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 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://beta.mssociety.ca/living-with-ms/programs-and-services/recreation-and-social-programs/physical-activity](https://beta.mssociety.ca/living-with-ms/programs-and-services/recreation-and-social-programs/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)

- Mobility Matters, powered by Biogen Idec Canada, provides information online and in a print publication on how MS affects your mobility. For FAQs, scientific information, and suggestions to improve your mobility, visit: [www.mobilitymattersinms.ca](http://www.mobilitymattersinms.ca)

**Please Note:**

Many organizations listed in this manual offer financial assistance for programs. Contact the organization to inquire about financial assistance for low income residents or persons with a disability.
Disclaimer

The MS Society’s Interior Regional Chapter 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.
Throughout BC

Access 2 Entertainment Card, Easter Seals Canada
This card enables people with permanent disabilities to receive free admission or a significant discount for their support person at 95% of movie theatres in Canada as well as select museums, science centres, theme parks, recreational facilities, and more. The person with a disability will pay regular admission price and must present their card and ID to the box office. A 3-year access card costs $20 and a 5-year card costs $30. For a list of participating venues, visit www.access2card.ca/participating-venues/

Address: Access 2 Entertainment, C/O Easter Seals Canada
40 Holly St, Suite 401,
Toronto, ON M4S 3C3
Phone: 1-877-376-6362 (Toll-free)
Fax: 416-932-9844
E-mail: access2card@easterseals.ca
Web: http://www.access2card.ca/apply-first-time

Accessible Wilderness Society (AWS)
The Accessible Wilderness Society (AWS) aims to make Canada’s great outdoors accessible to people with physical challenges. AWS plans to build Canada’s first “universally designed,” barrier-free resort and campground facility on Roberts Lake, British Columbia. When the resort is complete, it will be open to “every body” and will offer recreation opportunities such as kayaking, sailing, fishing, and hiking.

Address: Accessible Wilderness Society
427 Ermineskin Avenue,
Parksville, BC V9P 2L5
Phone: 250-951-1419
Email: Contact Form
Website: www.awsociety.org

Angling Licence Fee Reduction Program for Disabled Residents of BC
In this program, any British Columbia resident who is severely and permanently disabled may apply for a Non-Tidal Angling Licence at the reduced fee of $1.12. Visit any Service BC office for an application or download an application here.

Mailing Address: Fish, Wildlife & Habitat Management Branch
Ministry of Forests, Lands, and Natural Resource Operations
PO Box 9363, Snt Prov Govt, Victoria BC, V8W 9M2
Phone: 1-866-387-9771 (Toll Free)
Website: http://www.env.gov.bc.ca/fw/fish/licences/#FeeReduction
Agur Lake Camp, Barrier-Free Wilderness Camp
Agur Lake Camp is located 20km west of Summerland and is run by Philip and Karen Watson who live onsite for the summer. The mandate of the camp is to establish a barrier-free wilderness camp and recreational facility for children and adults with special needs and their families. If you would like to rent a cabin or stay in their dry camp site, contact the office. Video tours of the camp can be viewed online.

Address: 9313 Main Street, Summerland, BC V0H 1Z0
Phone: 250-809-7130
Email: info@agurlakecamp.ca
Website: www.agurlakecamp.ca

BC Blind Sports and Recreation Association (BCBSRA)
For those with visual complications due to MS, the BC Blind Sports and Recreation Association (BCBSRA) offers 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 supports all blind/visually impaired athletes, from those solely seeking recreation to those who aim to reach the Paralympic level. Programs include:

1. Early Intervention (preschool)
   Information and orientation on how to include your child in the programs already available in your community (Gymnastics, Swim lessons, skating lessons, etc.)

2. Children & Youth – Insight in Schools
   Staff will come to your school or community program (such as a sports day) to assist in the introduction of adaptations for equipment and/or activities in the gym or any other physical activity.

3. Adult Programs
   Recreational programs include: Ice Skating, Ice Hockey, and walking
   Competitive programs include: Curling, Dragon Boating, Golf, Karate, Lawn Bowling, Powerlifting, Showdown, and Wrestling.
   Paralympic Programs include: Athletics (Track & Field), Biathlon, Goalball, Judo, Skiing (Alpine and Cross Country), Tandem Cycling

BCBSRA members have access to loaned equipment. Membership is $15.00 a year for athletes.

Address: BC Blind Sports and Recreation Association
170-5055 Joyce Street, Vancouver
Phone: 604-325-8638
Toll Free: 1-877-604-8638 (Toll-free) Email: info@bcblindsports.bc.ca
Fax: 604-325-1638 Website: www.bcblindsports.bc.ca
BC Adaptive Snowsports (previously Disabled Skiers Association of BC)

BC adaptive Snowsports promotes and provides skiing and snowboarding programs and services to all people with disabilities in BC as a form of recreation and rehabilitation. There are 12 adaptive snowsport club programs in BC. Programs are provided in the Kootenays, Okanagan, Fraser Valley, Lower Mainland, Whistler, Vancouver Island and the North East. Representatives of each zone determine programs and events according to the needs of participants. Contact each zone for more information (contact can be found on the website provided below).

1. **BC Adaptive Snowsports membership:**
   Membership per annum is $53.00 for an individual with disability and $48.00 for a volunteer; membership year runs from October 1st to September 30th.

   Membership includes access to beginners and advanced programs, participation in province-wide events, special rates on adapted equipment, lift tickets, accommodation and much more.

   **To apply, visit:** [http://bcadaptive.com/content/membership](http://bcadaptive.com/content/membership)

   Adapted equipment must be obtained through the BC Adaptive Snowsports’ region, which operates at numerous resorts.

2. **Snowbility Equipment Access Program Grant**
   This BC Adaptive Snowsports program provides affordable access and financial assistance for equipment needs – athletes can get up to 75% of the cost covered.

**Address:**
780 SW Marine Drive,
Vancouver, BC V6P 5Y7

**Phone:**
604-333-3630

**E-mail:**
info@bcadaptive.com

**Website:** [http://bcadaptive.com/](http://bcadaptive.com/)

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**BC Mobility Opportunities Society (BCMOS)**

BCMOS is dedicated to providing opportunities for people with disabilities to explore and experience the great outdoors. BCMOS uses an adapted vehicle, the TrailRider, to provide access to any terrain in the wilderness. Programs include hiking, kayaking, and paddle boarding. TrailRiders can also be rented ($10/day) for your own hikes, year-round. BCMOS is affiliated with the Sam Sullivan Disability Foundation.

**Address:**
318-425 Carrall St, Vancouver, BC

**Phone:**
604-688-6464 ext. 117

**Fax:**
604-688-6463

**Email:**
eric@disabilityfoundation.org

**Website:** [www.bcmos.org](http://www.bcmos.org)
BC Wheelchair Basketball Society (BCWBS)
The BC Wheelchair Basketball Society (BCWBS) is a catalyst in creating awareness about
disability issues and has provided support to wheelchair basketball programs throughout British
Columbia since its origins. Wheelchair basketball is for anyone who wishes to participate
(disability or not), 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 8-years to seniors.

