who are respirator-dependent are able to sail safely and independently. No other sport or recreational activity can match that level of independence.

The summer office is open Wednesday to Sunday from 11 AM to 4:30 PM. The Disabled Sailing Association Summer 2015 season will begin May 24th and end Friday, August 31st. Individuals can book up to 3 sails at one time and groups of 3 or more can only book one outing at a time. You must be a registered DSA member and your membership must be in good standing before you sail. DSA membership can be handled before sailing if you allow 20 minutes before sailing time. Annual membership is $10 and if you plan to sail more than 4 times, you must purchase a Jericho Sailing Membership for $99. Race club is held every Sunday, between noon and 5pm, except on regatta days

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e) **Tetra Society**

**Location:** Suite 318 – 425 Carrall Street, Vancouver  
**Tel:** 604-688-6464 ext 108  
**Fax:** 604-688-6463  
**Email:** info@tetrasociety.org  
**Web:** http://www.tetrasociety.org

The purpose of Tetra is to recruit skilled volunteer engineers and technicians to create assistive devices for people with disabilities. This charitable, non-profit program was developed in response to difficulties that people with disabilities experience in their search for greater independence and integration within their communities. The solutions are often simple but can change someone’s life.
Tetra Society is very successful, now operating 45 chapters throughout North America.

Some of the projects designed and built at Tetra include: Communication Aids, Eating/Drinking Aids; Household Aids, Mobility Aids; Personal Care Aids; Recreational/Mobility Aids; Vocational/Educational Aids; Tools for Tykes. Clients can be referred to the Tetra Society by themselves, a family member, or a health professional using the Request Assistance form: www.tetrasociety.org/assistance/RFA.php

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**Vancouver Adapted Music Society (VAMS)**

**Location:** Suite 318 – 425 Carrall Street, Vancouver  
**Tel:** 604-688-6464 **Fax:** 604-688-6463  
**Email:** vams@disabilityfoundation.org  
**Web:** www.vams.org

The purpose of VAMS is to allow people of all musical levels to express themselves through the composition, performance, and enjoyment of music. With its all-welcoming and encouraging nature, VAMS aims to enhance the quality of life and self-image of its participants.

Using fully accessible equipment, participants can enjoy the provided benefit of instructors, studio time and studio recordings, instrument loans, and technical guidance and support. There are numerous programs for participants to choose from, e.g. café nights, jam sessions, and choir sessions. Participants can also take advantage of two music studios in Vancouver, for either recreational or professional purposes. Many workshops and sessions are held at G. F. Strong Rehabilitation Hospital. VAMS also has affiliates in Victoria, New York and Los Angeles.

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**A-11 Fishing License Fee Reduction**

**Address:** Fish, Wildlife & Habitat Management Branch  
Ministry of Forests, Lands and Natural Resource Operations  
PO Box 9391, Stn Prov Govt  
Victoria, BC V8W 9M8

**Phone:** 250-387-9771  
1-866-387-9771 (toll-free)  
1-800-661-8773 (TTY for people with hearing impairment)

**Email:** FishandWildlife@gov.bc.ca  
**Web:** http://www.env.gov.bc.ca/fw/fish/licences/#FeeReduction
A disabled BC resident who has an approved Application for an Angling Fee Reduction can buy an annual freshwater fishing license for $1.12. There is no reduced fee for Conservation Surcharges and Classified Waters Licenses.

You can obtain an Application for an Angling Fee Reduction form from any Service BC Centre, www.env.gov.bc.ca/fw/fish/licences/docs/disabled_angeling_app.pdf or by writing to:

Fish and Wildlife Branch
PO Box 9391 STN PROV GOVT
Victoria, BC V8W 9M8

Once your Application for an Angling Fee Reduction has been approved, you can buy a license for disabled BC residents through a vendor, a Service BC Centre, or online through this web site.

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**A-12 Laughter Yoga Canada – Lower Mainland**

Web: [http://www.laughteryogacanada.org/vancouver/](http://www.laughteryogacanada.org/vancouver/)

Laughter Yoga is a series of movement and breathing exercises designed to stimulate laughter and cultivate an inner spirit of joy. A session of Laughter Yoga includes a blend of yoga-based deep breathing, gentle stretching, simulated laughter exercises, and playful games and activities. It is a technique that invites laughter without using jokes or humour.

There are multiple locations for Laughter Yoga club meetings across the Lower Mainland. Find the club that’s closest to you on Laughter Yoga Canada’s website and email or phone the club leader for more information on sessions. Clubs that currently offer Laughter Yoga across the Lower Mainland are:

- **Inspire Health Integrated Cancer Care (#200-1330 West 8th Ave)**
  - akruth@van.bc.ca
- **Open Door Yoga (1641 Commercial Drive)**
  - orders@gmail.com
- **Richmond (#170-5720 Minoru Blvd)**
  - Laughing.shelley@gmail.com
- **Simon Fraser University (Class Room A, Chancellor Gym)**
  - laughtrain@gmail.com
- **White Rock Laughter Club (15342 Buena Vista)**
- **Laughter Yoga North Vancouver (3743 Delbrook Ave)**
- **Gastown Laughter Club (250 Powell St)**
  - chris@universal-laughter.com
A-13 Nordic Racers Ski Club
Location: Whistler (Skiing)
Office Address: 119-2416 Main St., Vancouver, BC
Tel: 604-451-8571
Email: “Contact us” form on website
Web: http://nordicracers.ca/

Nordic Racers Ski Club is an organization of cross country skiers of all abilities and levels. They provide members with opportunities to achieve their goals as recreational skiers, competitive athletes, race officials, coaches, and instructors in a safe, fun and social environment.

The club runs a “Skiing is Believing” Clinic a few times a year for new skiers. Transportation, equipment, and instruction is all provided at a minimal cost. People can then choose to move on to more advanced classes and build their skillset, or ski recreationally. Nordic Racers Ski Club also organizes social activities such as potlucks, dinners, summer training, and trips.

Wheelchair users should be able to transfer with minimal assistance and have enough upper body strength to ski across changing terrain, including going uphills. This program is not suitable for power chair users.

For more information, please email or call the number above and leave a voicemail.

A-14 Pacific Northwest Scuba Challenge Association
Location: 14286 72nd Ave, Surrey, BC
Tel: 604-525-7149
Web: http://www.nchpad.org/Directories/Organizations/2599/Pacific~Northwest~Scuba~Challenge~Association

The Pacific Northwest Scuba Challenge Association offers fully accredited scuba courses taught by instructors and assistants who are experienced in teaching divers with disabilities. The Association provides instruction and ongoing certification to anyone who wishes to learn how to scuba dive. However, participants must be given approval by their physician and then by an instructor of the Association.

There are monthly club dives at local dive spots as well as diving trips. The club offers access to scuba equipment at reduced rates and resources for financial assistance.

Meetings are in the boardroom of G.F. Strong Rehabilitation Center.
A-15 **SFU Philosopher’s Café**

Email: cafes@sfu.ca  
Web: [https://www.sfu.ca/continuing-studies/about/program-units/philosophers-cafe/about-philosophers-cafe.html](https://www.sfu.ca/continuing-studies/about/program-units/philosophers-cafe/about-philosophers-cafe.html)

SFU’s Philosopher’s Café is a series of informal public discussions in the heart of our communities. Since 1998, this award-winning program has engaged the interests of scholars, seniors, students, philosophers, and non-philosophers through stimulating dialogue and the passionate exchange of ideas.

Philosopher’s Cafés are held regularly from September to June all throughout the Lower Mainland, usually in community centers and libraries. All cafés are free to attend and no registration is required. Guides can be mailed to you directly if needed, but all information can be found on the website.

Not all places are wheelchair accessible, call ahead and confirm.

A-16 **Spinal Cord Injury BC (formerly the BC Paraplegic Association)**

Location: 780 SW Marine Drive, Vancouver  
Tel: 604-324-3611  
Fax: 604-326-1229  
InfoLine: 1-800-689-2477  
Email: info@sci-bc.ca  
Web: [www.sci-bc.ca](http://www.sci-bc.ca)

Formerly the BC Paraplegic Association, since 1957 Spinal Cord Injury BC (SCI BC) has been a vital link for people with spinal cord injuries and other physical disabilities (including MS) to their communities. As over 200,000 British Columbians have a disability that affects their mobility, SCI BC promotes successful independent living for thousands of people with permanent injuries or damage to their spinal cord.

SCI BC services help people overcome the challenge of living with a physical disability. SCI BC offers programs, activities, support, education, and job search strategies to people with MS who live with permanent spinal cord damage.

Examples of recreation and leisure-related activities offered by SCI BC include “Walk N Rolls” for charity, farmer’s market tours, and updates on disability sporting events.
A-17 SportAbility BC
Location: 780 SW Marine Drive, Vancouver
Tel: 604-324-1411
Email: rossm@sportabilitybc.ca
Web: www.sportabilitybc.ca

SportAbility is a non-profit, volunteer-driven association whose goal is to provide recreational and sporting opportunities to all people with any disability. It is involved in the organization, regulation, and funding of sports for people with disabilities all over the province. A multi-sport and multi-disability organization, athletes are offered opportunities at all levels for recreational and/or competitive purposes. SportAbility helps participants develop technical skills and physical literacy while enriching their quality of life in all aspects – physical, social, emotional, and physiological.


Those who choose to enroll in competitive sport will be classified into a division for a competition. All athletes must be classified to ensure fair and equal competition.

A-18 Taoist Tai Chi Society of Canada
Web (Canada): www.taoist.org/canada
Web (BC): http://pacific.canada.taoist.org/content/standard_ca_pacific.asp?name=Canada-Pacific-Home

Vancouver Branch – Main BC Branch
Location: 588 East 15th Avenue (at Kingsway), Vancouver
Tel: 604-681-6609 Fax: 604-681-6692
Email: vancouver@taoist.org

Surrey, Langley, & White Rock Branch
Location: Suite 106-19232 Enterprise Way, Surrey
Tel: 604-507-0700 Fax: 604-507-0713
Email: surrey.bc@taoist.org

The Taoist Tai Chi Society is a volunteer-run, non-profit organization that operates in 26 countries around the globe. Its mandate is to allow people of all ages and health conditions to experience the many benefits of practicing Taoist Tai Chi. Taoist Tai Chi is a gentle art of health and well-being; its slow, graceful movements increase strength and flexibility while improving balance and circulation. People who practice Taoist Tai Chi commonly describe it as a genuine path to improved health and tranquility.
The Society operates 2 branches in the Lower Mainland: the **Surrey, Langley, & White Rock Branch** for Aldergrove, Langley, Surrey, and White Rock locations; and the **Vancouver Branch** for all other Lower Mainland communities.

The Taoist Tai Chi Society of Canada offers Open Practice, Health Recovery (for special health needs), Beginners, and Continuing Classes to its members. Classes are typically 1-2 hours long.

To become a member there is an initial $20 registration fee. Contributions for monthly dues are welcomed. However, for those of low income or for those attending Health Recovery classes, the fee is reduced by application or by donation.

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**A-19 Trinity Yoga**

**Tel:** 604-739-5890  
**Web:** [http://www.trinityyoga.net/](http://www.trinityyoga.net/)

Trinity Yoga offers programs adapted for people of different abilities for self-care. By establishing adaptive, restorative, and therapeutic techniques for individual needs, provides a template for families, individuals and caregivers with which to access the tools and techniques for the benefit of those who have impaired mobility, or a disabling condition. As a therapeutic intervention, the programs aims to create a model for healthcare providers, healthcare professionals, those affected by trauma through injury, birth or disease with a preventative and living model of how to cope, to deal with immobility & pain and how to be proactive and preventative therein.

One of the programs offered is **The ART of Living Well with Yoga** program, a 45-hour Adaptive/Restorative/Therapeutic Yoga Practitioner Program, which establishes practical daily living yoga tools and techniques for the disabled & special needs, aging, PTSD, and their care-givers, family and friends.

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**A-20 YMCA of Greater Vancouver**

**Main Office – Joyce Street YMCA – Association Services**

**Location:** Suite 300-5055 Joyce Street, Vancouver  
**Tel:** 604-681-9622 (YMCA)  
**Fax:** 604-688-0220  
**Email:** info@vanymca.org
The YMCA of Greater Vancouver operates three YMCA centres in the Lower Mainland and one in Chilliwack. The three YMCA centres in the Lower Mainland are:

- Langara YMCA in Vancouver
- Robert Lee YMCA in Vancouver
- Tong Louie Family YMCA in Surrey

The YMCA of Greater Vancouver also offers an access program for those who are unable to pay the full fee for a standard membership or program. Those who currently receive fee assistance from the government also pre-qualify for the program. Call your nearest YMCA to see if you qualify for the access program.
The Vancouver Park Board operates many recreation centres and fitness facilities across the City of Vancouver. The Vancouver Park Board also offers many programs and services which rotate on a sessional basis.

There are 6 components to Vancouver Park Board’s adapted and integrated recreational activities for individuals with disabilities:

a) **Access Services** – adapted and accessible facilities, programs, and equipment

b) **Adapted Programs** – Various programs from sports to leisure to fitness classes and social events are offered.

c) **Leisure Access Program** – reduced/free entrance for persons in financial need to access basic recreation programs

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### a) Vancouver Park Board Access Services

**Main Office:** Hillcrest Center, 4575 Clancy Loranger Way, Vancouver, BC  
**Web:** [http://vancouver.ca/people-programs/accessible-city.aspx](http://vancouver.ca/people-programs/accessible-city.aspx)

The Vancouver Park Board’s Access Services manages the accessibility of Vancouver recreation facilities and offers a variety of adapted programs, services, and equipment for those with disabilities. Free admission is provided to the attendant of any person with a disability who requires support to participate in adapted programs. Only the participant is required to pay the relevant admission fee.

Below is a list of Vancouver Park Board facilities that offer adapted fitness programs and specialized programs for persons with disabilities. A short description of each program is available after the list (pages 15 and 16). You can call the Vancouver Park Board or individual facilities for more information on programs.
<table>
<thead>
<tr>
<th>Community Center</th>
<th>Programs Offered</th>
<th>Community Center</th>
<th>Programs Offered</th>
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<tbody>
<tr>
<td>Britannia Community Center</td>
<td>Range of Motion</td>
<td>West End Community Center</td>
<td>Osteofit</td>
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<td>Aquafit</td>
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<td>Therapeutic Weight</td>
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<td>Gentle Yoga</td>
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<td>Training</td>
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<td>Osteofit</td>
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<td>Chair Yoga</td>
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<td></td>
<td>Chair Yoga</td>
<td></td>
<td>Adapted Yoga for MS</td>
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<tr>
<td>Mount Pleasant Community Center</td>
<td>Gentle Yoga</td>
<td>Renfrew Community Center</td>
<td>Gentle Yoga</td>
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<td></td>
<td>Chair Yoga</td>
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<td>Osteofit</td>
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<tr>
<td>Dunbar Community Center</td>
<td>Gentle Yoga</td>
<td>False Creek Community Center</td>
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<td>Osteofit</td>
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<td>Therapeutic Fitness</td>
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<td>Chair Yoga</td>
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<td></td>
<td>Therapeutic Weight Training</td>
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<td></td>
<td>Joint Works</td>
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<tr>
<td>Kensington Pool</td>
<td>Range of Motion</td>
<td>Hastings Community Center</td>
<td>Osteofit</td>
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<tr>
<td></td>
<td>Aquafit</td>
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<tr>
<td>Kerrisdale Community Center</td>
<td>Range of Motion</td>
<td>Hillcrest Community Center</td>
<td>Range of Motion</td>
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<td>Aquafit</td>
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<td>Aquafit</td>
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<td>Gentle Yoga</td>
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<td>Chair Yoga</td>
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<td>Joint Works</td>
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<td></td>
<td>Champlain Heights Community Center</td>
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<td>Chair Yoga</td>
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</table>
Chair Yoga

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<thead>
<tr>
<th>Location</th>
<th>Classes</th>
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</thead>
<tbody>
<tr>
<td>Thunder Bird Community Center</td>
<td>Gentle Yoga, Osteofit, Chair Yoga</td>
</tr>
<tr>
<td>Vancouver Aquatic Center</td>
<td>Range of Motion Aquafit</td>
</tr>
<tr>
<td>Roundhouse Community Arts &amp; Recreation Center</td>
<td>Gentle Yoga, Chair Yoga</td>
</tr>
<tr>
<td>West Point Grey Community Center</td>
<td>Gentle Yoga</td>
</tr>
<tr>
<td>Douglas Park Community Center</td>
<td>Osteofit</td>
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<tr>
<td>Coal Harbour Community Center</td>
<td>Gentle Yoga</td>
</tr>
<tr>
<td>Sunset Community Center</td>
<td>Gentle Yoga, Breathing Meditation</td>
</tr>
<tr>
<td>Trout Lake Community Center</td>
<td>Gentle Yoga, Chair Yoga</td>
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</tbody>
</table>

*Stan Stronge Pool is an aquatic facility for people with disabilities. The pool is built in consideration for people with disabilities and have trouble accessing public pools. There are various types of classes offered to people with limited mobility.

