

Calgary



RECREATION DISCOVERY

Recreation resource directory for persons with disabilities



This document is produced by Calgary Recreation, a business unit of The City of Calgary Products and Services department. This resource directory provides information on recreation and leisure opportunities for persons with disabilities throughout Calgary. If you require further information about a program, call the organization/agency directly for details, or you can click on the website or email address links provided throughout the directory.

The City of Calgary offers this directory as an educational and promotional tool only. With the exception of those programs offered by The City of Calgary, The City is not associated with the programs or organizations listed.

This directory is only available online at calgary.ca. Please use an online copy when possible and print responsibly.

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Alberta Amputee Sports & Recreation Association (AASRA)

P.O. Box 708, Station M, Calgary, AB T2P 2J3

Contact: Trish Weatherup, Executive Director

Phone: 403-201-0507

Email: info@asra.ab.ca

www.asra.ab.ca



AASRA

ALBERTA AMPUTEE SPORT
AND RECREATION ASSOCIATION

Population served: All amputees province wide with a focus on peer support and encouragement to participate in sports and recreation programs.

The Alberta Amputee Sports & Recreation Association (AASRA) was originally formed in 1977 to assist amputees from all walks of life with moral, physical and personal support. AASRA is a registered charitable organization in Alberta run by volunteers.

AASRA believes the quality of life for all amputees is enhanced through participation and interaction with other amputees, as well as the able-bodied. This interaction improves each participant's social, emotional and physical well-being. AASRA provides moral support to new and existing amputees, young and old alike.

Support group meetings, one-on-one consultations with new amputees, as well as recreational and competitive sports programs are provided. AASRA further supports the rehabilitation of amputees by organizing, encouraging and funding personal involvement in social and recreational activities like annual amputee golf tournaments, cycling clinics, hockey, bowling, track and field, skiing and more.

The Association also provides personal support to amputees and their families in the community with amputee and family support groups. Meetings are held at 7 p.m. the last Wednesday of every month at **Carewest Glenmore Park**, 6909 14th St. S.W. in Calgary (just up the hill and across from Rockyview Hospital). All amputees and their families are welcome.

AASRA believes that it's not what you've lost that counts. It's what you do with what you have left.

Disability need not get in the way of ability.

Alberta Health Services – Alberta Healthy Living Program – Calgary Zone



**Business office: Sheldon M. Chumir Health Centre
1213 Fourth St. S.W., Calgary, AB T2R 0X7**

Phone: 403-9-HEALTH (403-943-2584)

www.ahs.ca/cdmcalgaryzone.asp

Population served: Clients in the Alberta Health Services, Calgary Zone and surrounding areas who have chronic, long-term health conditions, including, but not limited to diabetes, celiac disease, chronic obstructive pulmonary disease (COPD), obesity, asthma, high blood pressure, high cholesterol, chronic pain, depression, stroke, Parkinson's, osteoporosis, arthritis or congestive heart failure.

Mission: We are an interdisciplinary team leading a community-based, self-management program that puts the participant at the centre of all care. We deliver accessible and diverse services to improve the quality of life for people with chronic health conditions.

Alberta Healthy Living Program is a three-part program: supervised exercise classes, disease-specific education classes and a self-management workshop (Better Choices, Better Health®).

Mandatory criteria for all Alberta Healthy Living Program – Calgary Zone services:

- At least one chronic condition.
- 18 years of age or older.
- Must be cognitively capable of participating in group setting, except for one-on-one dietitian counselling.
- Must be able to handle group situations without disrupting the class.
- Basic English except for programs offered in other languages.

People will be assessed for eligibility criteria on an individual basis.

Mandatory criteria for exercise program:

- All people need to be able to walk.
- Exercise classes are only held on week days during the day.
- If a person requires a caregiver, then caregivers are required to stay with person during these sessions.
- Program is between eight and 10 weeks in length; people attending sessions will require ability to transition out to the community after this time frame. People will be supported through this transition.

Disease-specific education classes are offered free of charge in a variety of formats for varying lengths of time during the day, in the evenings and on Saturdays – offered in English, some in Cantonese and Punjabi.

There are two self-management workshops offered free of charge in a group setting during the day and in the evenings. The Better Choices, Better Health® (is offered in English, Cantonese and Punjabi for people with any chronic conditions) and the Better Choices, Better Health® – Chronic Pain (is offered in English).