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

Address: 780 SW Marine Drive,
Vancouver, BC V6P 5Y7
Phone: 604-333-3530
Fax: 604-326-1229
Email: info@bcwbs.ca
Website: www.bcwbs.ca

BC Wheelchair Sports Association
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 4 member
sports; including athletics, basketball, rugby, and tennis. 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 which provides athletes with short-
term wheelchairs that are tailored to their chosen sport and sometimes offers financial
assistance to athletes to secure their own sports wheelchairs.

Address: 780 SW Marine Drive,
Vancouver, BC V6P 5Y7
Phone: 604-333-3520
Toll Free: 1-877-737-3090
Fax: 604-326-1229
Email: info@bcwheelchairsports.com
Website: www.bcwheelchairsports.com

Bridging the Gap
Bridging the Gap: Getting Physically Active is non-profit organizations with the mission to help
Canadians with disabilities get physically active. They are made up of program coordinators
throughout Canada, who administer first-contact wheelchair sports events.

Getting physically active if you have a disability can be challenging. Where do you start?
What wheelchair sports can you play? How do you get the right equipment? How do you
find a program nearby?

That’s where Bridging the Gap: Getting Physically Active comes in. Their program is open to all, regardless of age, fitness level, or injury.

They offer:

**Have a Go Days:** Program Coordinators across Canada host Have a Go Days and other events that allow people with disabilities to try a variety of wheelchair sports in a fun, supportive atmosphere. They provide everything from sport wheelchairs to equipment. If you need transportation to the event, they can arrange it. Best of all: it’s free!

**Referrals:** Their core sports are wheelchair basketball, wheelchair rugby and wheelchair tennis. If you’re interested in another sport, they will connect you with the right people and help you get involved.

**Wheelchair Loans:** Sports wheelchairs are expensive, but don’t let the cost of equipment deter you. If you choose to continue, your provincial coordinator can often have your rental fees subsidized.

**Wheelchair Sport Development Programs and Clinics:** Found a sport you love? They’ll help you find a place to train and take those next steps. Whether you want to play on a recreational level or you have dreams of the Paralympics, they can put you in touch with the program closest to you.

**Mentorship and Other Support:** One great way to adapt to life with a newly acquired disability is to meet people who are living with a similar disability. They offer peer mentorship on both a formal and informal basis. They also offer other kinds of support, including company for your first practice, and arranging transportation.

**Address:**
780 SW Marine Drive  
Vancouver, BC V6P 5Y7

**Phone:** 604-333-3520 ext. 209

**Email:** lisa@wheelchairsports.ca

**Website:** www.btgcanada.ca

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**Centre for Equitable Library Access (CELA), BC Libraries**

CELA makes it possible and easy for all public libraries in Canada to provide materials in a broad range of accessible formats, with both high tech and conventional delivery options (downloading them to an electronic device, to a DAISY player over a wireless connection, or by mail direct), to meet the needs of those with a print disability (visual impairment or physical disability that prevents them using standard print). These services may include: audiobooks, e-text, braille, and described videos. Contact your public library to register for CELA Services.
Home delivery of a variety of library materials is often available to residents of all ages who have an illness, injury, or disability preventing them from visiting the library or carrying library materials. Libraries will often provide library materials to care facilities and seniors’ residences also.

Individuals are encouraged to contact their local library branch.

Phone: 1-855-655-2273 (press 1)
Email: help@celalibrary.ca
Website: http://iguana.celalibrary.ca/iguana/www.main.cls?url=CELA-home&lang=eng&theme=reset

Cross Country Canada Para-Nordic
Cross Country Canada (CCC) proudly supports Para-Nordic programming for athletes with a disability. Our Para-Nordic programs range from grassroots participation to high performance racing and are consistent with our overall mandate..."To provide national programs for the continuous development of cross-country skiing, from introductory experience to international excellence, for participants of all ages and abilities, fostering the principles of ethical conduct and fair play.”

Visit the website for information about club programs, athlete and coach development, Para-Nordic National Ski Team, events, funding sources, and more to help you understand the world of Para-Nordic skiing.

Address: 106-3003 30th Street
Vernon, BC V1T 9J5
Phone: 250-545-9600
Fax: 250-545-9614
Email: office@crosscountrybc.ca
Website: http://www.cccski.com/Para-Nordic.aspx

Hunting Fee Reduction Program for Disabled Residents of BC
Find out about the different hunting permits available for people with disabilities and how to apply for them, including the new proxy regulations. Apply in person at your local Service BC office or online at the website below.

Since April 2015, hunters in BC who have a physical disability that prevents them from hunting without assistance can have a proxy person “shoot, track, kill, and retrieve big game on the disabled person’s behalf.” The regulations require the person with a disability to be present and in close proximity to the companion in order to direct the hunting activities. See the website below for more details.

Phone: 1-866-387-9771 (Toll Free)   Email: frontcounterBC@gov.bc.ca
Website: http://www.frontcounterbc.gov.bc.ca/guides/fish-wildlife/disabled-hunting-permit/overview/
Physical Activity Services, Previously Physical Activity Line

Physical Activity Services, is BC’s primary physical activity counselling service. The service is a free phone line and online resource for healthy living. It provides health screening, resources, and fitness programs as well as recommendations, support, and referrals to help find suitable fitness programs in your community. Qualified Exercise Professions are available to prescribe exercise to people of all ages and abilities, including those with chronic medical conditions.

Phone: 811
Website: https://www.healthlinkbc.ca/physical-activity-services

Provincial Parks and Camping in BC

Many BC parks have accessible trails and facilities. Consult the BC parks website to inquire about specific accessibility information for a park. Use the “find a park” feature to find your park, click on that park’s accessibility icon.

Camping:
Persons with disabilities, as well as their camping party (maximum 8 people), are eligible to camp for free in road accessible BC parks and pay no charge for a 2nd non-recreational vehicle if they fall under one of the following categories:

- You are designated a “Person with Disabilities” (PWD) receiving PWD benefits under the BC provincial government Employment and Assistance Program.
- You have a child in the “At Home Program” through the BC government.
- You are a person living on-reserve and receiving disability benefits from a First Nation Administering authority.

Phone: 1-800-689-9025
(Camping Site inquiries at no charge – for over the phone booking transactions a $5 surcharge applies)

Reservations: www.discovercamping.ca
(reservations must be made at least 2 days prior to arrival – campers need a credit card to make a reservation)

Email: Contact Form
Website: http://www.env.gov.bc.ca/bcparks/fees/disability.html

Spinal Cord Injury BC (formerly the BC Paraplegic Association)

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.