- For Adapted Yoga for MS, see B-9, or page 33
- Adapted sports include: Boccia for People with Physical Disabilities; Wheelchair Rugby; and Sledge Hockey.
- Osteo Fit focuses on improving strength posture, balance, and agility through the use of functional exercises, agility activities, resistance training, and appropriate stretches.

Adapted equipment is made available at certain Vancouver Park Board recreation centres:

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Recreation Centre</th>
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<tbody>
<tr>
<td>Aquatic wheelchairs</td>
<td>Available at all swimming pools</td>
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<tr>
<td>Aquatic pool lifts</td>
<td>Available at all indoor pools (except Kensington Pool) and at Kitsilano outdoor pool</td>
</tr>
<tr>
<td>Zero entry pools</td>
<td>Kitsilano, Second Beach, Kilarney, Renfew and New Brighton pools</td>
</tr>
<tr>
<td></td>
<td>Hillcrest Aquatic Centre, but only to its leisure pool</td>
</tr>
</tbody>
</table>
Beach wheelchairs

- Two beach wheelchairs are available for public use and are shared by all 12 beach locations
- Contact 604-738-8535 to make sure equipment is available for your use

Ice sledges

- Available at skating rinks at no cost. Contact rink programmers to ensure availability
- Wheelchairs are also welcomed on the ice during public skate sessions, but the person pushing the wheelchair must wear skates

Soft path kit

- Available at lifeguard station at English Bay
- Temporary pathway over sand to allow wheelchairs to access beaches

Adapted golf cart

- Must be reserved at the Pro Shop at McCleery.
- For use on golf courses or driving ranges
- For experienced golfers who have upper body mobility and the ability to bear weight

Stanley Park Trolley Shuttle

- In operation during the summer time, stopping at 14 locations throughout Stanley Park
- Fully accessible

d) **Vancouver Park Board Swimming Programs at Stan George Pool**

**Location:** George Pearson Centre, 719 West 59th Ave  
**Tel:** 604-718-6202  

Registered open swim: Drop-in swim program for adults who have been pre-approved by their physician and George Pearson Centre. Thursdays, 5:30pm-9:00pm

Range of motion: A gentle, no impact, shallow-water workout to enhance joint mobility. Offers an opportunity for individuals to work at their own ability level Thursdays 7:30pm

c) **Vancouver Park Board Leisure Access Program**

**Tel:** 604-257-8497  
**Email:** lap@vancouver.ca  
**Web:** [http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx](http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx)
Leisure Access Program provides free-of-charge or reduced-rate access to all recreation programs to Vancouver residents who have limited income. Residents of Vancouver who wish to take advantage of the LAP program must qualify. The Park Board provides free access to attendants required to assist any person with a disability who needs support to swim, skate, workout in the fitness centre, or visit VanDusen Garden, Bloedel Conservatory, Stanley Park, and other recreation opportunities.

Support is defined as assistance of a physical, psychological, emotional, intellectual, or sensory nature to ensure that the patron with the disability is able to participate.

In order for you or your family to qualify for the Leisure Access Program you must:
- Be a resident of Vancouver
- Be a Canadian citizen or a permanent resident of Canada
- Have a total family income at or below the following income amounts listed here
- Or for those with a red compass card

The benefits of the LAC program are the following:

<table>
<thead>
<tr>
<th>Benefits of the LAC Program</th>
</tr>
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</table>
| **Free**                    | • Admission to all Park Board public swimming and ice skating sessions  
|                             | • Use of skates during public skating sessions |
| **50% discount**            | • Fitness Centre admission and Flexipasses  
|                             | • Basic/introductory group swimming lessons  
|                             | • Basic/introductory group skating lessons  
|                             | • Kerrisdale Play Palace admission  
|                             | • Group fitness centre programs  
|                             | • One community centre program per person per season at participating community centres  
|                             | • Racquet/squash court admission  
|                             | • Stanley Park Miniature Railway  
|                             | • Bloedel Conservatory  
|                             | • Vancouver Aquarium  
|                             | • VanDusen Botanical Garden  
|                             | • Pitch & Putt Golf Courses admissions and club rental  
|                             | • Stanley Park Horse-Drawn Tours |
$2 discount (Independent of Park Board)

- Dr. Sun Yat-Sen Classical Garden
- HR MacMillan Space Centre
- Museum of Vancouver
- Vancouver Maritime Museum

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**B-2  All Bodies Dance Project**

**Tel:** 604-259-2831  
**Email:** info@allbodiesdance.ca  
**Web:** [http://allbodiesdance.ca/](http://allbodiesdance.ca/)

All Bodies Dance Project offers classes for anyone interested in movement as a means of creative expression. They focus on dance improvisation as a way for participants to explore and discover their own unique ways of moving and making choices. Classes draw from contemporary dance, theatre games, music and voice work in an open and safe environment where everyone’s contributions are valued. These sessions are an entry point for anyone new to mixed ability dance or for established long time dancers to explore trust, cooperation and community.

Classes are on Thursday 6:30pm – 8:00pm at Trout Lake Community Centre and Saturdays 2:30pm – 4:30 pm at the Roundhouse. Classes are free, but you must register through Vancouver Park Board.

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**B-3  ASK (Arbutus, Shaughnessy, Kerrisdale) Friendship Society**

**Location:** 601 West 59th Avenue, Vancouver  
**Tel:** 604-263-7333  
**Email:** caring@askcentre.ca  
**Web:** [www.askcentre.ca](http://www.askcentre.ca)

The ASK Friendship Society operates out of the Arbutus, Shaughnessy, and Kerrisdale neighbourhoods in Vancouver and provides recreational, social, and therapeutic opportunities for seniors with chronic health conditions. The goal of ASK is to help elders in the community remain happy and healthy while living in their own homes for as long as possible.

ASK provides a varied program of activities at its location on 59th Avenue. Transportation to and from the program in wheelchair accessible vehicles is provided, as well hot lunches, take-home meals (upon request), podiatry, a footcare nurse, a caregiver support group, and a hairdresser.
Specialized therapeutic programs include swimming, horticulture therapy, community outings, specialized yoga classes, specialized exercises to improve strength and balance, and music therapy. Programs are offered 5 days a week, Monday- Friday 10am-3pm. Referrals can come from any source, but eligibility must be determined by a Case Manager at your local Health Unit.

**B-4 Feldenkrais Centre Vancouver**

**Location:** 2515 McBain Ave, Vancouver  
**Tel:** 604-729-0060  
**Email:** vita@feldenkraisvancouver.com  
**Web:** www.feldenkraisvancouver.com

The *Feldenkrais Method* is a form of movement education that uses gentle movements and directed attention to enhance human functioning. The Feldenkrais Method aims to increase range of motion, improve flexibility and coordination, and encourage graceful, efficient movement. People with chronic conditions such as MS, chronic fatigue, and back injuries have benefitted from the method, as movement lessons have helped reduce the experience of pain and enhance flexibility. Gentle movement sequences also have a calming effect that promotes restful sleep.

The *Feldenkrais Method* seeks to make what is available even easier and, as a result, movements which are more difficult become more possible. The movements are done slowly and within each participant's comfort zone. The method does not focus on achieving and holding particular movement poses and its movements are not goal-oriented; rather, it is focused on the process of moving. Contact Feldenkrais Centre Vancouver for more information on available lessons.

**B-5 Jewish Community Centre of Greater Vancouver**

**Location:** 950 West 41st Avenue, Vancouver  
**Tel:** 604-257-5111  
**Fax:** 604-257-5119  
**Web:** www.jccgv.com

The Jewish Community Centre of Greater Vancouver (JCCGV) offers a variety of aquatic and fitness options. Programs and services are available to members and non-members, and volunteer assistance passes are available for registrants requiring a care attendant.
The JCCGV aquatic centre has two pools: its main pool, and its teaching therapy pool. Both pools are wheelchair accessible by elevator and while pool lifts are available, pool wheelchairs are not. The following are two aquatic programs that are suitable for people with MS:

**Aquatic Rehabilitation**
This program is designed for people who have MS and require adaptive fitness, who have had a C.V.A., or who have experienced stroke or brain injury. The instructor will take you through a variety of aquatic exercises and then stretches. Exercises are geared toward strength training, improving circulation, increasing flexibility, and finding confidence in movement. If participants require assistant, they can bring a volunteer attendant who may enter for free.

**Water Works**
A program for people with minimal joint involvement, mild rheumatic disease, or for those who have been recommended by a physician or physiotherapist. Participants must be able to stand or walk for 15 minutes without excessive pain, fatigue, or shortness of breath. All classes are taught by Arthritis Society-certified instructors.

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The JCCGV offers many fitness programs, some of which might be suitable to your needs. The following is one fitness program that is suitable for people with MS:

**Joint Works**
This program is designed by the Arthritis Society and is for people who chronically experience pain, fatigue, and decreased strength or mobility. The program operates on a drop-in basis and is adapted to participants’ needs and abilities. Each class includes range-of-motion and limited strength building, and participants are invited to partake at their own level of comfort. This program is suitable for wheelchair users since most of the exercises are seated, with only optional standing work for participants who request it. Assessment and guidance are offered for those who are not sure where to begin.
B-6  **Off Balance Dragon Boat Team**
Tel: 604-879-7973 (Contact: Sydney)
Email: smspraggs@gmail.com

The “Off Balance Dragons” started in October 2005 and is composed of people who have MS along with their caregivers and friends. Even people with mobility issues can get help to get in the dragon boat. The Off Balance Dragons are not only the first MS dragon boating team in Canada, but also in the world. The team’s emphasis is on recreation and having fun, though in previous years the team has competed in the Alcan Dragon Boat Festival and other international sporting events.

With the encouragement and support of wonderful coaches and friends, the Off Balance paddlers have had the exhilaration of being on the water and working as a team. The physical exercise and camaraderie provide an exhilarating experience for all. The team practices weekly on Sundays (April-October) at 10:30am leaving from False Creek Racing Canoe Club on Granville Island. They welcome any new paddlers who wish to join! Financial sponsors allow participants to maintain worry-free memberships with the team.

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B-7  **Power To Be Adventure Therapy**

**Vancouver Office**

Location: 182 Pemberton Avenue, North Vancouver
Tel: 604-971-5052
Email: info@powertobe.ca
Web: www.powertobe.ca

Power To Be aims to make the power of nature accessible to everyone. Power To Be Adventure Therapy inspires youth and families in need of support to discover their limitless abilities through nature-based programs. Programs are designed for people of all levels of disability.

Power To Be’s [Adaptive Recreation program](#) offers inclusive recreation activities to people living with a health barrier or with physical, developmental, or cognitive disabilities. Adapted Kayaking, rock climbing, skiing, hiking, canoeing, and overnight camping are some examples of offered activities.

[Wilderness School programs](#) foster positive social development and life skills for a variety of youth who could use some extra support in their lives. Adventurous overnight weekend programs are offered every month as well as multi-day expeditions each summer.
**B-8  Physical Activity Research Centre (PARC) at ICORD**

**Location:** 818 W 10th Ave, Vancouver  
**Tel:** 604-675-8800  
**Email:** parc@icord.org  
**Web:** [http://icord.org/parc/](http://icord.org/parc/)

The Physical Activity Research Centre (PARC) is located on the ground floor of the Blusson Spinal Cord Centre. The PARC offers a wide variety of exercise equipment and ensures wheelchair accessibility. The facility is overseen by ICORD researchers and clinicians and supervised by student staff and volunteers who assist people with varying abilities to work towards leading active and healthy lives.

The PARC offers both strength training and cardiovascular exercise equipment. For strength training, participants can use HUR adaptive strengthening equipment that utilizes compressed air for resistance instead of the traditional weight stacks or plates. This helps to provide a more consistent resistance throughout the range of motion. Smart Card technology enables participants to monitor their progress and automatically follow individualized programs. Each machine provides on-screen guidance, including the level of resistance and repetitions of the individualized training program as well as exercise technique instructions. Furthermore, the facility offers wheelchair accessible SCIFIT upper and lower body bikes and Game Cycle ergometers to increase cardiovascular fitness.

The facility was first designed for individuals with a spinal cord injury resulting in chronic, complete or partial paraplegia, but recently individuals 18 years of age or older, with any form of MS may now use the facility. On the consent form individuals with MS qualify through the non-traumatic injury caused by neurodegenerative disease category. Contact PARC through email or by phone to register or for more information.

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**B-9  Realwheels Theatre**

**Tel:** 604-322-7325  
**Email:** info@realwheels.ca  
**Web:** [http://realwheels.ca/](http://realwheels.ca/)

Realwheels is a Vancouver-based, professional theatre company that produces performances that deepen the audience’s understanding of the disability experience. They tell stories in which disability itself is not the focus of conflict, but rather forms the landscape upon which universal issues are debated on stage.
Realwheels holds regular workshops each season with a final performance at the end of the workshops. Call for more information to find out the latest workshops, locations, and shows.

**B-10 Roundhouse Community Arts and Recreation Centre**

**Location:** 181 Roundhouse Mews (Corner of Davie & Pacific), Vancouver  
**Tel:** 604-713-1800  
**Email:** info@roundhouse.ca  
**Web:** http://roundhouse.ca/

Roundhouse Community Arts and Recreation Centre offers a varied and exciting range of activities for the community, whatever your age or capability. There are many art and recreation classes that can be adapted for people with limited mobility, as well as events, shows, performances, and workshops that many people can participate in.

Some of the classes offered include watercolour painting, sketching and drawing, pottery, woodworking, music, dance, yoga, taichi, and gentle fit. Please call or see the program guide for more information.

**B-11 Sirota’s Alchymy: Martial Arts for Physical Disabilities**

**Location:** 6647 Victoria Drive, Vancouver  
**Tel:** 604-569-3395  
**Email:** “Contact us” form on website  
**Web:** www.sirotasalchymy.com

Sirota’s Alchymy has operated its Martial Arts & Life Skills Centre since 1992; since then, world-renowned owner and Taekwondo expert has instructed thousands of students in the ways of martial arts. The mandate of Sirota’s Alchymy is to facilitate personal and community empowerment in people of all ages through a variety of classes, workshops, camps, and special events.

Sirota’s Alchymy offers the Martial Arts Program for People with Mobility Disabilities. This program was specifically created for people living with mobility disabilities. Individuals with MS, Paraplegia, Cerebral Palsy, and other mobility disorders have been empowered through the program. Students will learn self-defense techniques and martial arts skills that are adapted to their physical challenges.
**B-12 Southlands Therapeutic Riding Society**

Location: 6767 Balaclava Street, Vancouver  
Tel: 604-261-1295  
Email: stars@ponies.ca  
Web: www.therapywithhorses.ca

Southlands Therapeutic Riding Society (or STaRS) operates a facility in Southlands Riding Village in Vancouver. Instructors provide private, one-on-one lessons to persons with physical, cognitive, and emotional disabilities. All ages and skill levels are invited. STaRS lessons use remedial/educational riding, hippotherapy, and/or sport riding to produce physical, emotional, and mental rewards in all participants. STaRS also operates with Pony Meadows’ able-bodied riding lessons, which gives some STaRS riders the opportunity to participate in integrated riding programs.