Clients can self-refer for any part of the program by calling 403-9-HEALTH (403-943-2584) Monday to Friday, 8 a.m. to 4 p.m. A doctor's referral is not required.

Alberta Paratriathlon

Contact: Jason Dyck, Head Coach

Phone: 403-836-7730

Email: jason.dyck@gmail.com

www.facebook.com/groups/alberta.paratriathlon



Population served: All ages with a physical disability: spinal cord injury, amputee, limb impairment, visually impaired, stroke, brain injury, multiple sclerosis, muscular dystrophy, cerebral palsy.

Paratriathlon is one of the newest and most exciting paralympic sports. It consists of swimming, biking (handbike/tandem) and running (racing wheelchair). It's fun, challenging and a great way to stay fit! Alberta Paratriathlon's mandate is to share our passion for the sport by introducing it to new participants and by developing existing athletes who strive for excellence.

Individual coaching programs are available. Paratriathlon information sessions, camps and races are organized throughout the year for people to see what the sport is all about and give it a try. Assistance is offered to interested individuals by providing them with information on various (swim, bike and/or run) clubs that they could participate in as well as information on equipment individuals may require.

Alberta Soccability – Alberta Cerebral Palsy Sports Association and Alberta Soccer Association

11759 Groat Rd. N.W., Edmonton, AB T5M 3K6

Email: contact@acpsa.ca

www.acpsa.ca



Population served: Soccer players of all ages, impairments and abilities.

Alberta Soccability seeks to provide sport and recreational opportunities through soccer participation opportunities for all players with an impairment. The program is now a collaboration between the Alberta Soccer Association and the Alberta Cerebral Palsy Sports Association. The Alberta Soccability program will see two streams: the para soccer program and the power chair soccer program. Both programs are offered in Calgary and Edmonton locations.

Power soccer is a competitive team sport played by individuals using power wheel chairs with guards attached to their chair to pass an enlarged soccer ball. Ages 6+, no experience necessary to participate in this fun team sport! Equipment provided, however is limited so will be lent on a first come first serve basis. Note: Players will need their own power wheelchair to participate.

The Para Soccer program is for any individual, ages 6+, who is interested in developing their soccer skills in a supportive and inclusive environment. We welcome anyone with a visual, physical, cognitive or developmental disability to join our group!

Pre-registration required for all programs. Players completely NEW to the sport/program may try one session at no cost. Keep up to date on program dates and register for programs online through our website: www.acpsa.ca

The Alberta Sports & Recreation Association for the Blind (ASRAB)



007 – 15 Colonel Baker Pl. N.E., Calgary, AB T2E 4Z3

Contact: Linda MacPhail, Executive Director

Phone: 403-262-5332

Email: info@asrab.ab.ca

www.asrab.ab.ca

Population served: All ages of people with vision loss for our Active Living programs, and those who are legally blind for our competitive sport programs.

The Alberta Sports & Recreation Association for the Blind (ASRAB) is a volunteer organization dedicated to the provision of sports and recreation opportunities for Albertans who are blind or visually impaired.

ASRAB supports Albertans who are blind or visually impaired to live physically active lives and participate in competitive sports programs by:

- Providing development and competitive sport programs.
- Supporting and encouraging the blind or visually impaired to actively participate in a broad spectrum of sport and recreation programs.

Ares Pentathlon & Fencing Club

Repsol Sport Centre, 2225 Macleod Tr. S.E., Calgary, AB T2G 5B6

Phone: 403-807-1737

Email: info@arespentathlon.ca

www.arespentathlon.ca



Population served: Calgaryans of all abilities, ages nine and up.

Ares Pentathlon & Fencing Club is a sport club dedicated to the development of individuals in the sports of Modern Pentathlon and Fencing, from a first introduction to the achievement of high performance results, while simultaneously contributing to their overall growth as active citizens. Programming includes para-fencing.

Ares offers para-fencing to non able-bodied athletes. This is open to amputees and individuals with spinal cord trauma, CP or brain trauma.