Mail to: 780 SW Marine Drive
         Vancouver BC V6P 5Y7
Phone: 1-800-324-3611 (Toll Free)
Email: info@sci-bc.ca
Website: www.sci-bc.ca

SportAbility BC
SportAbility is involved in the organization, regulation, and funding of sports for people with disabilities all over the province. 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. Sports include: 7 A-Side Soccer, Boccia, Power Soccer, and Sledge Hockey. To become an athlete, contact SportAbility BC.

Address: 780 SW Marine Drive, Vancouver
Phone: 604-324-1411
Fax: 604-599-5241
Email: rossm@sportabilitybc.ca
Website: http://sportabilitybc.ca

Taoist Tai Chi Society of Canada
The Taoist Tai Chi Society allows people of all ages and health conditions to experience the many benefits of practicing Taoist Tai Chi, a gentle art of health and well-being; its slow, graceful movements increase strength and flexibility while improving balance and circulation and decreasing stress. 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. Form is adaptable to individual needs. Classes can be joined at any point, no scheduled start dates.

Visit the website below to find locations near you and view class schedules.

Phone: 1-888-824-2442 (Toll Free Interior BC)
Website: http://pacific.canada.taoist.org/content/standard_ca_pacific.asp?name=Canada-Pacific-Home
Wheelchair Curling

Wheelchair curling is played on the same ice with the same rocks and under the same rules as regular curling, though without sweeping. Stones are delivered from a stationary wheelchair with the outer edge of the stone being within 18 inches of the centre line at release. WCF and CCA sanctioned events are played over 8-ends (69 minutes a side) and athletes must require use of a wheelchair for their daily mobility. Teams must be of mixed gender.

Most wheelchair curlers play in leagues with and against able-bodied curlers, though the game with its use of delivery sticks integrates extremely well with the increasingly popular able-bodied stick curling. Wheelchair curling is not an aerobic activity, and the added involvement of pairs play is proving very popular and may be the encouragement for future growth. Wheelchair curling is offered throughout the region at multiple curling arenas.

Email: question@wheelchaircurling.com
Website: www.wheelchaircurling.com

Whistler Adaptive Sports Program

The Whistler Adaptive Sports Program (WASP) provides year-round recreational programs and lessons for children and adults with cognitive and physical disabilities. Winter sports include skiing and snowboarding (sit-ski rentals and Nordic sports lessons are also available). Summer sports include hand-cycle rentals, adaptive kayaking and canoeing, hiking and trail rider programs, rowing, yoga, and biathlon.

Address: 1090 Legacy Way, Whistler, BC
Phone: 604-905-4493
Email: info@whistleradaptive.com
Website: www.whistleradaptive.com
Cariboo

100 Mile House Active Living Guide
Active Living Guide contains a listing of all leisure and sport programing offered in the South Cariboo region.

Website: http://www.100milehouse.com/files/5714/9557/6142/Active_Living_Guide_SS17_WEB.pdf

Cariboo Pioneer Centre (Lac La Hache)
The seniors centre offers a variety of activities such as: Cards, Square Dancing, TOPS, and Exercise Classes. (Must be 40+)

Location: 4822 Clarke Ave, Lac La Hache, BC V0K 1T0
Phone: 250-396-7298

Williams Lake Fitness Classes
There is a wide variety of fitness options offered through the Cariboo Memorial Recreation Complex. Whether you are looking for an intense workout that involves cardio and weights or you are looking for a low impact class that is gentle on your joints, the CMRC has something for you! Both registered classes and drop-in classes are offered through the Complex, and the Fitness Centre is open from early morning until evening, making these programs and this facility easily accessible.

Website: http://williamslake.ca/148/Fitness

Kamloops
Adaptive Sports at Sun Peaks
Adaptive Sports at Sun Peaks is a non-profit organization whose focus is to provide opportunities for people with a wide range of disabilities to participate in adaptive snow sports and recreation programs at Sun Peaks Resort. Our goal is to serve the needs of people with disabilities in the community of Kamloops and surrounding areas. For example, one of the major goals of the program is to work with students with disabilities in Kamloops and the surrounding area, allowing them to experience the freedom, joy and satisfaction of skiing with their classmates.

Phone: 250-572-0616
The Parks and Recreation Activity Guide presents a variety of opportunities in programs, classes, heritage, culture and language. Low-income individuals may qualify for ARCH (Afford Recreation for Community Health). Visit our website or call for more information.

Below are several activities within the guide, however for a more comprehensive list please go to the website listed below.

**Phone:** (250) 828-3582  
**Email:** access@kamloops.ca  
**Access Kamloops Website:** [http://www.kamloops.ca/access/accessiblerecreation.shtml](http://www.kamloops.ca/access/accessiblerecreation.shtml)  
**Website:** [www.kamloops.ca/activityguide](http://www.kamloops.ca/activityguide)

A brief list of activities available in the Kamloops Activity Guide:

**Adapted Yoga**  
Enjoy basic yoga exercises in a safe and supportive space. Move at your own pace, and learn the joys of mindful exercise. Support persons are required to join in when needed.

**Adapted Zumba**  
Zumba® - the fitness dance party! Learn easy-to-follow moves set to super fun music. Tone muscles! Improve coordination! The Zumba® formula will be modified to fit your needs and abilities in a fun and supportive space. Support persons are required to join in when needed.

**Adapted Swimming**  
Join in the fun and splash into our supported swim lessons for kids with developmental or physical disabilities. Beginner and intermediate classes available.

**Adapted Floor Hockey**  
Open to youth with disabilities, Adapted Floor Hockey will build stick and running skills through drills and games. Our instructors will make sure your child’s experience is safe and fun!

**Wheelchair Tennis**  
The Kamloops Adapted Sports Association (KASA) and the Kamloops Tennis Club presents Wheelchair Tennis. Speed, power, a light touch, and a ton of fun - Wheelchair Tennis has it all. All ages and abilities are welcome. Sign up early as space is limited. Wheelchairs are provided.

**Home and Community Care: Adult Day Program**  
Offers a day out for people who are living at home or with family and may be at risk of losing their independence. Includes therapeutic recreation programs, social activities, and support.
Address: 37-450 Lansdowne Lower Level Lansdowne Village, Kamloops
Phone: (250) 851-7900
Website: www.interiorhealth.ca/YourCare/HomeCommunityCare/AdultDayServices/Pages/default.aspx

Interior Community Services: Options & Opportunities
Social, recreational and community activities to adults with physical and emotional disabilities. The needs of the participants in this program range from high personal needs to requiring minimal support. For referrals, contact Community Living.

Address: 45-450 Lansdowne St, Kamloops
Phone: (250) 377-4444
Email: adm@interiorcommunityservices.bc.ca
Website: http://www.interiorcommunityservices.bc.ca/programs/community-living/options-opportunities

Kamloops Adapted Sports Association
Our mission is to create an active, safe and fun environment for new participants and athletes seeking a more competitive experience in the Kamloops area. It is our hope to eliminate barriers and to improve overall fitness and performance for our participants by providing equipment and trained volunteers.