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**B-13 Theatre Terrific**

Office: Suite 430 – 111 West Hastings Street, Vancouver  
Studio: 4010 Victoria Drive, Vancouver (rehearsals for shows are at other various locations as per required)  
Tel: 604-222-4020  
Email: info@theatreterrific.ca  
Web: www.theatreterrificvancouver.wordpress.com

Theatre Terrific pioneers inclusive opportunities for artists of all abilities to develop performance skills and collaborate in the production of theatrical works. Through its work, Theatre Terrific challenges audiences to be open to the impact of thought provoking art.

All of Theatre Terrific’s classes (choral, acting, movement), workshops, community, and professional productions include artists of all colors, abilities, genders, and backgrounds. Theatre Terrific’s inclusive practice welcomes artists of all abilities, new or experiences, who may or may not have mental health, developmental, physical, language or gender uniqueness. Theatre Terrific invites all to its respectful rigorous process of inclusive art creation.
**B-14 Therapeutic Yoga Classes**

*Location:* Locations vary  
*Tel:* 604-505-3390  
*Email:* maggie@yogatherapyinternational.com  
*Web:* www.yogatherapyinternational.com

This therapeutic yoga class by Yoga Therapy Vancouver is geared towards individuals living with minor forms of disabilities, including MS. Yoga exercises are tailored to participants’ needs and abilities, using chairs, props, the wall, and the floor. There is a strong emphasis on breathing, alignment, chanting, and meditation. Those in wheelchairs must have a medically trained assistant, especially if they need help with transfers. The class is taught by Maggie Reagh, MA in Teaching, Yoga Teacher Trainer (E-RYT), and Certified Yoga Therapist (CYT). Maggie has extensive experience working with people with MS who have specific motor needs.

**B-15 Adapted Yoga for People with Physical Disabilities**

*Location:* Various locations throughout Vancouver  
*Tel:* 604-408-9484  
*Email:* info@bccerebralpalsy.com  

This free adapted yoga class offers gentle movements designed to assist with healing the body and mind. This program provides youth and adults (with physical disabilities) the opportunity to explore yoga in a warm, non-competitive, and supportive environment. All poses will be adapted to individual needs.

**B-16 University of British Columbia Aquatics Centre**

*Location:* 6121 University Boulevard, Vancouver  
*Tel:* 604-822-4501  
*Fax:* 604-822-8743  
*Email:* aquatic.centre@ubc.ca  
*Web:* http://www.recreation.ubc.ca/aquatics/

The University of British Columbia (UBC) Aquatics Centre is fully accessible by wheelchair. The centre offers a pool lift (pending) that can be used for the indoor or outdoor pool, as well as wheelchair access to its gym, sauna, and steam room that are located in the centre’s basement.  
UBC Aquatics Center offers daily drop-in Aquacize in shallow water and deep water. There are also private swim lessons available for those who want
customized, adapted classes, but please beware the pool temperature may not be conducive to some people.

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**B-17 UBC Bodyworks Fitness Centre: Changing Aging Program**

**Location:** Osborne Centre, Unit 2 – 6108 Thunderbird Boulevard, Vancouver  
**Tel:** 604-822-0207  
**Fax:** 604-822-8998  
**Email:** kin.outreach@ubc.ca  
**Web:** [http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/changing-aging/](http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/changing-aging/)

The Changing Aging Program is directed by the UBC Department of Kinesiology and is run out of the UBC Bodyworks Fitness Centre, Dunbar Community Centre, Sunset Community Center and Kerrisdale Community Centre. This evidence-based program is a speciality class for members aged 65+ focused on functional strength, flexibility and cardiovascular health for the older adult. Changing Aging members often find friendship amongst the spinning, stretching and functional movement in class. This program includes weekly blood pressure monitoring, and pre/post personal training consultations. A Physician’s clearance is required for entry along with a consultation visit with a Personal Trainer prior to starting the program.

UBC Bodyworks also offers personal training that can accommodate different abilities.

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**B-18 VocalEye**

**Office:** Suite 303 – 355 East 15th Ave, Vancouver  
**Tel:** 604-364-5949  
**Email:** info@vocaleye.ca  
**Web:** [http://www.vocaleye.ca/](http://www.vocaleye.ca/)

VocalEye is a non-profit society and the first live description arts service for the blind and vision impaired in Canada. Their mission is to provide greater access to theatre, arts, and cultural events for people of all ages who are blind and partially sighted.

The main service VocalEye provides is Live Description of visual elements of a performance or event that are spoken live and in real time to listeners with vision impairment or loss. The description is only heard through a small handheld receiver and single earpiece worn on either ear. VocalEye describes performances with a brief introduction with the locations, characters and costumes 10 minutes before curtain. Once the show begins, important visual details and physical actions are described between lines of dialogue. VocalEye also offers volunteer Theatre
buddy who are available to guide able-bodied members to and from the theatre, assist in picking up tickets, seating, and equipment.

Live description is only offered for only one or two performances in the run. Ticket prices vary by theatre, and some theatres offer the same price to the VocalEye user and one guest or caregiver. VocalEye also offers a Ticket Access program to help cover some of the costs of the shows. Please call or email for more information.

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**B-19 YWCA Health & Fitness Centre**

**Location:** 535 Hornby Street, Vancouver  
**Tel:** 604-895-5777  
**Email:** memberservices@ywcavan.org  
**Web:** http://ywcavan.org/fitness

The YWCA has a co-ed 6-lane 25-metre ozonated swimming pool at its downtown Vancouver location. It offers a pool lift and a pool wheelchair to make the pool fully accessible. Aquatic programs and swim schedules are available for families, children, and adults.

The YWCA offers Aqua Lite, a low-impact aquatics class designed to improve mobility, strength, and general fitness. It is recommended for those with joint pain or restricted mobility, or for those recovering from an injury.

YWCA also offers personal training that can accommodate different abilities.

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**B-20 Langara YMCA**

**Location:** 282 West 49th Avenue, Vancouver  
**Tel:** 604 324 9622 (YMCA)  
**Fax:** 604 324 6152  
**Email:** langara@gv.ymca.org  
**Web:** www.vanymca.org/centres/langara

The Langara YMCA has a wheelchair accessible pool that features a pool lift. Its weight room is frequented by wheelchair users for use of its Life Fitness weight pulley system and its Technogym Upper Body Cycling machine.

Langara YMCA also offers the Aquafit aquatic program, a pool-based, recreational exercise class for people with mobility issues. While the program is geared toward people with arthritis, it is open to anyone who can transfer and dress independently. Classes are designed to help you relieve stiffness, restore or maintain joint range of motion, and restore or maintain muscle strength.
This location also offers Chair Yoga, which increases flexibility, relieves tension and allows your body and mind to connect. This class is an introduction to basic breathing techniques and postures. Suitable for our members 55 or older. Instructors provide a wider range of options to accommodate different levels of flexibility that encourage bone strengthening and your increase your core stability.

### B-21 Robert Lee YMCA

**Location:** 955 Burrard Street, Vancouver  
**Tel:** 604-689-9622 (YMCA)  
**Fax:** 604-699-9622  
**Email:** robertlee@gv.ymca.ca  
**Web:** www.robertleeymca.ca

The Robert Lee YMCA has a wheelchair accessible pool. It also offers the Gentle Aquafit program, a water fitness class that is designed to meet the needs of:
- a) people who require low-impact exercises
- b) older populations
- c) those sustaining or recovering from injuries or medical conditions.

This location also offers Chair Yoga, which increases flexibility, relieves tension and allows your body and mind to connect. This class is an introduction to basic breathing techniques and postures. Suitable for our members 55 or older. Instructors provide a wider range of options to accommodate different levels of flexibility that encourage bone strengthening and your increase your core stability.
C-1  City of Richmond
Parks & Recreation Department
Location: Richmond City Hall – 6911 No. 3 Road, Richmond
Tel: 604-276-4000
Email: leisure@richmond.ca
Web: www.richmond.ca/parksrec.htm

The Richmond Parks & Recreation Department issues a Recreation and Culture Guide every season, which you can find here: www.richmond.ca/parksrec/about/guide.htm. Richmond Parks & Recreation provides and maintains over 90 parks, trails, and recreation facilities, many of which are wheelchair accessible. The department also offers adapted recreation options.

Richmond Parks & Recreation endeavours to ensure that programs and services are responsive to the diverse and changing needs within the community, and works to remove or minimize barriers to access. There are 3 components to its adapted/accessible recreation:

a) Diversity Services – a department that manages the accessibility of Richmond’s Parks & Recreation programs, services, and facilities

b) Recreation Access Card – for people with disabilities to participate in programs and services with a discount to drop-in activities at City recreation facilities.

c) Recreation Fee Subsidy Program – financial assistance for those who qualify.

a) Richmond Diversity Services
Location: 6911 No. 3 Road, Richmond
Tel: 604-276-4390
Email: donna.lee2@richmond.ca
Web: http://www.richmond.ca/parksrec/about/access/specialized.htm

Richmond Diversity Services Programs work to eliminate barriers and ensure appealing, livable and well-managed recreation and cultural services for all Richmond residents. By working with community groups, they develop opportunities for persons with disabilities, in financial need, or from ethnocultural groups. Diversity Services also encourages Richmond residents to become involved in disability advisory committees.
The following are Richmond recreation opportunities for people with disabilities or for people with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adapted Fitness</td>
<td>At South Arm Community Centre. For adults with disabilities including MS, head injuries, strokes, and people in wheelchairs. The program focuses on increasing mobility, strength, flexibility, range of motion, and coordination.</td>
</tr>
<tr>
<td>Adapted Weight Training</td>
<td>At Thompson Community Centre for adults with physical disabilities. Participants are challenged in a one-on-one environment with an APT machine, railing, weights, and a Cybex functional machine.</td>
</tr>
<tr>
<td>Let’s Play</td>
<td>A free drop-in gym program at Steveston Community Centre for children and youth with disabilities. Call 604-238-8019 for more information.</td>
</tr>
<tr>
<td>Low Impact Aqua</td>
<td>At Watermania. A lower intensity 45 minute workout with cardio and strength exercises in shallow water.</td>
</tr>
<tr>
<td>Richmond Therapeutic</td>
<td>Therapeutic Riding, primarily for children and youth with disabilities. See C-3 for more info.</td>
</tr>
<tr>
<td>Riding Society</td>
<td></td>
</tr>
<tr>
<td>Special Needs Group Swim</td>
<td>Minoru Pool offers a designated public swim time on Saturday afternoons for participants with disabilities.</td>
</tr>
<tr>
<td>Special Needs Swim Lessons</td>
<td>Swim lessons for children and adults with disabilities who require or prefer smaller group sizes.</td>
</tr>
<tr>
<td>Waterworks</td>
<td>Minoru Pool offers an exercise/education program designed for those with mild to advanced arthritis. Classes aim to relieve stiffness, increase flexibility, and improve strength and endurance.</td>
</tr>
<tr>
<td>Wheelchair Sports</td>
<td>There are a number of wheelchair sport opportunities offered in Richmond throughout the year including tennis, curling, and basketball.</td>
</tr>
</tbody>
</table>

b) Richmond Recreation Access Card

Location: 6911 No. 3 Road, Richmond
Tel: 604-247-4909
Web: [www.richmond.ca/parksrec/about/access/card.htm](http://www.richmond.ca/parksrec/about/access/card.htm)

The Recreation Access Card is for residents of Richmond who live with a permanent disability that seriously impairs their daily living. Those who qualify are
entitled to a 50% discount to most drop-in leisure activities in the City of Richmond. (NB: discounts do not apply for special needs programs.)

You can find application forms for the Richmond Recreation Access Card at [http://www.richmond.ca/__shared/assets/Recreation_Access_Card_Application33345.pdf](http://www.richmond.ca/__shared/assets/Recreation_Access_Card_Application33345.pdf), or at these facilities: Richmond City Hall, Minoru Aquatic Centre, Watermania, Minoru Arenas, Richmond Ice Centre, or any Richmond Community Centre.

c) **Richmond Recreation Fee Subsidy Program**
Tel: 604-247-4909  
Web: [www.richmond.ca/parksrec/about/access/roar.htm](http://www.richmond.ca/parksrec/about/access/roar.htm)

The Recreation Fee Subsidy enhances access to recreation and is available for admissions and program registration in Richmond’s Community Centres, Cultural Centres, Aquatic Centres, and Arenas. There are many programs, activities, and special events that are either free or less than $10. To qualify for the subsidy program you must be a Richmond resident in financial need. An income test is required to determine eligibility for the program.

C-2 **Strive Spinal Cord Injury**
Location: 115-1231 Burdette Street, Richmond  
Tel: 604-288-2441  
Email: info@strivesci.ca  
Web: strivesci.ca

Strive Spinal Cord Injury is a non-profit organization providing innovative services to people with spinal cord injuries and other neuromuscular conditions.

C-2 **Richmond Centre for Disability**
Location: Suite 100 - 5671 No. 3 Road, Richmond  
Tel: 604-232-2404  
Fax: 604-232-2415  
Email: rcd@rcdrichmond.org  
Web: [www.rcdrichmond.org](http://www.rcdrichmond.org)

The Richmond Centre for Disability (RCD) is a consumer-centered organization committed to enabling all people with disabilities in making informed choices, creating opportunities, meeting their goals, and reaching their full potential.
They provide quality services that lead to inclusion for people with disabilities and to greater public awareness.

RCD provides services and activities that are adapted or specialized for people with disabilities. Some examples of adapted programs include: Martial Arts & Self Defense, a Walking and Wheeling Club, and the Youth Club.

### C-3 Richmond Therapeutic Riding Association

**Location:** 13671 No. 3 Road, Richmond  
**Tel:** 604-241-7837  
**Email:** info@richmondtherapeuticriding.com  
**Web:** http://richmondtherapeuticriding.com/

The Richmond Therapeutic Riding Association (RTRA) mission is to provide a quality therapeutic riding program or children and youth with disabilities in order to promote physical, social, and psychology well-being. Therapeutic riding allows the rider to experience a unique connection to the horse. Riding also helps raise self-esteem, guide development and personal growth, and improve balance, strength, and coordination.

Hopeful riders must submit an application form and complete an assessment to determine the rider’s individual needs. A physician’s referral is required as part of the application process, and riders and families are required to assist in fundraising efforts. Programs run in conjunction with the school year (starting in September) and can be anywhere from 9-12 weeks in length.

### C-4 Sirota’s Alchymy: Martial Arts for Physical Disabilities

**Location:** 1-3740 Chatham St, Richmond, BC  
**Tel:** 604-244-8842  
**Email:** “Contact us” form on website  
**Web:** www.sirotasalchymy.com

Sirota’s Alchymy has operated its Martial Arts & Life Skills Centre since 1992; since then, world-renowned owner and Taekwondo expert has instructed thousands of students in the ways of martial arts. The mandate of Sirota’s Alchymy is to facilitate personal and community empowerment in people of all ages through a variety of classes, workshops, camps, and special events. Sirota’s Alchymy classes are offered in Vancouver and Richmond.
Sirota’s Alchymy offers the Martial Arts Program for People with Mobility Disabilities. This program is available to anyone with a physical disability from MS, a spinal cord injury, or any other condition. Students will learn self-defense techniques and martial arts skills that are adapted to their physical challenges.
D-1 City of Burnaby
Parks, Recreation, and Cultural Services
Location: Suite 101 – 4949 Canada Way, Burnaby
Tel: 604-294-7450 Fax: 604-294-7201
Email: parks@burnaby.ca
Web: http://www.burnaby.ca/Our-City-Hall/City-Departments/Parks-Recreation-And-Cultural-Services.html

Burnaby Parks, Recreation, and Cultural Services believe that people should be treated with dignity and respect and that all people should have a reasonable opportunity to take part in recreation activities of their choice. Their website offers information on adapted/accessible recreation- or leisure-related programs, activities, and events that are happening in the community. Sessional leisure guides and recreation resources are all available online.

There are 2 components to the City of Burnaby’s adapted recreation & leisure:

a) Recreation Access

b) Burnaby Recreation Credit Program

a) Burnaby Recreation Access
Tel: 604-297-4804 (Recreation Access Coordinator)
Web: www.burnaby.ca/Things-To-Do/Be-Active-Programs/Programs-for-Everyone/Accessible.html

Adapted programming is available for persons with disabilities. Examples of adapted programs are Swimming, Handcycling, Weight Training, Fitness Challenge, and Yoga. Some adapted programs are offered specifically for persons with disabilities, and some are offered in integration with non-disabled persons.