Autism Aspergers Friendship Society of Calgary

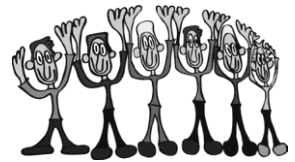
7220 Fairmont Drive S.E., Calgary, AB T2H 0X7

Contact: Dean Svoboda, Executive Director, 403-875-0524, dean@aafscalgary.com

Phone: 403-246-7383

Email: info@aafscalgary.com

www.aafscalgary.com



Population served: Autism Spectrum Disorder, Aspergers Syndrome, PDD – NOS, Non-Verbal Learning Disorder, Oppositional Defiant Disorder and similar diagnosis. Age inclusive service across the lifespan; (starting at age four).

The Autism Aspergers Friendship Society of Calgary (AAFS) provides respite care in a recreational environment for children, youth and adults on the Autism Spectrum. AAFS provides community, acceptance, respect and experience for the people of all ages and abilities. AAFS sees a socially and recreationally satisfying future for all members.

The social world can be summed up in one word, relationships. Whether the relationship with our environment, our friends and family or ourselves; the quality and success of our relationships are a large part of determining our quality of life.

At AAFS, we believe everyone needs and deserves a community of people who accept them unconditionally, and needs and deserves the opportunity to experience the world in the way they choose. We do this by fostering a culture of respect and empowering our community to think for themselves and celebrate individuality. We just happen to make lifelong friends along the way.

Mission

Our mission is to provide a community for people with Autism Spectrum Disorder (and similar) where they can be themselves and be empowered.

We let the children/youth be themselves while understanding and accepting their quirks. Our overall goal is to lead our members from social skills to social thinking. Our recreational companions convey a message of respect for self and others leading to a stronger self-image.

AAFS friendship

Friendship means someone who you can trust and/or someone who heals you. You cannot simply ask to be friends, or if the other person is your friend, it is much more advanced than a yes or no answer, and friendship builds up over time.

Friendship is people getting to know other people and being interested in one another; liking them for who they are, and not judging them; not judging the book by its cover.

AAFS provides any kind of program you can imagine! A youth driven agency that works hard to ensure that our youth are coming to do things that they love to do, and meeting friends in an environment that is comfortable and fun!

Activities may include but are not limited to: rock climbing, swimming, zoo, camping, waterslides, laser tag, video games nights, YouTube nights, hiking, rafting and many more!

Between Friends– Recreation for persons with disabilities



205 – 8989 Macleod Tr. S., Calgary, AB T2H 0M2

Contact: Between Friends Main Office

Phone: 403-269-9133

Email: info@betweenfriends.ab.ca

www.betweenfriends.ab.ca

Population served: People of all ages with any type of disability.

Between Friends is a Calgary-based charitable organization that provides quality social, recreational and self-development opportunities for persons with disabilities to connect, grow and belong. Programs are provided throughout the year during typical leisure hours for people of all ages and disabilities. Between Friends also offers accessible summer day camps for adults, youth and children, and partners with Easter Seals Camp Horizon to offer residential camp for youth and adults.

W.E.S.O.A.R! programs: Year-round weekend and evening social opportunities, activities and recreation for all ages.

I.C.A.N! Inclusive Community Activities with No Barriers

– **Programs:** Assisted participation in community-based recreational programs for those with a higher level of independence, with an over-all goal of achieving full independence and integration.

– **Camps:** Assisted participation in community-based summer camp programs for those with a higher level of independence.

Between Friends Camp Bonaventure: Outdoor summer day camp for ages four – 17, with or without a disability.

Between Friends Camp Fun'zAmust: Week-long residential summer camp, in partnership with Easter Seals Camp Horizon, for ages seven – 17, and 18 – 35 with or without a disability.

Between Friends Adventurers: Fun-oriented summer programming and vacations for adults age 18+.

Boys and Girls Clubs of Calgary

www.boysandgirlsclubsofcalgary.ca



Boys & Girls Clubs
of Calgary

Population served: Children, youth and families.

The Boys and Girls Clubs of Calgary offer diverse activities for children, youth and families. Programs enable participants to develop self-esteem and reach their full potential by engaging in activities with adults, peers and family members.

Programs are connected by their common focus on arts, recreation, educational support and employment preparation, as well as life and living skills. Their goal is to ensure that children and youth from all economic, cultural and social backgrounds have access to the resources, support and opportunities that will enable them to overcome barriers.