Email: kamloopsasa@gmail.com
Website: www.kamloopsadaptedsport.com

Kamloops Adult Learners Society
Daytime educational opportunities for retired adults interested in lifelong learning. Offers a variety of classes in creative writing, computers, CPR, etc.

Hours: Monday-Friday 9am-4pm
Address: 262 Lorne Street, Kamloops
Phone: 236-425-4414
Website: www.kals.ca/

McArthur Island Park
McArthur Island has unorganized recreational pursuits include walking, jogging and rollerblading on a 3.1 km paved perimeter walkway. Much of the walkway passes by unique and natural riparian areas and the deck along the south side provides a relaxing rest spot and a place to observe many different birds with beautiful views of the Thompson River. The park also offers a variety of outdoor activities including use of free outdoor exercise equipment and that is designed to help individuals stay mobile, healthy, and physically active in their communities. An outdoor gym is located on McArthur Island Parkway adjacent to Norbrock Stadium.
Website:  http://www.kamloops.ca/parks/macisland.shtml#.WWfYbvnysdU
Map of McArthur Island:  
www.kamloops.ca/maps/pdfs/McArthurIslandPark.pdf

People In Motion
Services for persons with any kind of disability, visible or invisible.

Tuesday night fitness: weekly fitness programs. To join this program, you must be a person with a disability and a client of Community Living BC. People In Motion provides support from staff, volunteers and transportation if needed. Monthly fee of $15.

Hours:  Monday - Friday 9:30am - 4:30pm
Address:  182B Tranquille Road, Kamloops BC V2B 3G1
Phone:  250-376-7878
Email:  information@peopleinmotion.org
Website:  www.peopleinmotion.org/

Throughout the Okanagan

Agur Lake Camp, Barrier-Free Wilderness Camp
Agur Lake Camp is located 20km west of Summerland and is run by Philip and Karen Watson who live onsite for the summer. The mandate of the camp is to establish a barrier-free wilderness camp and recreational facility for children and adults with special needs and their families. If you would like to rent a cabin or stay in their dry camp site, contact the office. Video tours of the camp can be viewed online.

Address:  9313 Main Street, Summerland, BC V0H 1Z0 PO Box 1723
Phone:  250-809-7130
Email:  info@agurlakecamp.ca
Website:  www.agurlakecamp.ca

Disabled Sailing Association of British Columbia (DSABC), Okanagan Branch
The DSABC is a non-profit organization which hopes to introduce people with disabilities to the joys of sailing on our beautiful Okanagan Lake.

Programs include: sailing for the fun of it, sailing to learn to Sail Canada standards and for the more adventurous. They also offer the opportunity to learn to race and compete along with the Kelowna Yacht Club racing fleet.

Boats ensure your safety and offer great accessibility. They are designed NOT TO TIP and even people with severe disabilities can learn to operate them using a joystick or state of the art sip and puff technology.
Okanagan Special Peoples Society

Okanagan Special Peoples Society tailors programs to meet the individual needs of each person. They work with the care team to provide the best possible services and offer a variety of spontaneous activities, as well as pre-planned options such as:

- **Woodworking**: assembling, finishing and selling handcrafted products
- **Cognitive Skills**: maintaining mental skills through puzzles, reading, and more
- **Exercise Program**: assists in maintaining a healthy active lifestyle
- **Group**: group sessions and discussion time, games, ideas for future activities and more

**Address:** 1580 Stevens Road
West Kelowna, BC V1Z 1G2
**Phone:** 250-769-6069
**Email:** o.s.p.s@outlook.com
**Website:** www.okanaganspecialpeoplesociety.ca

Peers Creating Community, Accessible Okanagan

Wheelchair friendly discussions, activities, sports and events in Okanagan Valley.

**Website:** https://www.facebook.com/accessiblereokanagana/
Community Recreational Initiatives Society (CRIS)
A unique and powerful non-profit and charitable organization. Dedicated volunteers utilize adaptive equipment to assist people with disabilities to experience nature and outdoor recreation.

Adaptive Adventures:
Spend some time hiking, kayaking, cycling, cross-country skiing, or snowshoeing in the Okanagan region of British Columbia. Community Day Programs are time based programs that enable all people regardless of ability to participate in outdoor activities. This program is funded by various sources with all contributions staying within our local communities. This program is a great way to start off your pursuit for adaptive recreation!

Address: Mission Park, PO Box 25141
Kelowna, BC V1W 3Y7
Phone: 250-979-3941
Email: general@adaptiveadventures.ca
Website: www.adaptiveadventures.ca

H2O Adventure & Fitness Centre (YMCA)
The H2O Centre offers a variety of programs and services for those living with a disability. They offer one-on-one coaching and training to enhance healthy lifestyles through fitness, exercise, meditation, nutrition and much more. World-class aquatics recreation, health and fitness facility provides a wide variety of amenities and fun activities for all including financial assistance for memberships for those in need.

Address: 4075 Gordon Drive
Kelowna, BC V1W 5J2
Phone: 250-764-4040
Fax: 250-2764-4085
Website: www.h2okelowna.ca

Kelowna Community Resources
KCR is a social agency passionately committed to empowering individuals through the delivery of their services and solutions, firm in the conviction that we all have a responsibility one to another and that our community is made stronger through our work. They provide information regarding:

- Education
- Arts and heritage
- Worship sites
- Culture
- Recreation
- Food and health

Three Kelowna Locations:

**Dolphin Office**
120-1735 Dolphin Avenue, Kelowna, BC V1Y 8A6
250-763-8008

**Kirschner Office**
#375 – 1885 Kirschner Road, Kelowna, BC V1Y 4N7
778-484-5587

**Lawrence Office**
255 Lawrence Avenue Kelowna, BC V1Y 6L2
250-763-8058

**Website:** [www.kcr.ca](http://www.kcr.ca)

**Kelowna Family YMCA**
When we are active, all aspects of life are better - mental, emotional, social and physical. Whatever your age or stage, there’s a Y health and fitness program to help you and your family achieve your health and fitness goals and reach your full potential. The staff and volunteers are always available to support and guide every step of the way. And when you choose the Y, you get the added benefit of being part of their community — because it’s important to feel safe and welcome while working to improve your health.

Explore the YMCA health and fitness programs and services to see which will meet your needs which include health coaching, specialty health programs, group fitness, sports and recreation.

**Address:**
275 Hartman Road
Kelowna, BC V1X 2M 9

**Phone:**
250-491-9622

**Website:** [www.ymcaokanagan.ca/Locations/Kelowna/Kelowna-Family-Y](http://www.ymcaokanagan.ca/Locations/Kelowna/Kelowna-Family-Y)

**Kelowna Wheelchair Rugby**
Wheelchair rugby is a mixed team sport for male and female quadriplegic athletes and youths. A unique sport created by athletes with a disability, it combines elements of rugby, basketball and handball. Wheelchair rugby players compete in manual wheelchairs specifically designed for the sport.
Who can play?
To be eligible to play wheelchair rugby, individuals must have a disability which affects the arms and legs. Most players have spinal cord injuries with full or partial paralysis of the legs and partial paralysis of the arms. Other disability groups who play include cerebral palsy, muscular dystrophy, amputations, polio, and other neurological conditions (including MS).