For those who require assistance when attending a class, there are two options:
1. You can bring someone with you to classes, or
2. If volunteers are available, they can assist you in-class. Call to check if volunteer assistance is available, since it is not guaranteed for each class.
Before you start a class, contact a Recreation Access Coordinator for information about each program and the adaptability solutions that are offered. A Program Support form must be completed when registering for adapted programs. You can pick up the form at a recreation center or at www.burnaby.ca/forms.

The following Burnaby recreation and leisure programs are adapted for people with disabilities or for people with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adapted Swim (8-12 yrs)</td>
<td>This is an adapted program for children with physical or mental disabilities. There are two skill levels offered: 1) Beginner, for those who haven’t yet learned to swim; and 2) Intermediate, for those who can swim one length of the pool unassisted.</td>
</tr>
<tr>
<td>Adapted Yoga</td>
<td>Adults with a physical or developmental disability enjoy basic yoga exercises in a well-supported environment at each student’s level of comfort. Patrons may participate in wheelchairs, chairs, or on floor mats. Caregivers are invited to join in where needed.</td>
</tr>
<tr>
<td>AquaLite</td>
<td>This aquatic exercise class is designed for people with arthritis or limited mobility. Light, low-impact exercises aim to improve joint mobility, dexterity, muscle endurance, and fitness.</td>
</tr>
<tr>
<td>Discover the Handcycle</td>
<td>Handcycling is a great upper body workout and can provide a wonderful sense of freedom for people with disabilities. Take the handcycle for a test drive on a safe, level pathway and discover the fun of wheeling around Burnaby.</td>
</tr>
<tr>
<td>Fitness Challenge</td>
<td>This class welcome people of all levels of ability. The program emphasizes flexibility, mobility, and strengthening. Suited to people with MS, Parkinson’s, or head injuries.</td>
</tr>
<tr>
<td>Adapted Strength Training</td>
<td>A certified instructor introduces the basics of weight training technique for those with a wheelchair or mobility challenges.</td>
</tr>
</tbody>
</table>

The following adapted equipment is available at certain Burnaby Recreation Centres:

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Recreation Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatic wheelchairs</td>
<td>Bonsor Complex, C.G. Brown Pool, Eileen Dailly Centre, Central Park Outdoor Pool</td>
</tr>
<tr>
<td>Aquatic pool lifts</td>
<td>Bonsor Complex, C.G. Brown Pool, Central Park Outdoor Pool, Edmonds Community Centre</td>
</tr>
<tr>
<td>Personal transfer lift</td>
<td>Eileen Dailly Centre</td>
</tr>
<tr>
<td>Adapted weight room equipment</td>
<td>Edmonds Community Centre</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>• A 4-station vertical bench and a pulley exercise machine that can be used from a wheelchair or portable stool</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active Passive Trainer (APT) unit</th>
<th>Edmonds Centre, Eileen Dailly Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>• An “arm ergometer” used for a cardio workout</td>
<td></td>
</tr>
<tr>
<td>• The unit can be adjusted to various tension levels</td>
<td></td>
</tr>
<tr>
<td>• Helps strengthen or rehabilitate muscles</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ice sledges</th>
<th>Bill Copeland Sports Centre, Kensington Arena, Burnaby Lake Arena</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Available during the fall and winter season</td>
<td></td>
</tr>
<tr>
<td>• Cost is the same as renting a pair of skates</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Handcycle</th>
<th>Bonsor Recreation Complex</th>
</tr>
</thead>
<tbody>
<tr>
<td>• An adapted bike that is available to rent: 604 297 4520</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wheelchair accessible pottery wheel</th>
<th>Shadbolt Centre for the Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Must be reserved: 604 205 3012</td>
<td></td>
</tr>
</tbody>
</table>

An Access Guidebook is also available for information on wheelchair accessible facilities throughout Burnaby recreation centres. Contact the Burnaby Planning Department at 604-294-7421.

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**b) Burnaby Recreation Credit Program**

**Tel:** 604-320-2227  
**Web:** [www.burnaby.ca/Things-To-Do/Be-Active-Programs/Leisure-Guide/Registration-Information/Financial-Assistance.html](http://www.burnaby.ca/Things-To-Do/Be-Active-Programs/Leisure-Guide/Registration-Information/Financial-Assistance.html)

Individuals and families in financial need might be eligible for a credit that can be applied to Burnaby Parks, Recreation and Cultural Services program fees & admissions (with some exceptions). Qualification guidelines and program details are listed on the website. There is also a program brochure available online. To qualify, you must be a Burnaby resident.

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**D-2 Artists Helping Artists (AHA!)**

**Location:** 7724 Royal Oak Ave, Burnaby  
**Tel:** 604-438-4775  
**Email:** artistshelpingartists@yahoo.ca  
**Web:** [www.aha-artists.ca](http://www.aha-artists.ca)
AHA! believes art is a positive force in the community. It provides inspiration, healing and, in some cases, can pull the darkness out of our souls and cleanse our spirits. All people have the creative spark to make art. Their membership ranges from seasoned professional artists to hobbyists picking up a brush for the first time. Not every piece of art is created by a brush. Some are created with hands, feet, twigs or whatever works best.

AHA! provides artists with studio space, affordable materials and the opportunity to pursue their aspirations concerning artistic expression. The cooperative believes art is a vital element in tolerance and inclusion and 51 percent of the membership is made up of artists with special needs. Membership is open to any person over the age of 16 who is an artist or who would like to support artists in the production and marketing of art. Their studio is also a great space to exhibit your art. They host up to four exhibits per year of our member artists and creative professionals from the greater community.

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**D-3 Simon Fraser University Pool & Fitness Centre**

**Location:** 8888 University Drive, Burnaby  
**Tel:** 778-782-4906  
**Web:** [www.students.sfu.ca/recreation/facility/accessibility.html](http://www.students.sfu.ca/recreation/facility/accessibility.html)

The Simon Fraser University campus is wheelchair accessible and has ample pay parking and transit accessibility for those who choose to visit. The university offers a wheelchair accessible pool and fitness centre, which offer the following:

**Pool**  
The pool has a pool wheelchair lift and a wheelchair accessible change room. For swimmers with experience, there are accessible Group Fitness and Masters Swim. There are also individual private swimming lessons that can be easily adapted.

**Fitness Centre**  
The fitness centre offers wheelchair accessible fitness equipment with free orientation on how to use the fitness equipment. There are also private adapted training programs.
The City of New Westminster issues an Active Living Guide that outlines all New Westminster Parks, Culture, and Recreation (NWPCR) programs and services. The following are low-impact/low-intensity NWPCR programs that might be suitable for those with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
</table>
| Iyengar Yoga               | Iyengar Yoga is a method of yoga instruction that focuses on adapting poses to the individual needs making it suitable for all levels. Breathing and alignment draw your attention inward to create ‘moving meditation’. Quiet your mind while increasing flexibility, strength and mobility. Begins work towards a solid foundation of the poses and technique while Level I’s do more complex poses. Previous iyengar yoga practice, and instructor approval, is required for Level 1.  
  • Bring your own mat                                                                 |
| Tai Chi Centennial         | Embrace mind, body and spirit through the ancient exercise of Tai Chi. Learn and go through slow fluid movements that are gentle on the joints and ligaments to improve muscle strength, balance, flexibility, and stress reduction                                               |
| Yoga for the Third Age     | Work at your own pace in this gentle yoga practice aimed at creating ease and mobility in the mind, body and spirit. Each class will include guided meditation, breath work, yoga poses and a guided closing relaxation.  
  • Please bring a pillow and mat                                                                                                               |
New Westminster Subsidy Program
Fraserside Community Services
Location: 519 Seventh Street, 2nd floor
Tel: 604-522-3722 ext. 120
Website: https://www.newwestcity.ca/parks-and-recreation/access-and-inclusion

New Westminster Parks, Culture, and Recreation partners with Fraserside Community Services in the delivery of a Subsidy Program. This Program that provides low-income New Westminster residents with a 50% discount on most programs from the Active Living Guide, which you can find at: https://www.newwestcity.ca/database/files/library/2016_Affordable_Active_Living_Brochure.pdf. Visit or call Fraserside to determine if you are eligible. If you qualify, Fraserside will submit your subsidy request to New Westminster Parks, Culture, and Recreation.

E-2 Together in Movement and Exercise (TIME) Program
Location: Centennial Community Center
65 East Sixth Ave, New Westminster
Contact: David Creighton
Tel: 604-777-5110
Program Time: Tuesdays and Thursdays 1:30-2:30pm

The TIME program is developed by the University of Toronto’s University Hospital Network organization. The program is aimed at increasing the balance and mobility of adults with chronic diseases or disabilities. Participants must be able to walk independently for 10 meters (30 feet) with or without the use of a walking device. TIME program is run independently through various community organizations throughout Canada. Registration fees vary from each program. To register for the program or to find out more information, contact your local organization.
SURREY

City of Surrey
Parks, Recreation, and Culture Department
Main Office: 13450 104 Avenue, Surrey
Tel: 604-591-4011
Email: parksrecculture@surrey.ca
Web: www.surrey.ca/recreation

Surrey Parks, Recreation, and Culture (SPRC) issues a Recreation and Leisure Guide every season, which you can find here: http://www.surrey.ca/culture-recreation/1702.aspx. The department also operates several wheelchair-accessible facilities and offers adapted programs for people with mobility issues or physical disabilities.

There are 3 components to SPRC adapted/accessible recreation & leisure options:
   a) Outreach and Support Services – for adapted programs and accessible facilities
   b) Spirit Volunteer Program – to support community members who require additional assistance or support to participate in leisure experiences
   c) Leisure Access Program – for people with disabilities to participate in WVPCS programs and services with support and comfort

Healthy Communities Accessibility and Inclusion
Location: 13450 104th Ave, Surrey
Tel: 604-501-7572 or 604-502-6315  Fax: 604-502-6315
Email: inclusion@surrey.ca
Web: http://www.surrey.ca/community/2273.aspx

The City of Surrey’s Healthy Communities Accessibility and Inclusion Program (operating under Community Development Services) offers adapted programs to support individuals with disabilities who wish to get involved in their community and pursue an active and healthy lifestyle. There are adapted programs available to people of all ages, and one-to-one support staff is available for these programs. Outreach and Support Services can also provide resources and referral services to people with disabilities.
SPRC offers adapted programs to children and youth in partnership with the Surrey Association for Community Living. Children and youth involved in adapted programs typically meet the following criteria:

- Extra support is required in school
- Additional support or assistance is required at home for basic care
- A physical, developmental, and/or learning disability exists that affects the safety of the participant in the program
- The participant is currently associated with a support agency

The following are City of Surrey programs and sports that are either a) adapted for persons with disabilities, or b) lower in impact/intensity for those with limited mobility:

### Child Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I AM Game: Introduction to Adapted Sports</td>
<td>Prepare children to enjoy a wide variety of Paralympic sports. Play fun activities that focus on basic movement and wheelchair skills. Ideal for children who use manual wheelchairs. This program is offered in partnership with the BC Wheelchair Basketball Society and the Let's Play.</td>
</tr>
<tr>
<td>Boccia (6+ years)</td>
<td>Boccia is a Paralympic sport is for persons with physical disabilities adapted to be played in a gym with custom balls and equipment. You will learn the basic skills and strategies of Boccia through games and activities. This program is offered in partnership with SportAbility.</td>
</tr>
<tr>
<td>Power Soccer (6+ years)</td>
<td>Learn the skills and fundamental movements of power soccer through fun games and drills using your power wheelchair. This program is offered in partnership with SportAbility.</td>
</tr>
<tr>
<td>Wheelchair Basketball (6+ years)</td>
<td>Wheelchair basketball is a fast paced Paralympic sport for people of all abilities. You will learn the skills and fundamental movements of wheelchair basketball through fun games and drills. This program is offered in partnership with the BC Wheelchair Basketball Society.</td>
</tr>
<tr>
<td>Sledge Hockey (6+ years)</td>
<td>Learn how to move your sled, shoot the puck, and play fun games with an enthusiastic instructor. Sledge hockey is a great program and a Canadian national pastime. All abilities and ages are welcome and necessary sledge hockey equipment can be provided.</td>
</tr>
<tr>
<td>Wheelchair Tennis (13-18 years)</td>
<td>Wheelchair tennis is a fast paced Paralympic sport for people of all abilities. Offered in partnership with BC Wheelchair Sports Association, you will learn the skills and fundamental movements of wheelchair tennis through fun games and drills.</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Adapted Skating: One-to-One (ages 4-12)</td>
<td>Supported skating lessons for children with disabilities. Participants will progress their skating at an individual rate in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living</td>
</tr>
<tr>
<td>Red Cross Swim Kids: One to One (ages 6-12)</td>
<td>Supported swimming lessons for children with disabilities. Participants will learn the Red Cross Swim program at an individual rate in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living</td>
</tr>
<tr>
<td>Fun For Kids (ages 6 to 12)</td>
<td>A supported social recreation program for children with disabilities. Activities include crafts, painting, cooking, games in the gymnasium and much more. Staff support provided (1 staff: 2/3 participants), in partnership with Surrey Association for Community Living</td>
</tr>
<tr>
<td>Hip Hop (ages 3 to 12)</td>
<td>Improve overall balance, posture, strength and coordination in this inclusive, energetic class. Ideal for those with little to no dance experience. SPIRIT Volunteer support provided to children with disabilities.</td>
</tr>
<tr>
<td>Art Explorer (ages 5 to 12)</td>
<td>Express your creativity and improve fine motor skills through basic drawing and painting techniques using tempera paint, oil pastels, charcoal and much more. SPIRIT Volunteer support provided to children with disabilities</td>
</tr>
<tr>
<td>Kids Who Cook (ages 6 to 12)</td>
<td>Learn how to prepare healthy meals for breakfast, lunch and dinner in this welcoming and inclusive program. SPIRIT Volunteer support provided to children with disabilities.</td>
</tr>
<tr>
<td>Drama – Children (ages 6 to 12)</td>
<td>Improve your confidence and communication skills through drama exercises, games, theatre sports, play building and improvisations. Ideal for boys and girls with little to no drama or acting experience. SPIRIT Volunteer support provided to children with disabilities</td>
</tr>
<tr>
<td>Adapted Skating – One to One (ages 13 to 18)</td>
<td>Supported skating lessons for youth with disabilities. Participants will progress their skating at an individual rate in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living</td>
</tr>
<tr>
<td>Aqua-Launchers – One to One (ages 13 to 18)</td>
<td>Supported swimming lessons for youth with disabilities. Participants will learn important water safety skills, while progressing at an individual rate in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living</td>
</tr>
</tbody>
</table>
Youth on the Move (ages 12 to 18) | A supported social recreation program for youth with disabilities. A great way to explore indoor, and outdoor, attractions around the Lower Mainland. Staff support provided (1 staff: 2/3 participants), in partnership with Surrey Association for Community Living.

Hip Hop – Youth (ages 13 to 18) | Improve overall balance, posture, strength and coordination in this inclusive, energetic class. Ideal for those with little to no dance experience. SPIRIT Volunteer support provided to children and youth with disabilities.

Social Skills Through Drama (ages 13 to 18) | Do you want to learn about acting? The study of drama has many crossover benefits in developing social skills. Taught by theatre professionals, this inclusive class will be both fun and challenging as students develop self-expression through voice, movement, improvisation, acting, games, and script work. All abilities welcome. SPIRIT Volunteer support provided to youth with disabilities.