Players are assigned a sport classification based on their level of disability; teams must field players with a mix of classification values, allowing players with different functional abilities to compete together.

E-mail: admin@kelownakoswheelchairrugby.com
Visit: www.kelownakoswheelchairrugby.com

Parkinson Recreation Centre
Parkinson Recreation Centre offers a variety of programs, activities and classes for those living with a disability.

Some of the activities offered are:
- Walking clubs
- Fitness classes
- Adaptive sports
- Relaxation classes
- Cooking classes
- Music and art classes
- Social dance events

The City of Kelowna and Allied Health (Interior Health Authority) have partnered up to bridge the gap between acute care services and community services. These services support an individual’s self-management of their health and include a variety of different health programs to suit your needs. A liaison therapist (navigator) will be at the Parkinson Recreation Centre to assist the individuals with encouragement and direction towards appropriate programming.

Address: 1800 Parkinson Way
Kelowna, BC V1Y 8G 7
Phone: 250-469-8800
Email: recreation@kelowna.ca
Website: www.kelowna.ca/parks-recreation/recreation-facilities/parkinson-recreation-centre-0

People in Motion - Adaptive Sports & Equipment Loans
People in Motion offer a variety of sport programs and free access to sports equipment for persons with disabilities living in the community, including:

- Wheelchair Basketball
- Power Chair Soccer
- Adaptive Skiing (Powderhounds at Big White)
- Wheelchair Curling
- Equipment Loans Cupboard
- Out & About - Sightseeing & Shuttle Service

**Address:**

#23-1720 Ethel Street  
Kelowna, BC V1Y 2Y7

**Phone:**

250-861-3302

**Email:**

info@pimbc.ca

**Website:**

www.pimbc.ca

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**Seniors’ Community Parks of British Columbia**

Seniors’ Community Parks of British Columbia’s public seniors’ community parks offer specialized outdoor recreational equipment and activities designed to improve mobility, coordination, strength, flexibility, and balance specifically for seniors. The aim of these community parks is to reduce injuries from falls and to promote active aging amongst seniors. Parks are open to people of all ages and abilities. Some recreational equipment can be suitable for the adapted needs of people with disabilities.

**Address:**

Parkinson Recreation Centre  
1800 Parkinson Way Kelowna, BC V1Y 4P9

**Website:**

[www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/physical-activity/seniors-community-parks](http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/physical-activity/seniors-community-parks)

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**West Kelowna Recreation**

The Recreation and Cultural Services Department provides indoor and outdoor recreational opportunities for our residents.

**Parks & Recreation**

Through a combination of direct service delivery and partnerships with other organizations the City of West Kelowna is able to offer a variety of recreational and cultural programs at the following locations:

- Mount Boucherie Community Centre
- Mount Boucherie Secondary School
- Glenrosa Middle School
- Constable Neil Bruce Middle School
- George Pringle Elementary School
- Mar Jok Elementary School
- Lakeview Heights Community Hall
- Johnson-Bentley Memorial Aquatic
Centre

• Webber Road Community Centre

• Westside Youth Centre

Activities: In addition to recreational programs, the Recreation and Culture Department also schedules activities at all West Kelowna sports fields, Jim Lind and Royal LePage Arenas, community meeting space in Municipal Hall, a community meeting room at the West Kelowna RCMP Detachment and Lakeview Heights Community Hall on Anders Road.

Address: 2760 Cameron Road
          West Kelowna, BC V1Z 2T6
Phone: 778-797-8800
Email: info@westkelownacity.ca
Website: www.westkelownacity.ca/701/Recreation-and-Culture

South Okanagan

Lake Country Recreation
The District of Lake Country is an active and flourishing Okanagan community where parks, recreation and culture services are an essential component of the District’s commitment to offering an ideal place to live, visit and work. Lake Country is a focal point for arts and culture, as well as recreation. Parks, recreation and culture services deliver benefits that enhance the quality of life in Lake Country, preserve heritage values, and reflect the unique interests of local neighbourhoods and the diverse range of needs and lifestyles.

Address: 10150 Bottom Wood Lake Road
          Lake Country, BC V4V 1T9
Phone: 250-766-5650
Email: recreation@lakecountry.bc.ca
Website: http://www.okanaganway.ca/municipal/parks-recreation-culture/

Oliver Parks and Recreation Society

Mission
The Oliver Parks and Recreation Society believes that recreation encompasses a broad spectrum of activities vital to the development of our community’s character, spirit and culture.

Society Goals
To develop a sense of community & development of the individual.
Because the individual’s identification with his/her community environment is important,
efforts to foster growth of community character, spirit and culture should also be supported. Both goals exhibit benefit to all citizens of Oliver.

**Address:**
6359 Park Drive  
Oliver, BC V0H 1T0  
Website: [www.oliverrecreation.ca](http://www.oliverrecreation.ca)

**Phone:**
250-498-4985

**Email:**
Natalie Korsovetski, Recreation Manager: natalie@oliverrecreation.ca  
Kyle Fossett, Recreation Supervisor: kyle@oliverrecreation.ca  
Jenny Anderson, Recreation Clerk: jen@oliverrecreation.ca

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**Peachland Recreation**
Welcome to Peachland Recreation. From programs at the Peachland Community Centre as well as activities and events throughout the community, their goal is to provide you with quality access to recreation in Peachland.

**Address:**
4450 6th Street  
Peachland, BC V0H 1X6

**Phone:**
250-767-2133

**Fax:**
250-767-9597

**Email:**
rec@peachland.ca

**Website:**
[www.peachland.ca/recguide](http://www.peachland.ca/recguide)

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**Penticton Community Centre**
Recreation and living an active life are important elements of Penticton's superb quality of life. Whether you prefer outdoor adventure, passive exploration or excellent fitness and aquatic facilities, Penticton has it all.

The Penticton Community Centre welcomes people of all ability levels to participate in their facility. They strive to ensure everyone has access to recreation opportunities regardless of physical ability, race, gender, religion or income. Centre staff also understands that disabilities can include a wide range beyond mobility and agility related challenges – to sensory impairment and intellectual disabilities. Providing meaningful opportunities for inclusion is important.

The pool expansion in 2010 included many accessible features such as large change rooms, zero-entry ramps and expanded floor space in the fitness room.

Access Pass status is also available to persons with permanent cognitive or physical disability. Pass holders are entitled to discounts for 10-ticket or monthly (1, 3, 6 and 12) fitness room, pool or combo passes.

**Address:**
325 Power St
Sonora Community Centre
Located in the heart of Osoyoos, the Sonora Community Centre features a gymnasium, weight room, dance studio, craft room, and multipurpose rooms. The facility offers numerous recreation programs for all ages throughout the year, as well as drop-in classes and open gym time. Check out the drop-in schedule for information on Sonora Community Centre memberships. The facility is also available for rentals.