<table>
<thead>
<tr>
<th>Adult Programs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Program</strong></td>
<td><strong>Description</strong></td>
</tr>
<tr>
<td>Aqua-Fit for Life (ages 19+)</td>
<td>For individuals with physical disabilities. This adult swimming program incorporates low impact exercises that are designed to increase your physical fitness and progress your swimming skills at an individual rate. Personal support staff are asked to attend if one-to-one support is required.</td>
</tr>
<tr>
<td>Your Place (ages 19+)</td>
<td>A drop-in social recreation program for adults with disabilities. Activities include crafts, game nights, movie nights, potlucks and more! Personal support staff are asked to attend if one to one support is required.</td>
</tr>
<tr>
<td>Beginner Floor Hockey (ages 19+)</td>
<td>Stay active and improve hockey skills in a fun and welcoming environment for all levels and abilities. This program is delivered in partnership with Community Living BC. Sticks will be provided.</td>
</tr>
<tr>
<td>Competitive Floor Hockey (ages 19+)</td>
<td>Drop in for floor hockey in a fun, fast paced and competitive environment. Sticks will be provided.</td>
</tr>
<tr>
<td>Boccia (6+ years)</td>
<td>Boccia is a Paralympic sport is for persons with physical disabilities adapted to be played in a gym with custom balls and equipment. You will learn the basic skills and strategies of Boccia through games and activities. This program is offered in partnership with SportAbility</td>
</tr>
<tr>
<td>Power Soccer (6+ years)</td>
<td>Learn the skills and fundamental movements of power soccer through fun games and drills using your power wheelchair. This program is offered in partnership with SportAbility</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
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<tr>
<td>----------------------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Wheelchair Basketball (6+ years)</td>
<td>Wheelchair basketball is a fast paced Paralympic sport for people of all abilities. You will learn the skills and fundamental movements of wheelchair basketball through fun games and drills. This program is offered in partnership with the BC Wheelchair Basketball Society</td>
</tr>
<tr>
<td>Sledge Hockey (6+ years)</td>
<td>Learn how to move your sled, shoot the puck, and play fun games with an enthusiastic instructor. Sledge hockey is a great program and a Canadian national pastime. All abilities and ages are welcome and necessary sledge hockey equipment can be provided</td>
</tr>
<tr>
<td>Chair Exercises - 55+</td>
<td>Work those muscles without the ups and downs of a regular fitness class. Enjoy the benefits of a cardio warm up, effective muscle strengthening exercises, flexibility stretches and soothing relaxation, all without leaving your chair. Proper technique and use of resistance equipment will be taught by a certified instructor.</td>
</tr>
<tr>
<td>Chair Yoga Level 1 - 55+</td>
<td>Gain confidence with your balance and mobility through the use of a chair for support during yoga postures.</td>
</tr>
<tr>
<td>Drop-In Fitness: Fit 55+ Lite</td>
<td>A low to moderate intensity class designed to introduce upper and lower body exercise techniques. Chairs are used during some classes but are always optional.</td>
</tr>
<tr>
<td>Drop-In Fitness: Gentle Fit - 55+ (Chair Exercises)</td>
<td>A low intensity class designed to include upper and lower body movements done in and out of a chair</td>
</tr>
<tr>
<td>Osteoarthritis Fitness - Adult 55+</td>
<td>Focus is on joint stability, posture, light resistance training and safe stretching</td>
</tr>
<tr>
<td>Tai Chi - 55+</td>
<td>Introduction to this Chinese system of gentle exercise that promotes better health through slow, rhythmic, non-stressful movement.</td>
</tr>
</tbody>
</table>

For information on wheelchair accessibility in SPRC facilities, contact Outreach and Support Services or the City of Surrey (tel: 604 598 5864, or 604 502 6321).

b) **City of Surrey Spirit Volunteer Program**

Tel: 604-598-5867  
Email: inclusions@surrey.ca  
Web: http://www.surrey.ca/culture-recreation/2268.aspx

The SPIRIT (Support Participation and Inclusion – Reach out, Involve, and Transform!) program supports community members who require additional assistance to participate in SPRC activities. SPIRIT participants can request a volunteer for extra support in a particular recreation/leisure program; the
volunteer is matched on a one-to-one basis with the participant. Participants can choose any program from the SPRC leisure guide.

SPIRIT participants who wish to request a volunteer must meet the following criteria:
- Can independently arrive and leave from the program
- Can independently take care of personal needs
- Require low to moderate support in the program

The volunteer request process is as follows:
1. Participant completes a SPIRIT Volunteer Request for Support form (please ensure your request meets all criteria)
2. Participant registers in a program
3. Match, have an introduction meeting, and get placed

Volunteer request forms must be completed at least 10 business days before the start of a program. Visit the website above or call the SPRC Volunteer Department (tel: 604 598 5863) for more information.

c) **City of Surrey Leisure Access Program**

Tel: 604-501-5100 (SPRC Call Centre)
Web: [www.surrey.ca/culture-recreation/1773.aspx](http://www.surrey.ca/culture-recreation/1773.aspx)

The City of Surrey's Leisure Access Program provides an opportunity for permanent city residents in financial need to participate in SPRC activities at a very low cost. The Program provides participants with an Annual Family Pass for unlimited access to drop-in activities at all SPRC recreation facilities, and for a 75% discount on most SPRC registered courses. All permanent Surrey residents who meet the annual family income requirements may be eligible to apply for the Leisure Access Program.

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**F-2 Helen Mellard – Adapted Yoga and Tai Chi**

Tel: 778-836-0285 (please call after 6pm)
Email: hmellard@shaw.ca

(For Helen’s classes in Coquitlam, see J-4, or page 68.)

Helen provides adapted yoga and tai chi classes. She welcomes new participants and says that “we have a very lively, inter-active group in class, like one big family, a very positive environment.” She has over 25 years experience working
specifically with people with MS and also ran a wellness centre for 15 years for people with MS only.

All classes are adapted to suit individual needs and everyone can participate at their level of comfort and ability. There is a combination of chair, floor and standing exercises.

Classes are $60.00 for a six week session. Helen prefers interested participants to email her at hmellard@shaw.ca. If email is not possible for you, she is available at 778 836 0285, but only after 6pm. Participants may need to sign up for the waitlist.

**Combination Adapted Yoga and Tai Chi Class**

**Location:** Ocean Park Library – 12854 17th Avenue, Surrey  
**When:** Thursdays, 11:00am- 12:00pm

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**F-3 Together in Movement and Exercise (TIME) Program**

**Location:** Tong Louie Family YMCA  
14988 57 Avenue, Surrey  
**Contact:** Kali Dean  
**Tel:** 604-320-5813  
**Email:** health@gv.ymca.ca  
**Program Time:** Tuesdays and Thursdays 1:00-2:00pm

The TIME program is developed by the University of Toronto’s University Hospital Network organization. The program is aimed at increasing the balance and mobility of adults with chronic diseases or disabilities. Participants must be able to walk independently for 10 meters (30 feet) with or without the use of a walking device. TIME program is run independently through various community organizations throughout Canada. Registration fees vary from each program. To register for the program or to find out more information, contact your local organization.
**F-4 Tong Louie Family YMCA**

**Location:** 14988 57 Avenue, Surrey  
**Tel:** 604-575-9622 (YMCA)  
**Fax:** 604-575-3132  
**Email:** tonglouie@gv.ymca.ca  
**Web:** www.vanymca.org/centres/tonglouie

The Tong Louie Family YMCA has a wheelchair accessible pool and a weight room that is frequented by wheelchair users. It also offers the Gentle Joints aquatic programs, a warm water fitness program that takes place in a special therapy pool, which features a moveable bottom floor, allowing for depth adjustment. Classes offer a combination of body movement, stretches, and exercises for those looking for a light, low-impact, joint-friendly exercise regime.

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**F-5 Wheeling Eights Square Dance Club**

**Location:** Chuck Bailey Recreation Centre – 13458 - 107A Ave, Surrey  
**Contact:** Darlene Austin  
**Tel:** 604-591-2841 or 604-439-0204  
**Email:** darlmel@shaw.ca  
**Web:** [http://www.wheeling8s.squaredance.bc.ca/](http://www.wheeling8s.squaredance.bc.ca/)

The Wheeling Eights Square Dance Club has been teaching wheelchair square dancing and round dancing since 1973. It is open to any person with a mobility disability over 16 years of age. The aim of the club is to motivate people to exercise their bodies and minds as they learn to maneuver the dance floor from their wheelchairs. Caregivers and able-bodied participants are also encouraged to join in, and wheeling assistance is available to dancers.

The group meets every Thursday from 6:30 PM-9 PM from September until June. New members are welcome at any time of the year.
City of White Rock
Leisure Services
Main Office: White Rock Community Centre, 15154 Russell Avenue
Tel: 604-541-2199
Web: http://www.whiterockcity.ca/EN/main/community/recandculture.html

White Rock Leisure Services (WRLS) facilities offer various programs that might be suitable for persons who require lower impact or lower intensity activities. WRLS also offers many different art classes, workshops, excursions and activity groups that would be suitable to people of different abilities. Browse the leisure guide or call WRLS for more information.

There are 2 components to WRLS’ adapted recreation and leisure options:
  a) Adapted Programs
  b) Leisure Access Pass – for discounted admission to DPRC programs

a) Adapted Programs

The following WRLS low-intensity/low-impact programs might be suitable for those with limited mobility. If you do not fall into the 55+ age group, check the WRLS leisure guide to see if any other programs suit your needs.

<table>
<thead>
<tr>
<th>Programs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair Yoga</td>
<td>Discover the joy of yoga in a safe and gentle way, incorporating chair and mat postures, breathing techniques and guided meditation. This health and wellness program is designed for older adults who have mobility or other physical challenges. Drop-in $13 space permitting</td>
</tr>
<tr>
<td>Gentle Therapeutic Hatha Yoga</td>
<td>A relaxing practice using yoga postures, mindfulness and breathing to calm the body and mind. This practice focuses on mindful movement to improve flexibility, strengthen and reduce pain. By modifying the postures this practice is accessible regardless of your level of experience or if you are living with injury or illness. Drop-in $13 space permitting.</td>
</tr>
<tr>
<td>Yoga for Seniors</td>
<td>Gentle stretching, proper breathing techniques and deep relaxation allow the body and mind to come alive with renewed energy</td>
</tr>
</tbody>
</table>

Lower Mainland Adapted and Accessible Recreation and Leisure Guide 2017
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Balance Class 65+</strong></td>
<td>Do you want to feel more confident in leading a physically active life? Gain the body strength you need to move with ease through daily routines. Begin with seated and supported exercises and progress gradually through specialized strength training and balance movements.</td>
</tr>
<tr>
<td><strong>Exercise to Prevent &amp; Manage Chronic Disease &amp; Diabetes</strong></td>
<td>Physical activity and exercise are now considered principal interventions for use in primary and secondary prevention of chronic diseases. This comprehensive program is conducted by Certified Clinical Rehab Specialist, Fred Kikhosrowkiany. For first time participant assessment and a referral to this program, email <a href="mailto:fred.kikhosrowkiany@fraserhealth.ca">fred.kikhosrowkiany@fraserhealth.ca</a> or call 604.541.2199</td>
</tr>
<tr>
<td><strong>Get Up and Go! 65+</strong></td>
<td>Get up and Go is an entry level exercise program for seniors with balance and mobility impairments. This safe exercise program is specially designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Referral required. Contact Fraser Health Fall and Injury Prevention at 604-587-7866, or email <a href="mailto:fallsprevention@fraserhealth.ca">fallsprevention@fraserhealth.ca</a> Get Up &amp; Go! is a collaboration between BC Women's Osteofit and Fraser Health Falls and Injury Prevention. It provides an entry level exercise program for seniors at high risk for falls, for those with balance and mobility impairments, those using mobility aids (canes, walkers and wheelchairs). It is a safe exercise program designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Get Up &amp; Go! is taught by registered Osteofit instructors.</td>
</tr>
<tr>
<td><strong>Get up and Go 65+ - Maintain Program</strong></td>
<td>The Maintain program is an ongoing exercise program for seniors with balance and mobility impairments. Improve strength, balance and coordination as well as functional ability, independence and quality of life. Pre-requisite: Completion of one session of Get up and Go 65+</td>
</tr>
<tr>
<td><strong>YMCA Gentle Joints Swim Program</strong></td>
<td>Let us do the driving to 'Gentle Joints', a warm water fitness program at the Surrey YMCA. With the aid of a moveable pool floor for easy entry, enjoy a combination of body movements, stretches and exercises in a friendly, social atmosphere. A great addition to your physical fitness activities.</td>
</tr>
</tbody>
</table>

**b) White Rock Leisure Access Program**

Tel: 604-541-2199  
Web: [www.whiterockcity.ca/EN/main/community/recandculture/leisure-access-program.html](http://www.whiterockcity.ca/EN/main/community/recandculture/leisure-access-program.html)

The City of White Rock offers a Leisure Access Program to residents of White Rock who are in financial need. The program allows families to participate in WRLS
programs and activities for free or at a reduced rate. To qualify, you must meet the annual family income limitations. To see if you are eligible for the Leisure Access Program, visit the website or call Leisure Services for more information.

The benefits of the LAC program are the following:

<table>
<thead>
<tr>
<th>Benefits of the LAC Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>White Rock Residents</strong></td>
</tr>
<tr>
<td>• Free public skating at Centennial Arena</td>
</tr>
<tr>
<td>• 50% off 1 White Rock Leisure Services program or lesson set per season per individual</td>
</tr>
<tr>
<td>• Canadian Tire Jump Start Program <a href="http://www.whiterockcity.ca/assets/Community/Documents/canadian-tire-jumpstart-application.pdf">link</a> assisting children ages 4-18</td>
</tr>
<tr>
<td><strong>South Surrey Resident</strong></td>
</tr>
<tr>
<td>• 50% off 1 White Rock Leisure Services program or lesson set per season per individual</td>
</tr>
<tr>
<td>• Canadian Tire Jump Start Program assisting children ages 4-18</td>
</tr>
</tbody>
</table>

G-2 **Adapted Yoga and Tai Chi**

**Tel:** 778-836-0285 Helen (please call after 6pm)

**Email:** [hmellard@shaw.ca](mailto:hmellard@shaw.ca)

(For Helen’s classes in Coquitlam, see J-4, or page 68.)

Helen provides adapted yoga and tai chi classes. She welcomes new participants and says that “we have a very lively, inter-active group in class, like one big family, a very positive environment.” She has over 25 years experience working specifically with people with MS and also ran a wellness centre for 15 years for people with MS only. All classes are adapted to suit individual needs and everyone can participate at their level of comfort and ability. There is a combination of chair, floor and standing exercises.

Classes are $60.00 for a six week session. Helen prefers interested participants to email her at [hmellard@shaw.ca](mailto:hmellard@shaw.ca). If email is not possible for you, she is available at 778-836-0285 only after 6pm. Participants may need to sign up for the waitlist.

**Combination Adapted Yoga and Tai Chi Class**

**Location:** Ocean Park Library – 12854 17th Avenue, Surrey

**When:** Thursdays, 11:00am- 12:00pm
H-1  Corporation of Delta (Ladner, Tsawwassen)

Parks, Recreation, and Culture Commission

Main Office:  4500 Clarence Taylor Crescent, Delta
Tel:  604-952-3000
Email:  talk@delta.ca
Web:  http://www.delta.ca/parks-recreation/overview

Delta Parks, Recreation, and Culture (DPRC) is dedicated to providing opportunities for active lifestyles in the community. DPRC offers a broad range of recreational programs and activities, which you can browse in the DPRC leisure guide.

There are 3 components to DPRC’s adapted recreation and leisure options:

a) Adapted Programs
b) Accessibility Support Program – for those requiring one-to-one support
c) Leisure Access Pass – for discounted admission to DPRC programs

a) Delta, Ladner, Tsawwassen Adapted Programs

Tel:  604-946-3288 (Programmer for People with Disabilities)
Email:  pwd@delta.ca
Web:  http://www.delta.ca/parks-recreation/sport-recreation/recreation-access

Delta Parks, Recreation & Culture encourages people of all ability levels to use their facilities. Recognizing that some people require assistance.

The Programmer for People with Disabilities coordinates volunteers and specialized programming, assists with decision-making and provides information and resources for people with disabilities and their caregivers.

Admission is free for a person who accompanies a patron with special needs to assist their participation in drop-in and registered programs. Where possible, all patrons attend the same classes and receive the same services.

Individual activities and group programs for people of all ages can be tailored for specific interests and needs. Adaptive equipment (e.g. sledges for hockey at
arenas, specialized fitness equipment in weight rooms, lifts and water wheelchairs) is available at specified facilities.