Address: 8505 68th Avenue
Osoyoos, BC V0H 1V0
Phone: 250-495-6562
Fax: 250-495-2400
Email: recreation@osoyoos.ca
Website: www.osoyoos.ca/content/parks-recreation-facilities

North Okanagan
Greater Vernon Recreation
Providing opportunities for everyone to enjoy the benefits of recreation in a safe, accessible and fun environment.

Persons with a Disability
A person with a permanent disability which would limit his/her ability to fully use the facility without assistance can receive a 25% discount or a 75% discount if they qualify for financial assistance through the federal or provincial government. A person with a disability may also request to bring a caregiver into the facility with them free of charge to assist them in safely using the facility. Any child under the age of seven must be accompanied by a paying adult but that adult can request to have someone assist them in caring for their child with a disability free of charge. Patrons seven and over do not typically require adult supervision in the Aquatic Centre so one parent/caregiver may go in to assist that patron with a disability free of charge. Caregivers who are charging clients for their services must pay regular admission rates and will not be given free admission.

Some activities offered are:
- Swimming
- Independent living classes
- Indoor/outdoor adaptive rowing
- Cycling for Independence

**Address:** 3310 37 Avenue  
Vernon BC V1T 2Y5  
**Phone:** 250-545-6035

**Email:** recinfo@vernon.ca  
**Website:** www.vernon.ca/parks-recreation

**Kindale Developmental Association**

One of the exciting developments in recent years is the new opportunities that people with developmental and other disabilities now have, to participate in outdoor and wilderness recreation activities. Adaptations and innovations in recreational equipment now mean that there is virtually no activity that someone with a disability cannot engage in. In some instances, modifications or adaptations of equipment are customized for individual’s specific needs. The most common activities include hiking, kayaking, canoeing, sailing, climbing and cycling. Increasingly, however, winter activities such as downhill and cross-country skiing, snowshoeing, and snowmobiling are opening up.

**Mail to:** PO Box 94  
Armstrong, BC V0E 1B0  
**Phone:** 250-546-3005  
**Email:** kindale@kindale.net  
**Website:** www.kindale.net

**Lumby Recreation – White Valley Community Centre**

**Address:** 2250 Shields Ave,  
Lumby BC, V0E 2G 0  
**Phone:** 250-547-6404  
**Email:** recreation@lumby.ca  
**Website:** https://www.lumby.ca/content/recreation-0

**North Okanagan Therapeutic Riding Association**

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.

**Address:** 9380 Highway 97N
Vernon, BC

**Phone:** 250-549-0105  
**Fax:** 250-549-0105  
**Email:** notra@telus.net  
**Website:** http://notra.info/

**Silver Star Adaptive Snow Sports (SSASS)**
SSASS teaches and assists persons with disabilities to ski and snowboard at Silver Star Mountain Resort near Vernon, British Columbia. SASS is entirely volunteer-run and offers a variety of programs for local and regional students, school students, visitors from around the world and students who are interested in advanced snow-sport and racing techniques.

They encourage a belief that we all can adapt to a disability and can live fully. The term 'adaptive' also describes the equipment used to help remove barriers to the fun and rewarding accomplishments snow sports can yield. SSAS Students are persons of all ages and with a wide range of disabilities. Their trained volunteer instructors provide lessons for beginner to highly advanced students.

**Location:** SSASS Room  
National Altitude Training Centre (Lower Level)  
123 Shortt Street  
Silver Star Mountain, BC V1B 3M 1

**Mailing Address:** P.O. Box 534 Vernon BC  
V1T 6M 4

**Phone:** 250-260-3737  
250-558-1533  
**Email:** info@ssass.bc.ca  
**Website:** www.ssass.bc.ca

**Sovereign Lake Nordic Club Adaptive Skiers**
SLNC Adaptive Skiers program is for the physically challenged of all ages - with the emphasis on fun, participation, skill development, and safety. The objective of the program, which is part of the Sovereign Lake Nordic Club, is not only to provide an opportunity for the disabled community to access equipment and trails, but to encourage and assist in using adaptive cross country skiing as a healthy lifestyle choice for both recreational and competitive activities.

**Mail to:** Box 1231
Interior Regional Chapter - East

Castlegar

Spiritual Living Coffee Break
For Spiritual Seekers of Every Path, Join them every 2 weeks from 6:30pm-7:30pm @ Common Grounds, 692 18 St, Castlegar, BC for spiritual discussion about topics relevant in today’s world.
250-365-2253 | westkootcsl@gmail.com

Location: Common Grounds, 692 18 St, Castlegar, BC
Phone: 250-365-2253
Email: westkootcsl@gmail.com
Website: https://www.cslwestkootenay.org/

West Kootenay Camera Club
The West Kootenay Camera Club strives to promote and enhance photographic art and the interest in photography, based in Castlegar, they meet every two weeks.

Location: Castlegar Library, 1005 3rd Street Castlegar BC V1N 2A2
Email: president@westkootenaycameraclub.com
Website: http://westkootenaycameraclub.com/

Castlegar Culture Guide
Meet the many advisory boards, councils, organizations and clubs that serve as the foundation for Castlegar’s cultural community; the structural base that supports and encourages a healthy and active cultural environment. These are the people who initiate conversations, generate ideas, offer opportunities, make decisions, provide recommendations, administer programs, facilitate activities and organize events to ensure that art, culture and heritage remains a priority in Castlegar. The guide highlights an assortment of clubs including dance, choir, weavers and spinners, men’s group, spiritual, historians, etc. Go to the website for details on individual organizations and clubs.

Website: http://www.castlegarculture.com/culture-guides/category/clubs-organizations/
Castlegar Leisure Guide
Offers a variety of health and social activities for all ages and abilities, including labyrinth walking, inclusive fitness workshop, drop-in fitness classes (check the website for current offerings).

Website: http://www.rdck.ca/EN/main/services/recreation/leisure-guides.html

Cranbrook
Collective Kitchen
The Collective Kitchen meets twice a month and includes meal planning, and budgeting for the upcoming cooking sessions as well as preparing the meals. You can eat delicious meals that you prepare as well as you get to take home healthy meals to feed your family. Every month you get to prepare and then take home: 2 dinners, 1 breakfast and 1 snack!

Location: CCS Community Kitchen 209A 16th Ave. N (Beside the Memorial Arena)
Who: Parents of children aged 0-12
When: Plan on Tuesday Cook on Thursday February to December 2017
Cost: $3.00 per family member per month
Example: Family of 4 = $12/month
Family of 6 = $18/month

Contact: Meredith Funston at cranbrookck@gmail.com or call (778) 517-5447

Cranbrook Recreation and Leisure Guide
Activities and events for all age groups and abilities. The guide changes seasonally so check the website for the most current classes and groups.

Website: http://docs.cranbrook.ca/downloads/leisure/Program_Guide.pdf

Creston
Creston Leisure Guide
Activities and events for all age groups and abilities. The guide changes seasonally so check the website for the most current classes and groups.

Website: http://www.rdck.ca/EN/main/services/recreation/leisure-guides.html
As a Canadian Therapeutic Riding Association (CanTRA) full member centre, the CDSCL Therapeutic Riding Program offers riding lessons to folks of all ages and abilities during an 8 week spring session, a four week summer session and an 8 week fall session.

**Location:** 849 Erickson St, Creston

**Phone:** 250-428-2296

**Email:** mwhiteaway@hotmail.com

**Website:** http://www.cdscl.com/trp.htm

**Creston Community Complex**
Fitness centre, Arena, Curling Arena & Lounge, Aquatic Centre and more. Come see what we have programmed for you. Accessible for all ages and abilities.

**Location:** 312 19th Avenue North

**Phone:** (250) 428-7127

**Website:** http://www.rdck.ca/EN/main/services/recreation/complexes-facilities/creston-complex-info.html

**Elkford**

**Aquatic Centre**
The Elkford Aquatic Centre caters to the swimming enthusiast. It has 4 lanes for swimming and a "beach front" access for young children, one diving board, a slide, whirlpool hot tub and a sauna. The facility is handicapped accessible for the pool and hot tub. Sit back and soak in our hot tub while enjoying the breathtaking scenery of the Rocky Mountains.

For more information on pool hours and prices please call our friendly staff. The pool is a salt water system.

This facility also houses the Library and a multi-purpose meeting room.

**Phone:** 250-865-4012

**Email:** pool@elkford.ca

**Website:** www.elkford.ca

**Fernie**

**Fernie Recreation and Leisure Guide**
The Fernie Aquatic Centre is a multi-purpose indoor facility providing both leisure and educational aquatic experiences for residents and visitors of all ages as well as access to a steam room, hot tub and
The facility includes four bodies of water: a small leisure pool perfect for small children, an eight-lane 25m competitive pool, used for both casual lane swim fitness and competitive meets, and a 25 person hot tub.

**Location:** 250 Pine Avenue, Fernie

**Phone:** 250-423-4466

**Website:** [www.fernie.ca/EN/main/residents/parks-recreation/fernie-aquatic-centre.html](http://www.fernie.ca/EN/main/residents/parks-recreation/fernie-aquatic-centre.html)

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**Golden**

**Recreation Services**

They offer skating and shinny programs (at the Golden and District Arena), swim lessons, year-round Aquafit, winter walking (indoor walking program at Mt. 7 Rec Plex) and various drop-in programs (such as: badminton, indoor European Football, Pickleball, Men's and Women's basketball and volleyball).

**Website:** [http://www.golden.ca/Departments/Recreation-Services.aspx](http://www.golden.ca/Departments/Recreation-Services.aspx)

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**A-Muse Troupe**

A community circus practice and performance group. Our membership is always open and has seen over 40 different people involved over the years.

**Email:** johnkristy@gmail.com

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**Dogtooth Climbing Gym**

Indoor rock climbing for all ages and ability.

**Email:** Ian Archbold  info@dogtoothgym.com

**Website:** [www.dogtoothgym.com/](http://www.dogtoothgym.com/)

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**French Clubs**

Provide experiences that support and enrich the learning of French language and culture by promoting the use of language, strengthening language skills, and having fun in French.

**Email:** Claudine St-Cyr Premont: enfrancais@mail.com
**Golden Cycling Club**
Promoting and advocating the sport of mountain biking in the Golden area. The Club does this primarily through the development of new trail infrastructure and the maintenance of existing trails but also endeavors to provide social events and skill training.

**Email:** Chad Gennings: goldencyclingclub@gmail.com

**Website:** [www.goldencyclingclub.com/](http://www.goldencyclingclub.com/)

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**Golden Nordic Ski Club Society**
The GNSC is a registered non-profit organization with a purpose to develop and promote cross-country skiing in the Golden District by making it affordable, family oriented, inclusive, educational and a world class Nordic skiing experience.

**Email:** Joan Dolinsky: joandolinsky@gmail.com

**Website:** [www.goldennordicclub.ca/](http://www.goldennordicclub.ca/)

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**Golden Shotokan Karate Society**
Martial arts training is a great way to increase ones fitness level, self-confidence and personal esteem.

**Email:** Bruce McMahon: mcmahonb@davincibb.net

**Website:** [www.iskfbc.ca/](http://www.iskfbc.ca/)

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**Special Olympics BC Golden**
SOBC- Golden offers a wide variety of year round physical activity for athletes. From Winter sports such as Nordic Skiing, Snowshoeing to spring summer and fall activities such as Bocce, Bowling, Swimming, Soccer, Golf and a FUNDAMENTALS activity program.

**Email:** Marie-Helene Labonte: mhlabonte@gmail.com

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**Grand Forks**

**Stretching for Mobility**
Stretching for mobility with Physiotherapist Gisela Ko is a series of stretches performed while sitting in a chair. This is a good alternative to yoga. Times and dates are as follows: Tuesdays, 1:00 to 2:00 p.m. and Fridays, 11:00 to 12:00 p.m.
**Location:** Arena Viewing Room

**Fee:** $2.00 Drop-in Fee

**Contact:** Please call 250.442.2202 for most up-to-date information

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**Grand Forks Aquatic Centre**
Originally opened June 20th, 1987, the facility operates year round and includes four 25 metre lanes, a large shallow water leisure area, sauna, whirlpool and well equipped fitness and wellness centre. In addition to the public swimming schedule, programs at the pool include a variety of exercise classes, swim lessons for children and adults, advanced aquatic training and special events. The monthly program guide contains details on current and upcoming activities.

**Location:** 2020 Central Avenue, Grand Forks, BC

**Phone:** (250) 442-2202 or (250) 442-3488

**Email:** gfplay@rdkb.com

**Website:**
[rdkb.com/Services/RecreationCulture/GrandForks/GrandForksAquaticCentreandArena.aspx](http://rdkb.com/Services/RecreationCulture/GrandForks/GrandForksAquaticCentreandArena.aspx)

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**Invermere**

**Invermere District Curling Centre**
The Invermere District Curling Centre provides a welcoming, affordable environment for people of all ages and abilities to build friendships, sportsmanship and skill development through the sport of curling. The Centre operates as a year-round facility responsive to the needs of the community.

**Location:** 509 13th Ave, Invermere BC V0A 1K0

**Phone:** 250.342.3315

**Email:** invermerecurling@shaw.ca

**Website:** [http://www.curlinginvermere.ca/](http://www.curlinginvermere.ca/)

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**Kimberley**

**Kimberley Aquatic Centre**
Kimberley’s beautiful Aquatic Centre is a disability accessible place for folks of all ages to get fit and have fun! Whether you’re training in the fast lane of the Bert Banks lap pool, floating down the Lazy River, or enjoying the spectacular hillside view from the hot tub, you’ll be surrounded by good friends and great staff. Each month, local businesses sponsor a Free Public or Family Swim evening, so you can bring your whole clan.