The following DPRC low-intensity/low-impact programs might be suitable for those with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Cross Swim - Adapted Aquatics</td>
<td>Red Cross Adapted swim lessons for those needing special attention. Please register first, then call our Programmer for People with Disabilities at 604-946-3288 to discuss your child's specific needs</td>
</tr>
<tr>
<td>Nutrition Consulting &amp; Meal Planning</td>
<td>Join Paige Holloway, BSc., CSEP Personal Trainer, RHN (C) for personalized nutrition consulting and meal planning. Paige will work with clients to identify their challenges, schedules and goals to put together a nutrition plan that will help set clients up for success</td>
</tr>
<tr>
<td>Aquafit Aqua Joints</td>
<td>This no-bounce water fitness class can help relieve stiffness, increase flexibility, &amp; improve strength &amp; endurance. Maintain range of motion in the pain free class. Intensity: Low. Children under 14yrs must be accompanied by an adult over 16 years of age</td>
</tr>
<tr>
<td>Aquafit Gentle Fit</td>
<td>A modified water fitness class for light conditioning or special health considerations such as: pre/post natal, back pain or injury recovery. Intensity: Low. Children under 14yrs must be accompanied by an adult over 16 years of age.</td>
</tr>
<tr>
<td>Fitness Move to Improve</td>
<td>Range of motion &amp; strength exercise for hips &amp; knees also suitable for participants new to exercise. Intensity: Low. Must be 16yrs or older to participate in this class</td>
</tr>
<tr>
<td>Osteofit -50+yrs</td>
<td>This program is clinically supported and medically endorsed by BC Women's Hospital and Health Centre. The basic premise is fall prevention. It is suited to those diagnosed with osteoporosis but also for those looking to improve their muscular strength and endurance, balance, agility and coordination in a fun but safe environment. For more information please contact your local Seniors Centre: Kennedy @ 604-594-2717, or McKee @ 604-946-1411</td>
</tr>
</tbody>
</table>

b) **Delta, Ladner, Tsawwassen Accessibility Support Program**

**Tel:** 604-946-3288 (Programmer for People with Disabilities)

**Email:** pwd@delta.ca

The Accessibility Support Program (formerly Leisure Friend Program) supports individuals who require one-to-one support to participate in registered or drop-in
DPRC programs. DPRC places importance on matching participants to volunteers with the right skills and similar interests, ensuring a fun and successful time. First-time participants follow three steps to get started:

1. Calling the Programmer for People with Disabilities or filling out an Accessibility Support Participant form
2. Meeting with the Programmer for People with Disabilities to review their needs
3. Signing up for a program

Please provide at least two weeks’ notice when requesting an Accessibility Support.

c) **Delta, Ladner, Tsawwassen Leisure Access Assistance Program**

Tel: 604-946-3298  
Email: ksteel@delta.ca

The Corporation of Delta’s Leisure Access Assistance Program allows eligible, low-income Delta residents (individuals or families) to drop-in land & aquatic fitness classes, weight room sessions, public swims, open gyms & public skating. The Leisure Access Assistance Program determines eligibility for recreation & leisure subsidy based on the family net income as defined by the Canada Revenue Agency.

**H-2 Pony Pals Therapeutic Riding Association**

Location: 3885B 96th Street, Delta  
Tel: 604-590-0097  
Email: info@ponypals.org  
Web: [http://www.ponypals.org/](http://www.ponypals.org/)

Pony Pals Therapeutic Riding Association is a program developed for children and adults aged 3 years and older who are faced with life challenges.

Their lesson programs are varied depending on the individual needs of the client. One-on-one privates are offered to our clients who are severely impacted by their diagnosis. Additionally PPTRA offers semi-privates or groups of up to 4 riders at a time. PPTRA runs on two-month rotations- once a rider is in the program, they can stay involved as long as they like. Should a rider need to take a session off due to health issues, etc they are not penalized for this and will NOT lose their place in the program.

Instructors are EC, EAGALA or CanTra certified with Current First Aid and CPR Certificates. They are a member of the BC Therapeutic Riding Association and
CanTRA. The Pony Pals Therapeutic Riding Association specializes in riders facing life challenges, including those with Multiple Sclerosis.

Benefits to participating in the program are numerous, but include improvement in gross and fine motor skills & coordination, improved concentration, lower stress levels, and development of core muscles & overall fitness.

The total cost per rider per ride is $70, but 50% of that fee is subsidized by sponsorships, volunteers, and donations. In sum each ride costs an individual $35.
City of Langley
Recreation, Culture, and Community Services Department
Main Office: Langley City Hall – 20399 Douglas Crescent, Langley
Tel: 604-514-2800 Fax: 604-530-8596
Email: recreation@langleycity.ca
Web: http://www.city.langley.bc.ca/recreation-community/recreation

Langley Recreation, Culture, and Community (LRCC) Services is dedicated to creating a welcoming and safe environment where everyone can participate in a wide range of recreational opportunities regardless of age, ability, background, or economic status. There are many activities, events, clubs, and classes that people of all abilities can join. See the LRCC recreation guide for more information.

There are 2 components to LRCC’s adapted recreation and leisure options:
   a) Adapted Programs & Services
   b) Leisure Access Grant Program

a) Langley Adapted Programs & Services

Langley Recreation, Culture, and Community Services (LRCC) offers certain programs and services that are adapted to persons with disabilities. LRCC also manages multiple facilities throughout the City of Langley that offer wheelchair accessible features.

The following are recreational programs offered by LRCC that are either a) adapted for persons with disabilities, or b) lower in impact/intensity for those with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Pain Self-Management Workshop</td>
<td>Do you or someone you live with have Chronic PAIN? The University of Victoria is pleased to offer the Chronic Pain Self-Management Program at the Douglas Recreation Centre. Peer leaders discuss tools to help break the pain symptom cycle and live a healthier life. This workshop is free but space is limited so register early</td>
</tr>
<tr>
<td>ActivAge- Option 1-Functional Movement</td>
<td>Are you 65 or older? Wanting to get more physically active? Then ActivAge? is for you. This fun and social program will get you moving in a relaxed and inviting class environment with likeminded people. ActivAge Option 1 focuses on improving activities of daily living, strengthening muscles used day-to-day; The class includes discussions and handouts to help you improve your overall health and physical well-being. Class sizes are small so register early. ActivAge? is a physical activity option for Choose To Move program participants</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>This gentle form of yoga is practiced sitting on a chair or standing and using a chair for support. Chair yoga is a great form of exercise for everyone as it deepens flexibility and strengthens body awareness no matter what your age or ability level. This is an all-level class appropriate for those who have never taken a yoga class before as well as experienced practitioners. Our certified yoga instructor will help find modifications so that every pose can work for you. Deep breathing will be paired with movements to relax the body, increase your mindfulness and awaken the mind-body relationship.</td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>Gentle Yoga follows the Hatha Yoga principles focusing on a healthy mind-body connection but goes through the various body positions (Asanas) at a slower pace with gentle movements and mindfulness. This class emphasizes safety and is open to all levels- especially beginners. Classes will consist of breathing techniques, strengthening standing poses, floor work, stretching and relaxation. Participants are encouraged to wear layers and bring a light blanket for the relaxation portion.</td>
</tr>
<tr>
<td>Get Up &amp; Go Level 1</td>
<td>Created in collaboration with Fraser Health Falls Prevention Initiative, Specialized Geriatric Clinics and OSTEOFIT, Get Up &amp; Go offers an appropriate entry level exercise program for older adults with balance and mobility impairments. This program is designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Get Up &amp; Go Level 1 is suitable for those with no previous experience with resistance training or have never taken an Osteofit or Get Up &amp; Go program before. The majority of the classes are taught while sitting in chairs so mobility challenges are not an issue.</td>
</tr>
<tr>
<td>Osteofit Level 1</td>
<td>Offered in partnership with BC Women’s Health Centre, this introductory level exercise program is for people with Osteoporosis, those at an increased risk of fracture or have already had one or more fractures. Emphasis is on building</td>
</tr>
</tbody>
</table>
strength and improving balance to prevent falls for individuals with no previous experience working with exercise equipment. The goal is to improve participants' capacity for activities of daily living.

| Adapted Zumba | Designed for beginners, the active older population and those with cognitive and/or physical challenges. This low impact dance fitness class is friendly and fun. Participants will learn easy steps to move with the music using their own abilities |

LRCC facilities offer the following adapted or accessible features:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Accessible Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>W.C. Blair Recreation Centre</td>
<td>• Easy beach access into pool</td>
</tr>
<tr>
<td></td>
<td>• Easy transfer into whirlpool</td>
</tr>
<tr>
<td></td>
<td>• Pool wheelchairs</td>
</tr>
<tr>
<td></td>
<td>• Knowledgeable lifeguards trained in adapted aquatic and fitness programs</td>
</tr>
<tr>
<td></td>
<td>• Wheelchair accessible change room</td>
</tr>
<tr>
<td>Walnut Grove Community Centre</td>
<td>• Easy beach access into pool and therapy hot tub</td>
</tr>
<tr>
<td></td>
<td>• Elevated walls in adult hot tub for easy transfer</td>
</tr>
<tr>
<td></td>
<td>• Poolside chair lift</td>
</tr>
</tbody>
</table>

b) **Langley Leisure Access Grant Program**

Tel: 604-514-2865  

The Leisure Access Grant Program is a subsidy program that provides an opportunity for residents with a limited income to participate in a variety of recreation activities.

In order to qualify, the applicant must be a resident of the City of Langley and meet one or more of the following criteria:

- Receive income assistance from the Ministry of Housing and Social Development or assistance from the Ministry for Children and Family Development
- Have an annual income that is below the Statistics Canada Low Income Guidelines. Look at the application form for qualifying income levels.

If approved, residents can choose one eligible program or pass per person, per season. Eligible programs are advertised in the City of Langley Recreation Guide.
Adults and Seniors may choose to apply for a subsidized indoor pool pass (limited funding available.)

Application forms can be picked up at Douglas Recreation Centre, Timms Community Centre, or downloaded from the website.

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I-2 Pacific Riding for Developing Abilities
Location: 1088 208th Street, Langley
Tel: 604-530-8717  Fax: 604-530-8617
Email: mklassen@prda.ca
Web: www.prda.ca

Pacific Riding for Developing Abilities (PRDA) has provided therapeutic horseback riding to individuals with physical, cognitive, and emotional disabilities since 1973. PRDA gives youth and adults with varying disabilities the chance to bond with horses, make lasting friendships, have fun, and receive therapy at the same time. They want their riders to feel like they can challenge themselves knowing that there is a strong support system in place for them should they require help. Balance & coordination, increased confidence, group activity and excitement of movement “free of any mechanical aids” are some of the many benefits. PDRA is recognized as a leader in providing equine assisted therapeutic activities and educational opportunities in an environment that is safe, fun and effective.

Riders can attend three annual sessions, during which a wide variety of programs are offered. Riders from the ages of 2 to 99 participate in competitive, recreational, and/or strictly therapeutic riding. Contact PRDA for more information on how to become a rider. Most lessons cost $30.

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I-3 Together in Movement and Exercise (TIME) Program

The TIME program is developed by the University of Toronto’s University Hospital Network organization. The program is aimed at increasing the balance and mobility of adults with chronic diseases or disabilities. Participants must be able to walk independently for 10 meters (30 feet) with or without the use of a walking device. TIME program is run independently through various community organizations throughout Canada. Registration fees vary from each program. To register for the program or to find out more information, contact your local organization.
City of Langley Location  
**Location:** Timms Community Centre  
20399 Douglas Cres Langley  
**Contact:** Christine Daum  
**Email:** cdaum@langleycity.ca

Langley Township Location  
**Location:** Walnut Grove Community Centre  
8889 Walnut Grove Drive Langley  
**Phone:** 604-822-0408  
**Program Times:** Tuesdays and Thursdays  
1:30-2:30pm

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**I-4 Valley Therapeutic Equestrian Association**

**Location:** 3330 256th Street, Langley  
**Tel:** 604-857-1267  
**Fax:** 604-857-8953  
**Email:** info@vtea.ca  
**Web:** www.vtea.ca

The Valley Therapeutic Equestrian Association (VTEA) is a non-profit charitable organization that has provided therapeutic horseback riding for children and adults with all forms of disabilities since 1983. Their goal is to enhance the quality of life for their clients by improving their physical, mental, and emotional well-being with the assistance of the horse.

New participants must provide a physician referral if they wish to become a rider. Please download this [Physician Referral Form](#). VTEA’s Consulting Physiotherapist conducts an initial assessment and creates a unique riding program for each participant in conjunction with VTEA instructors. Special or adapted equipment may be used and one-on-one instruction and riding volunteers are organized to assist with each lesson. Financial assistance may be available to riders.
J-1  **City of Coquitlam**  
**Parks, Recreation, and Culture Services**  
**Main Office:** Coquitlam City Hall – 3000 Guildford Way, Coquitlam  
**Tel:** 604-927-3000  
**Email:** PRCS_info@coquitlam.ca  

Coquitlam Parks, Recreation, and Culture (CPRC) Services offers seasonal Program Listing Guides for its recreation and leisure programs. The department also operates several wheelchair-accessible facilities and offers adapted programs for people with mobility issues or physical disabilities.

There are 2 components to CPRC’s adapted and accessible recreation:

a) **Adapted Programs**  
b) **Get Connected Get Active** – for discounted access to CPRC programs and activities  
c) **Personal Assistance**

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a) **Coquitlam Adapted Programs**

The following Coquitlam Parks, Recreation, and Culture (CPRC) low-intensity/low-impact programs might be suitable for those with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball Fit 50 Plus</td>
<td>This class is recommended for anyone with or without a joint condition. Focus is on balance, joint mobility, strength and flexibility with the use of fitness ball and resistance equipment. Perfect for pre or post operative joint replacement of knees or hips</td>
</tr>
<tr>
<td>Get Up &amp; Go</td>
<td>An entry level exercise program for seniors with balance and mobility impairments, who are otherwise unable to attend a community exercise class. Improve strength, balance and coordination. Referral required. Contact Fraser Health Fall and Injury Prevention at 604-587-7866 or email <a href="mailto:fallsprevention@fraserhealth.ca">fallsprevention@fraserhealth.ca</a></td>
</tr>
</tbody>
</table>
TIME Program

Together In Movement and Exercise. Designed for adults with stroke, acquired brain injury, or multiple sclerosis to increase energy, mobility, and quality of life. The specialized circuit style class was created in partnership with the Fraser Health Authority. Participants must be able to walk 30 feet with or without a walking aid.

Falls Prevention Mobile Clinic

A multi-disciplinary approach to the prevention of falls and fall-related injuries. Participants will have the opportunity to sit one-on-one with various health professionals for 20-minute sessions, including a pharmacist, nurse, kinesiologist, and physiotherapist. Various aspects of the participant’s fall risk status will be assessed and interventions will be discussed. To register call 604-587-7866. Presented by Fraser Health To register for the clinic call 604.587.7866

Gentle Yoga/Chair Yoga

Reduce aches and pains, increase circulation and mental clarity, deepen flexibility, and strengthen muscles. Designed for everyone to achieve mental and physical fitness, learn yoga postures, breathing techniques, and meditation. This class is practiced sitting in a chair or standing using a chair for support. No yoga experience needed.

Yoga Chair

Hatha Yoga - Chair Yoga - is a gentle program for those with limited mobility who prefer to sit in a chair. Improve your concentration, relaxation and flexibility. This ancient practice integrates physical postures, breathing techniques and meditation to promote health and inner peace. You will improve your concentration, relaxation, flexibility, energy by aligning with each pose's true purpose, with the instructors guidance.

Yoga Therapy for Seniors

Postures are simplified. Work on aligning the body through breathing and spinal cord exercises. All levels welcome. Decrease pain and stiffness and increase range of motion.