**Location:** 520 Archibald Street

**Phone:** 250.427.2983

**Email:** kacinfo@kimberley.ca


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**Kimberley’s Cominco Gardens**

A 5 hectare property that boasts over 45,000 flowers annually and is free to visit.

**Location:** 290 Rossland Boulevard.

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**Nakusp**

**Nakusp and District Sports Complex**

Winter walking track in auditorium, curling rink, public skating rink, and squash courts

**Location:** 200 – 8th Ave NW, Nakusp

**Phone:** 250.265.4500

**Email:** info@nakusp.com


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**Nelson**

**Nelson & District Community Complex**

Stay active with a full gym/weight room, studio, ice arena, lap pool, leisure pool, hot tub, sauna and steam room. We also host over 60 drop-in recreation programs for your whole family each week, included in general admission.

**Location:** 305 Hall Street, Nelson

**Phone:** (250) 354-4FUN (4386)
West Kootenay Amateur Radio Club

Contact: Syd Jameson

Address: 4405-49 Creek Road East, Nelson BC

Phone: (250) 352-2356

Nelson Lakeside Labyrinth

The labyrinth is open to the public, and there is no cost to use it. They hold quarterly "Intentional Walks" on each solstice & equinox and also celebrate World Labyrinth Day.

Location: Lakeside Rotary Park (near the Rotary Picnic Shelter)

Website: https://www.welcomemap.ca/nelson/community-directory/clubs-and-organizations

Shambala Centre Meditation

Shambala Centre offers a rich array of weekly ongoing offerings free to the public. No prior meditation experience required to attend. Most programs offer meditation instruction upon request. All are welcome. Open Public Sitting Hours: Open house – Monday nights 7:00 pm – 8:30 pm, Evening meditation – Tuesdays 7:00 pm – 8:00 pm, Lunch time meditation – Wednesday and Fridays 12:00 pm – 1:00pm and Sunday Morning – 9:00 am – 12:00 pm

They offer a class on Wednesday evenings from 7:00 pm – 9:00. The majority of Shambala Centre’s classes are open to the public and run 5 weeks long. These classes are a mix of meditation, talks, discussion and contemplation.

Location: 812 Stanley Street, Nelson BC

Email: nelsonbuddha@gmail.com

Website: https://nelson.shambhala.org/ongoing-offerings/

People in Pain Support Group

1st Tuesday of the month only, 1 pm at the Kootenay Shambhala Meditation Centre

Website: http://nelson.shambhala.org/ongoing-offerings/

Kootenay Carshare
Based in Nelson, Kootenay Carshare has recently added a wheelchair van to their fleet. The van includes a rear hydraulic lift for wheelchair access, a collapsible wheelchair, and can seat four passengers in addition to the passenger using the chair. For additional information about this vehicle and about the carshare in general, visit carsharecoop.ca.

**Revelstoke**

**TIME: Together in Movement and Exercise**

TIME is a community based exercise program for people with balance and mobility challenges, provided in a structured, safe & fun environment and is a great fit for meeting the needs in our community. The TIME group exercise program was designed by Physiotherapists but is taught by fitness instructors, facilitated by Interior Health and implemented and delivered to our community by the City of Revelstoke Parks, Recreation and Culture Department.

This program is FREE to customers with a referral.

**Location:** Revelstoke Community Centre, 600 Campbell Ave Revelstoke, BC, Canada V0E 2S0

**Phone:** 250-837-9351 #4

**Email:** Meghan MacIsaac at mmacisaac@revelstoke.ca


**Rossland**

**Adaptive Snow Sports**

They offer adaptive equipment, CADS-certified instructors, and individualized lessons for people with physical, behavioral, and cognitive disabilities. You must become a DSABC member prior to your lesson https://www.bcadaptive.com/content/membership

**Price:** $99

Includes 3 hour lesson, instruction, equipment and lift voucher

**Location:** Red Mountain

**Phone:** 778-457-5001

**Email:** snowsports@redresort.com

**Website:** [http://www.redresort.com/school/](http://www.redresort.com/school/)

**Salmo**

**Salmo Fitness Centre**
Weight Room, fitness programs and more is available right in your own neighborhood. Drop-in to find out more.

Location: 206 7th Street, Salmo, BC V0G 1Z0
Phone: (250) 357-0121
Email: SalmoRec@rdck.ca
Website: www.rdck.ca

**Slocan**

**Unity Music Festival - July**

Unity Music Festival is a sweet music fest in a small mountain village on the shores of beautiful Slocan Lake, B.C. International and Canadian artists perform on the beach, joined by talented, local musicians, dancers and colourful characters. With two stages, a kids’ zone, workshops, live art, good food, and dancing right on the swimming beach of Slocan City, this Family Music Festival is not to be missed! Kids 12 and under are free. Enjoy breathtaking views of Valhalla Park while you dance to a wide range of music, including reggae, world beats, folk, and electronica. Many people set up camping spots in Slocan City. Others prefer to rent a summer cottage or B&B during their stay. You can bring your own snacks or visit the many delicious food vendors available. Be sure to bring your bathing suit and have a dip in Slocan Lake. It’s some of the best swimming in North America.

Location: On the Shores of Slocan Lake|718 Main St Slocan, BC
Website: https://www.unitymusicfestival.ca/about/

**Sparwood**

**Sparwood Leisure Centre**

The District of Sparwood and Interior Health have worked together to create Rehabilitation Partnership Program. Please see the complete brochure for more information on Fit for Health.

Health Matters:

This 3 month program is designed for people rehabilitating from injury or disease and/or those who are new to exercise. Under the direct supervision of a Physiotherapist participants will be guided through either a circuit class or gym class. To help in your recovery your program will include access to the Leisure Centre’s Gentle Fit and Aqua Fit classes as well as access to our Lane Swims and Fitness Centre.
Prescription for Health:

Has your Doctor, Pharmacist or Health Care Practitioner recommended exercise as part of your medical treatment? Sparwood is committed to helping people recover from illness, injury and improve their overall health and wellbeing. The Leisure Centre is now accepting a “Prescription for Health” from your Doctor, Pharmacist or Health Care Provider. Simply bring in your prescription for exercise to the Leisure Centre and you can receive three months of discounted access to our Gentle Fit, Aqua Fit and Drop in Fitness Classes as well as access to our Lane Swims and Fitness Centre for three months.

Location: 367 Pine Avenue, Sparwood

Phone: 250 425-0552

Email: recoffice@sparwood.ca

Website: www.sparwood.ca/recreation

Trail

Trail Aquatic and Leisure Centre

Amenities at this centre include: Pools – Main Pool (8 lane, 25m competition pool), leisure pool and hot tub. Waterslide with limited hours of operation, a steam room, fitness centre, meeting rooms and leisure programs. (Centre is wheelchair accessible)

Location: 1875 Columbia Avenue

Phone: 250 364-0888 or 250 364-0858