CPRC facilities offer the following adapted or accessible features:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Accessible Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Centre Aquatic Complex</td>
<td>• Beach entry (0 depth) to the pool</td>
</tr>
<tr>
<td>Poirier Sport &amp; Leisure Complex</td>
<td>• Ramp entry to Main Pool, Swirl Pool, and Leisure Pool</td>
</tr>
<tr>
<td></td>
<td>• Therapy hand rails and grab bars in the Leisure Pool</td>
</tr>
</tbody>
</table>


b) **Coquitlam Get Connected, Get Active**
Tel: 604-927-6076  Fax: 604-927-6919
Email: getconnected-getactive@coquitlam.ca

Get Connected, Get Active is offered to Coquitlam residents who face barriers that prevent participation in CPRC recreation programs. Get Connected, Get Active offers discounted or free admission to drop-in activities or registered programs. Eligibility is based on financial hardship and is open to people who either receive income assistance or who fall within income guidelines. For more information, visit the website listed above or attend an information session.


c) **Recreation Access, One-to-One Support**
Tel: 604-927-3000  Fax: 604-927-6919
Email: volunteers@coquitlam.ca
Mailing Address: Poirier Sport & Leisure Complex, 33 Poirier Street, Coquitlam, BC V3J 6A9
Web: [http://www.coquitlam.ca/parks-recreation-and-culture/sport-and-recreation/recreation-access.aspx#1to1](http://www.coquitlam.ca/parks-recreation-and-culture/sport-and-recreation/recreation-access.aspx#1to1)

For those needing one-on-one support participating in programs, volunteers can be provided at no cost. Personal assistance cannot be provided for toileting, feeding, or dressing. Contact the personal assistance program for more information or fill out an application. Applications can be submitted through email or in person at the Poirier Sport & Leisure Complex. [http://www.coquitlam.ca/docs/default-source/recreation-parks-culture-documents/one.pdf?sfvrsn=4](http://www.coquitlam.ca/docs/default-source/recreation-parks-culture-documents/one.pdf?sfvrsn=4)

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**J-2 City of Port Coquitlam**

**Parks and Recreation Department**

Location: Leigh Square Community Arts Village, #200-2235 Leigh Square, Port Coquitlam
Tel: 604-927-7900  Fax: 604-927-7910
Email: recreation@portcoquitlam.ca
Web: [http://www.portcoquitlam.ca/recreation_and_culture.htm](http://www.portcoquitlam.ca/recreation_and_culture.htm)
Port Coquitlam Parks and Recreation Department issues a seasonal Leisure Guide that promotes leisure activities for all ages, interests, and skill levels. PCPR prides itself in providing a wide array of opportunities where residents can learn something new, socialize with other like-minded individuals, or get and stay fit at one of its well-equipped facilities.

PCPR is devoted to providing accessible and adapted recreation opportunities to Port Coquitlam residents. There are 2 components to its adapted recreation & leisure:

a) **Adapted Programs and Services**
b) **Financial Assistance**
c) **Leisure Buddy Program**
d) **Subsidy for Personal Assistance**

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**Port Coquitlam Adapted Programs and Services**

The following programs are either a) adapted for persons with physical limitations, or b) low in intensity or impact for persons with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair Yoga</td>
<td>A gentle self-paced program for those with limited mobility; perfect for those who utilize mobility devices such as a wheelchairs, scooters or walkers</td>
</tr>
<tr>
<td>Get Up &amp; Go</td>
<td>In collaboration with BC Womens Osteofit and the Fraser Health Falls Prevention Initiative, this is an appropriate entry level exercise program for older adults with balance and mobility impairments</td>
</tr>
<tr>
<td>T.I.M.E.</td>
<td>This specialized circuit style class was created in partnership with Fraser Health Authority for people who have had a stroke, brain injury or have MS. Goals include increased energy, mobility and improved quality of life. Participants must be able to walk 30 feet with or without walking aid</td>
</tr>
<tr>
<td>Yoga Therapy</td>
<td>Using traditional yoga practices to &quot;optimize the function&quot; of the whole person. This restructured class offers individual assessments, personal therapies and consultation</td>
</tr>
</tbody>
</table>

Call the Port Coquitlam Parks and Recreation Department (604 927 7529) for more information on available programs and facility accessibility.
b) **Port Coquitlam Financial Assistance**

Tel: 604-927-7900  
Fax: 604-927-7910  
Email: recreation@portcoquitlam.ca  
Web: [http://www.portcoquitlam.ca/City_Government/City_Departments/Recreation/Financial_Assistance.htm](http://www.portcoquitlam.ca/City_Government/City_Departments/Recreation/Financial_Assistance.htm)

The City of Port Coquitlam does not believe that financial burdens should prevent community members from becoming involved in recreation programs. Applications are available are on the website and at all city recreation facilities for the following support services:

**Individual Subsidy Program**  
If financial circumstances make it difficult for you to pay the full fee for recreation programs, you may qualify for the individual subsidy program. The program provides a maximum subsidy of 50% (to a maximum of $50) for one program or membership per person per quarter. Income qualifications apply.

**Personal Assistant Subsidy Program**  
The Parks and Recreation Department welcomes patrons of all abilities. Should you require assistance to participate, your assistant or support person will be admitted into the program or drop in activity for free.

**Leisure Buddy Program**  
For those whose physical or mental limitations prevent their full participation in recreation programs. Leisure Buddies are local volunteers who provide support in facility-based programs.

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**J-3 City of Port Moody**

**Parks and Recreation**

Location: 100 Newport Drive, Port Moody  
Tel: 604-469-4500  
Email: registration.support@portmoody.ca  

Port Moody Parks and Recreation (PMPR) Commission issues a seasonal “Happening Guide” that outlines the recreation programs and services that the commission offers: [www.portmoody.ca/index.aspx?page=20](http://www.portmoody.ca/index.aspx?page=20). The department also operates several wheelchair-accessible facilities and offers adapted programs for people with mobility issues or physical disabilities.
There are 2 components to CPRC’s adapted and accessible recreation:

a) **Adapted Programs**

b) **Leisure Access Program** – for subsidized access to PMPR programs and activities

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**a) Port Moody Adapted Programs**

The following Port Moody Parks and Recreation low-intensity/low-impact programs might be suitable for those with limited mobility:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada 150 - Walk, Run or Wheel</td>
<td>As part of our Canada 150 ParticipACTION challenge choose to walk, run or wheel along the beautiful inlet trail in Port Moody with our fitness staff. Meet at Rocky Point Park. Free, rain or shine.</td>
</tr>
<tr>
<td>Canada 150 - Wheelchair Sports</td>
<td>As part of our Canada 150 ParticipACTION challenge come out and try a variety of wheelchair sports at the Recreation Complex.</td>
</tr>
<tr>
<td>Hatha Chair Yoga and Stretch</td>
<td>This program will include gentle postures and movement, utilizing a chair, helping to increase breath capacity, balance and flexibility. There will be modifications offered with each posture.</td>
</tr>
<tr>
<td>Restorative and Relaxation Yoga</td>
<td>Come and explore this comforting, supportive, releasing and relaxing class. Allow the body and mind to completely let go in supported postures using blankets and bolsters. Suitable for everyone.</td>
</tr>
<tr>
<td>Yoga 4 YOURbody</td>
<td>A gentle stretch and release class to increase joint flexibility while decreasing stress and stiffness. Class will include postures and movements for the neck, shoulders, lower back and hips. Through breathing techniques we will work on balance, strength, endurance and flexibility. This program supports a variety of mobility issues (modifications and props are available)</td>
</tr>
</tbody>
</table>

Call the Port Moody Recreation Commission for more information on available programs and facility accessibility.

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**b) Port Moody Leisure Access Program**


The City of Port Moody believes that participation in parks, recreation, and cultural activities benefits all individuals in the community. The Leisure Access Program provides subsidized access for residents facing financial barriers to services. The program is also available to people with special needs, to encourage their participation in all provided Community Services programs. Contact the Recreation Programmer at 604-469-4562 for more information on programs.
Helen Mellard – Adapted Yoga
Tel: 778-836-0285
Email: hmellard@shaw.ca

(For Helen’s classes in Ocean Park, see F-2/G-2, or page 49/52.)

Helen provides adapted yoga and tai chi classes. She welcomes new participants and says that “we have a very lively, inter-active group in both classes, both like one big family, a very positive environment.” She has over 25 years experience working specifically with people with MS and also ran a wellness centre for 15 years for people with MS only. All classes are adapted to suit individual needs and everyone can participate at their level of comfort and ability. The early class on Monday is a combination of chair and standing exercises depending on ability, whereas the later class is a combination of chair, floor and standing exercises.

Classes are $60.00 for a six week session. Helen prefers interested participants to email her at hmellard@shaw.ca. If email is not possible for you, she is available at 778 836 0285, but only after 5pm. Participants may need to sign up for the waitlist.

Combination Adapted Yoga and Tai Chi Class
Location: Howe Room – Coquitlam Poirier Community Centre, 630 Poirier Street, Coquitlam
When: Mondays, 10:15am - 11:15am – Wheelchair/mostly seated class
Mondays, 11:30am - 12:30pm – More ambulatory person class

Nina Bloomfield – Adapted Yoga & Therapeutic Exercise
Location: Kushala Yoga Studio Suite 303 – 130 Brew Street, Port Moody
Tel: 604-771-9107
Email: NinaYogaPT@telus.net

Nina Bloomfield is a registered Physiotherapist and a Registered Yoga Teacher who provides an adapted yoga and therapeutic exercise class for people with mobility challenges. Nina adapts lessons for persons with a chronic condition or disease including MS, Parkinson’s, stroke, head injury, or chronic lung disease. Participants must be able to walk independently with or without a walking aid and must be able to get to the floor independently or with assistance from one person. Class size is kept small to provide individualized attention.

Classes run for 4-6 weeks at different times throughout the year. Pre-registration and a one hour assessment ($75) are required. Classes cost $25 per session. Physiotherapy receipts will be provided and may be reimbursed by extended health plans.
**Together in Movement and Exercise (TIME) Program**

The TIME program is developed by the University of Toronto’s University Hospital Network organization. The program is aimed at increasing the balance and mobility of adults with chronic diseases or disabilities. Participants must be able to walk independently for 10 meters (30 feet) with or without the use of a walking device. TIME program is run independently through various community organizations throughout Canada. Registration fees vary from each program. To register for the program or to find out more information, contact your local organization.

**Coquitlam Location**
**Location:** Poirier Sports & Leisure Complex  
630 Poirier Street Coquitlam  
**Phone:** 604-927-4386  
**Program Times:** Tuesdays and Thursdays  
11:45-12:45pm

**Port Coquitlam Location**
**Location:** Hyde Creek Recreation Centre  
1379 Laurier Ave, Port Coquitlam  
**Phone:** 604-927-7946  
**Program Times:** Wednesdays and Fridays  
1:10-2:10pm
**Maple Ridge and Pitt Meadows**

**Maple Ridge Parks and Leisure Services**
Location: Municipal Hall – 11925 Haney Place, Maple Ridge
Tel: 604-467-7308 Fax: 604-467-7393
Email: parksandleisure@mapleridge.ca
Web: www.mapleridge.ca/1446/recreation

**Pitt Meadows Parks and Leisure Services**
Location: 12027 Harris Road, Pitt Meadows
Tel: 604-465-2452 Fax: 604-465-2493
Email: info@pittmeadows.bc.ca
Web: www.pittmeadows.bc.ca/EN/main/cityhall/2566/2581.html

The cities of Maple Ridge and Pitt Meadows have a joint agreement with their Parks and Leisure Services to serve both communities by providing staff, leadership, and facilities for a variety of recreation activities. Maple Ridge and Pitt Meadows Parks and Leisure Services (MR/PMPLS) offers a broad range of programs and activities to the residents of both communities. Information on facilities, programs, and events is available in the seasonal Recreation Guide: [http://www.mapleridge.ca/1466/Arts-Recreation-Guide](http://www.mapleridge.ca/1466/Arts-Recreation-Guide)

There are 4 components to MR/PMPLS’s adapted recreation:

a) **Adapted Programs**

b) **Participation Program** – reduced-cost admission to MR/PMPLS recreation

c) **Agency/Individual Leisure Access Card** – A card that allows customers to bring a support person to any MR/PMPLS program

d) **Leisure Wellness Program** - program that focuses on recreation as one component of a recovery plan
a) **Maple Ridge and Pitt Meadows Adapted Programs**

The following MR/PMPLS low-intensity/low-impact programs might be suitable for those with limited mobility:

<table>
<thead>
<tr>
<th>Programs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adapted Swimming</td>
<td>The aquatics division is committed to promoting the dignity, independence and potential of persons with disabilities, through small group size lessons. Ideal for those who learn best in a quieter environment with mental or physical disabilities. (Three participant to one instructor)</td>
</tr>
<tr>
<td>Lessons</td>
<td></td>
</tr>
<tr>
<td>Get Up and Go</td>
<td>The Osteofit - Get Up &amp; Go! Program offers an appropriate entry level exercise program for seniors with balance and mobility impairments that would otherwise be unable to attend a community based exercise class. This exercise program is specially designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Program designed by BC Women’s Osteoporosis Clinic and in partnership with Fraser Health.</td>
</tr>
<tr>
<td>TIME - Together in</td>
<td>Improve your mobility with TIME! This is a new exercise program designed for adults with stroke, acquired brain injury, multiple sclerosis or other mobility concerns. The program is in partnership with the Fraser Health Authority and is overseen by BCRPA registered instructors. Participants must be able to walk 30 feet with or without a walking aid</td>
</tr>
<tr>
<td>Movement &amp; Exercise</td>
<td></td>
</tr>
<tr>
<td>Tai Chi</td>
<td>The benefits of Tai Chi are endless: improved health, fitness level, focus, balance, flexibility, coordination, stamina, strength, body posture, power, and endurance. This practice has been known to reduce tension, and help a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems and nervousness. Start your journey towards a calm and peaceful mind</td>
</tr>
<tr>
<td>Very Gentle Hatha Yoga</td>
<td>Join us to explore a blend of gentle Hatha and Restorative yoga postures and breathing techniques in a very supportive, comfortable, calm environment. We’ll focus on creating a safe, supportive space to let the body gently stretch, open and unwind with plenty of time to also rest, heal and restore with ease</td>
</tr>
<tr>
<td>Yoga for Pain &amp; Anxiety</td>
<td>Relax while you restore your body, mind, and spirit with a moving meditation designed for everyone. Enhancing your own healing powers within the self to restore and energize. Whether your challenges are physical, mental or both taking this time to rejuvenate through relaxation, meditation, mantras and stress releases you will leave feeling content and peaceful</td>
</tr>
</tbody>
</table>

b) **Maple Ridge and Pitt Meadows Participation Program**

Tel: 604-467-7355 ext. 0 (Maple Ridge Leisure Centre) or 604-465-2452 ext. 0 (Pitt Meadows Family Recreation Centre)

Web: [http://mapleridge.ca/1465/Participation-Programs-Financial-Assista](http://mapleridge.ca/1465/Participation-Programs-Financial-Assista)

The Participation Program offers reduced admissions and program fees to Maple Ridge and Pitt Meadows residents who meet eligibility to ensure that cost is not a barrier to accessing MR/PMPLS services. Applicants who meet financial qualifications must schedule appointments for inclusion in the program.
c) **Maple Ridge and Pitt Meadows Agency/Individual Leisure Access Card**

Tel: 604-467-7303 or 604-467-7355  
Web: [http://mapleridge.ca/1464/Recreation-Access](http://mapleridge.ca/1464/Recreation-Access)

Available for customers requiring support to participate in the leisure activities. This card enables customers to bring a support person at no additional charge. Application forms are available at either the Maple Ridge Leisure Centre or the Pitt Meadows Family Recreation Centre.

d) **Maple Ridge and Pitt Meadows Leisure Wellness Program**

Tel: 604-467-7303  
Web: [http://mapleridge.ca/1464/Recreation-Access](http://mapleridge.ca/1464/Recreation-Access)

This program focuses on recreation as one component of a recovery plan and is offered in partnership with the Fraser Health Region, Mental Health Services. For details please call Shayna Funk-Larmor at 604-467-7303.

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**K-2 North Fraser Therapeutic Riding Association**

Location: 13345 Park Lane, Maple Ridge  
Tel: 604-462-7786  
Email: info@nftra.ca  
Web: [www.nftrarides.wordpress.com](http://www.nftrarides.wordpress.com)

The North Fraser Therapeutic Riding Association (NFTRA) is a non-profit charitable organization that provides safe, professional therapeutic equine activities enriching the lives of physically, emotionally, and developmentally challenged individuals through social, recreation, and national competitive riding programs. NFTRA offers a selection of therapeutic riding courses for individuals with disabilities living in the Lower Mainland.

New participants must provide a physician referral if they wish to become a rider. When a participant is accepted they will then go for an assessment to meet the instructors and to adapt a riding plan according to their personal riding needs. It is mandatory that riders have a parent, guardian, or friend to volunteer with the rider during lessons.
K-3  **PaddleALL at Pitt Meadows Paddling Club**

**Location:**  14411 Harris Road, Pitt Meadows  
**Tel:**  778-847-7672  
**Email:**  info@pmpc.ca  
**Web:**  [http://www.pmpc.ca/programs/paddleall](http://www.pmpc.ca/programs/paddleall)

PaddleALL is an adaptive paddling program designed for people of all ages and abilities to partake in the sport of canoe kayak. Participants paddle along the Alouette River in a fun, safe environment. Individuals will be introduced to various boats, allowing them to progress at their own speed. The motto is “Every Boat; Every Body” as dedicated staff work with participants in small groups.

Participants can sign up for recreational (PaddleALL) or competitive (ParaCanoe) programs from June through September. Ask for the PaddleALL – ParaCANOE Program Coordinator to learn more about adaptive paddling at the Pitt Meadows Paddling Club.
The North Vancouver Recreation Commission (NVRC) is dedicated to creating a welcoming and safe environment where everyone can participate in a wide range of recreational opportunities regardless of age, ability, background, or economic status.

NVRC is devoted to providing fully accessible and adapted recreation opportunities to North Vancouver residents. There are 2 components to its adapted recreation & leisure:

a) Adapted Programs & Services
b) Financial Assistance

a) North Vancouver Adapted Programs & Services

Web:  https://www.nvrc.ca/programs-memberships/program-directory/adapted-programs

The North Vancouver Recreation Commission (NVRC) is committed to improving program and facility accessibility for people with disabilities. The Commission has developed many adapted recreation programs and offers adapted equipment at particular facilities. All NVRC facilities have wheelchair accessible parking and facility entrances for visitors.

<table>
<thead>
<tr>
<th>Facility</th>
<th>Accessibility Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delbrook Community</td>
<td>• Changeroom with ceiling lift and change table</td>
</tr>
<tr>
<td>Recreation Center</td>
<td>• Wheelchair elevator for main pool and whirlpool</td>
</tr>
<tr>
<td></td>
<td>• Zero entry for leisure pool</td>
</tr>
<tr>
<td>North Vancouver Tennis</td>
<td>• Tennis specific wheelchairs</td>
</tr>
<tr>
<td>Center</td>
<td>• Ramp to courts</td>
</tr>
<tr>
<td></td>
<td>• Wheelchair tennis certified teachers</td>
</tr>
<tr>
<td></td>
<td>• Accessible viewing area</td>
</tr>
</tbody>
</table>

Main Office: Delbrook Centre, 600 West Queens Road, North Vancouver
Tel: 604-987-PLAY (7529) Fax: 604-984-4294
Web: www.nvrc.ca
<table>
<thead>
<tr>
<th>Harry Jerome Community Recreation Center</th>
<th>• Wheelchair accessible weight room and arena</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karen Magnussen Community Center</td>
<td>• Wheelchair accessible weight room</td>
</tr>
<tr>
<td></td>
<td>• Aquatic wheelchairs</td>
</tr>
<tr>
<td></td>
<td>• Personal transfer lift</td>
</tr>
<tr>
<td></td>
<td>• Therapy pool with wheelchair ramp</td>
</tr>
<tr>
<td></td>
<td>• Gradual depth pool and warm water temperature</td>
</tr>
<tr>
<td></td>
<td>• Wheelchair accessible arena and ice surface</td>
</tr>
<tr>
<td>Parkgate Community Recreation Center</td>
<td>• Wheelchair accessible weight room and adapted equipment</td>
</tr>
<tr>
<td>Ron Andrews Community Recreation Center</td>
<td>• Above group whirlpool access</td>
</tr>
<tr>
<td></td>
<td>• Wheelchair access to steam room and sauna</td>
</tr>
<tr>
<td></td>
<td>• Aquatic wheelchair and pool lift</td>
</tr>
</tbody>
</table>

The following adapted programs are available for persons with physical limitations:

<table>
<thead>
<tr>
<th>Programs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteofit</td>
<td>Osteofit is designed to improve strength, posture, balance and coordination as well as functional ability. Functional exercises, agility activities, resistance training and appropriate stretches will be taught. Safe for those with osteoporosis.</td>
</tr>
<tr>
<td>Strong &amp; Steady</td>
<td>This new class offers chair and chair assisted exercises to help improve your upper and lower body strength. Improve your joint range of motion, posture, balance &amp; agility under the guidance of an instructor trained in balance, mobility and fall prevention. Suited but not limited to those with osteoporosis and/or osteoarthritis</td>
</tr>
<tr>
<td>Better Balance &amp; Mobility Training</td>
<td>Rebuild balance &amp; strength, fine tune flexibility, lower your risk of falling and regain independence. Recommended by Doctors and Physiotherapists, this balance &amp; mobility program emphasizes fall &amp; injury prevention for seniors that are at moderate to high risk for falls. Unlike any other health &amp; wellness program currently offered. Late registrations may be available if space permits. An assessment is required for new participants. For more information, please call 604-983-6496</td>
</tr>
</tbody>
</table>
Better Balance with Surefeet
A balance and falls prevention program helping older adults feel stronger and more confident about walking. Activities and exercise will help improve mobility, balance, reduce falls risk, and increase lower body strength. Classes taught by certified Fallproof instructors. For more information call 604-987-5820.

Osteo/Arthritis
A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. This is a Drop-In only class, registrations are not accepted.

Tai Chi Yang Style
This class will introduce the basic principles and movements of Tai Chi. Simple and easy, yet requiring mindfulness, you will learn all the basic postures, correct alignment, terms, and movements.

Swim Adapted School Age
Low ratio lessons for school age children with physical or developmental disabilities. Registrants must have permission from the Recreation Access Programmer 604.983.6476 to registering.

b) North Vancouver Financial Assistance
Tel: 604-987-7529, ask for an Access appointment
Web: www.nvrc.ca/about-us/financial-assistance

The North Vancouver Recreation Commission (NVRC) offers financial assistance to any resident of North Vancouver who cannot afford the full fee to participate in a recreation program. Those who qualify can access programs at a reduced rate. Call 604-987-7529 and ask for an Access appointment at your local Community Recreation Centre. Please bring proof of residency in North Vancouver (example-BC Hydro, telephone, cable bill) and one of the following: a referral letter from a North Shore social service agency, a tax assessment, a Disability Benefits statement, Employment Insurance statement, or Income Assistance statement.

L-2 InterFit: Integrated Fitness Society
Location: 2820 Bushnell Place, North Vancouver
Tel: 778-340-3091
Email: info@interfit.ca
Web: www.interfit.ca

InterFit offers adaptive recreation programs that are open to people of all ages and abilities. Participants’ comfort, safety, and enjoyment are top priority and participants are welcome to bring friends, family, and caregivers to any activity.
InterFit focuses on 3 main activities:

1. **Hiking** – North Shore Adapted Hiking (NSAH)
   NSAH aims to change your perception of the meaning of “wheelchair accessible”. NSAH uses TrailRiders and Off-Road Chairs (ORCs) to help you access the unaccessible. ORCs and TrailRiders enable people of any age and ability to enjoy the outdoors and succeed in getting off the pavement.

2. **Camping**
   InterFit helps you find a suitable destination for your camping trip to ensure you have personal support in arranging the trip. InterFit will provide you with the shelter for anywhere from an overnight trip at a local campsite to a week at a destination of your choice.

3. **Snow Trekking**
   This program was developed when volunteers and riders came together to create a hiking program for the off-season in the snow. To make this program possible, InterFit modified the Off-road Chair (ORC) and replaced its wheels with skis. Armed with harnesses and snowshoes, sherpas are able to share the frosty trails with our riders.
West Vancouver Parks & Community Services (WVPCS) issues a Recreation and Leisure Guide every season, which you can find on the website. The department also operates several wheelchair-accessible facilities and offers adapted programs for people with mobility issues or physical disabilities.

There are 3 components to WVPCS’ adapted/accessible recreation & leisure options:

a) **Access Services** – adapted programs and accessible facilities
b) **Leisure Access Card** – for people with disabilities to participate in WVPCS programs and services with support and comfort
c) **Recreation Assistance Program** – financial assistance for those who qualify

a) **West Vancouver Access Services**

Tel: 604-925-7290
Email: accessibility@westvancouver.ca
Web: [http://westvancouverrec.ca/spring-summer/general-information/access-services](http://westvancouverrec.ca/spring-summer/general-information/access-services)

West Vancouver Parks & Community Services (WVPCS) is dedicated to making their programs, services, and facilities accessible to all members of the community. Check the Access Services webpage for a direct link to adapted/accessible options in the WVPCS Recreation & Leisure Guide. For more information on any program, contact the Recreation Access Coordinator.

The following adapted programs are available for persons with physical limitations:
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leisure Access Swim</td>
<td>This swim time is a great opportunity for individuals with disAbilities to enjoy the freedom of the water with their friends and families. For those who require assistance there are two lift/sling systems, two adjustable beds, water wheelchairs and a pool cart for use in the wheelchair accessible change rooms. Just ask for assistance at the front desk when you pay to enter</td>
</tr>
<tr>
<td>Shotokan Karate</td>
<td>People with any physical disability are welcome to join this class where they will enjoy the confidence and self esteem from a can-do atmosphere of martial arts which includes mental discipline, adaptability, self-defence and strength from accomplishment</td>
</tr>
<tr>
<td>Balance &amp; Gait</td>
<td>Feeling off balance these days? Stand up for yourself in a fun and safe environment concentrating on standing and sitting exercises to help improve your posture, balance and gait. A variety of equipment will be used including bands and hand held weights</td>
</tr>
<tr>
<td>Building Bones &amp; Balance</td>
<td>Strong bones build a strong foundation improving balance, posture and confidence in everyday activities. Bone density and Muscle mass are both affected by regular weight bearing exercise. It's never too late to start. You owe it to yourself to become stronger! A short warm up followed by a series of strength, balance and postural exercises ending with a good stretch.</td>
</tr>
<tr>
<td>Osteofit</td>
<td>This introductory exercise program, developed for individuals with osteoporosis, combines small movements, relaxed sitting and work with very light hand-held weights and therabands</td>
</tr>
<tr>
<td>Therapeutic Yoga &amp; Ball</td>
<td>This class is designed for anyone with exercise limitations who would like to manage pain, balance issues or neurological problems. We will focus on improving strength, flexibility, balance and movement patterns</td>
</tr>
<tr>
<td>Chairobics</td>
<td>This chair class focuses on gentle stretching and strengthening with the use of bands and balls. (No aerobics) Stretching is very important in maintaining health and mobility</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>Enjoy slow gentle movements as you stretch every part of the body and get a better range of movement. This class is ideal for those who cannot go on the floor as these yoga exercises have</td>
</tr>
</tbody>
</table>
been adapted to be in the chair plus using the chair to stabilize yourself while stretching

| Pilates: Mat Intro | Pilates promotes improved neuro-muscular technique and posture and relieves tension. This intro-level class focuses on basic Pilates principles and safety, to build a strong foundation for more advanced Pilates classes |

The following WVPCS facilities have accessible features:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Accessible Features</th>
</tr>
</thead>
</table>
| West Vancouver Community Centre | • Accessible parking, entrances, elevators, washrooms, change rooms, arts studio, weigh scale, activity & meeting rooms  
                                  • Assisted hearing technology in activity & meeting rooms |
| West Vancouver Aquatic Centre | • Accessible washrooms, change rooms, viewing area  
                                  • Ceiling track lifts in change room  
                                  • Adjustable height change table  
                                  • Water wheelchairs  
                                  • Pool mobility cart*  
                                  • Zero depth entry leisure pool  
                                  • Accessible weight room & equipment |
| West Vancouver Ice Arena      | • Accessible viewing area  
                                  • Ice sledges |
| Seniors’ Activity Centre     | • Accessible entrances, washrooms, parking  
                                  • Lift-assisted vans  
                                  • Hearing loops |
| Gleneagles Community Centre  | • Accessible entrances, washrooms, parking  
                                  • Elevators |

* The pool mobility cart allows pool access for people who are unable to sit up in a water wheelchair. The cart can go straight from the pool into an accessible shower where the user can then be dried and dressed on the cart. The pool cart provides user comfort and eliminates constant transfers.
b) **West Vancouver Leisure Access Card**

Tel: 604-925-7279  
Email: rnelson@westvancouver.ca  
Web: [https://westvancouver.ca/widgets/leisure-access-card](https://westvancouver.ca/widgets/leisure-access-card)

The Leisure Access Card makes it easier for persons with disabilities to use West Vancouver’s programs and services with support. Meet with a District staff person to discuss adaptions or ideas for making your experience with the recreation center even better. The application is mandatory for participants over the age of seven who use the facilities more than once with a support worker. For more information, call Riva Nelson at 604-925-7279 or rnelson@westvancouver.ca .

c) **West Vancouver Recreation Assistance Program**

Tel: 604-925-7270  
Web: [http://westvancouver.ca/government/district-operations/accessibility](http://westvancouver.ca/government/district-operations/accessibility)

The Recreation Assistance Program minimizes financial barriers and encourages equal participation and access to all leisure services. The program is for applicants who reside in West Vancouver and who demonstrate financial need. A subsidy can be provided for a maximum of one program and one pass per family member per term. A maximum of two weeks of camps or lessons per child can be subsidized in the summer. All applicants are asked to pay a portion of the cost towards their programs or passes and this amount is determined in the interview with the staff person.

A financial assistance appointment can be made by calling 604-925-7270. Please pick up or print out the Financial Assistance Application Form:  
([https://westvancouver.ca/sites/default/files/dwv/assets/parks-rec/docs/forms/2015_Recreation_Assistance_Program_Application_536074_FOI%20%20Web_v2.pdf](https://westvancouver.ca/sites/default/files/dwv/assets/parks-rec/docs/forms/2015_Recreation_Assistance_Program_Application_536074_FOI%20%20Web_v2.pdf))

and bring the documents specified on the application form to your meeting.
N  MS SOCIETY RESOURCES

N-1 Programs & Services

a) Knowledge Network & MS Navigators The MS Knowledge Network is the Multiple Sclerosis Society of Canada’s hub of knowledge and navigators, providing consistent, quality MS information and support for anyone in Canada. Phone: 1 (844) 859-6789

b) Peer Support Program Connects individuals living with MS to a peer support volunteer to explore issues, share information and foster support.

c) Volunteer Legal Advocacy Program (VLAP) Provides free advocacy support and legal advice for people affected by MS. Offers assistance navigating the Canadian Pension Plan (CPP) Disability Benefit forms.

d) Self Help Groups A wonderful way to connect with other people affected by MS.

e) Equipment Provision Program Assists people with MS to obtain equipment required to enhance their quality of life.

N-2 Education

a) Newly Diagnosed Workshops This educational workshop includes: MS overview, treatment, emotional impact, and community resources.

b) Workshops Educational workshops for people who want to learn more about MS and a variety of topics.

c) Webpage Visit www.mssociety.ca

d) MSenger Newsletter An electronic newsletter providing time-sensitive, pertinent information on local programs and events, workshops, research, housing, transit updates and related articles.

e) Shared Voices Newsletter Distributed quarterly to MS Society members and includes information on local programs and events, human interest articles, opinion pieces, recipes and book reviews.

N-3 Family Support

a) Kids Up Front Partnership This charitable organization that provides free access to arts, culture, sports and recreation. Children 18 and under who have MS or a parent with MS can participate.

To contact the Multiple Sclerosis Society of Canada call 604-689-3144 OR 1-800-268-7582 (toll free), or email at info.bc@mssociety.ca