Branch	Address	Telephone
Main Office	731 13th Ave. N.E., Calgary, AB T2E 1C8	403-276-9981
Aboriginal Services (Renfrew)	731 13th Ave. N.E., Calgary, AB T2E 1C8	403-520-1512
The Lodge*	258 – 3359 27th St. NE, Calgary, AB T1Y 5E4 * Offers Aboriginal Programming for children, youth and families. * Not wheelchair accessible	403-235-5722
Beltline Youth Centre*	223 12th Ave. S.W., Calgary, AB T2R 0G9 * Partial wheelchair accessible	403-263-7934
Bowness Club	36 – 7930 Bowness Rd. N.W., Calgary, AB T3B 0H3	403-571-0517
Falconridge Club	95 Falshire Dr. N.E., Calgary, AB T3J 1P7	403-543-9672
Forest Lawn Club	1717 41st St. S.E., Calgary, AB T2A 1L2	403-543-9669
Hangar	731 13th Ave. N.E., Calgary, AB T2E 1C8	403-276-9981
Penbrooke Club	6098 Penbrooke Dr. S.E., Calgary, AB T2A 6M7	403-543-9675
Pineridge Club	6012 Rundlehorn Dr. N.E., Calgary, AB T1Y 2X1	403-543-9678
South Calgary After-School*	731 13th Ave. N.E., Calgary, AB T2E * Serving the communities of Rosscarrock, Glenbrook, Shaganappi, McKenzie Lake and Lincoln Park	403-520-1604
Thornccliffe Club	6625 Fourth St. N.E., Calgary, AB T2K 5C7	403-543-9681

Calgary Grizzlies and the Calgary Rollers Wheelchair Basketball Societies

Email: grizzlies@calgarygrizzlies.ab.ca

www.calgarygrizzlies.ab.ca



Population served: Ages 10 and up. All abilities welcome. Manual wheelchairs provided.

The Calgary Grizzlies and the Calgary Rollers are not-for-profit societies who offer the sport of basketball within the Calgary community and promote the awareness and development of the sport. They host tournaments, run clinics and camps, and provide demos at various events and schools. They have current and past members of Team Canada who have competed at the Paralympics, world championships and other international competitions.

The Grizzlies and the Rollers offer both recreational and competitive wheelchair basketball opportunities. Two teams compete in the Alberta League of the Canadian Wheelchair Basketball League, and many players have competed at the National Championships on the Alberta provincial teams. The Calgary Rollers also compete in a cross-Canada women's league.

The competitive teams practice at the **University of Calgary**.

An intramural program is offered through **Mount Royal University** on Wednesday nights between September and April. Please check the recreational guide at mtroyal.ca/recreation for more information.

Calgary Power Hockey League (CPHL)

P.O. Box 38046, Calgary, AB T3K 5G9

Contact: Mike Jorgensen – League Secretary

Phone: 403-452-5781

Email: info@powerhockey.ca

www.powerhockey.ca



Population served: People ages 12 and up who use an electric wheelchair for everyday mobility.

CPHL provides an adaptive floor hockey program for people who use an electric wheelchair. This league currently has four teams. Games are played every Saturday (except holidays) from October to April at **Vivo for Healthier Generations™** (formerly Cardel Place), 11950 Country Village Link N.E., Calgary.

Calgary Rotary Challenger Park

Jim and Pearl Burns Centre, 3688 48th Ave. N.E., Calgary, AB T3J 5C8

Contact: Anar Dharshi, Assistant to the Executive Director

Phone: 403-250-2707

Email: info@challengerpark.com

www.challengerpark.com



Population served: All ages and abilities.

Mission: Providing accessible sport and recreational facilities, where everyone can play.

An “Everyone Can Play Fund” was introduced in 2007 and remains. This program provides subsidies to groups who service those with disabilities and/or those who are economically disadvantaged. New to this program is a subsidy towards transportation costs to the park. Check out the website for details: www.challengerpark.com.

Calgary Rotary Challenger Park Society is a registered charitable organization that manages and operates a fully accessible and barrier-free sport, recreational and meeting facility available to any organization or group looking to acquire space for special events, programming, tournaments or meetings.

The park boasts a vast sport and recreational area that includes two ball diamonds, a soccer field, an eight-lane running track (with a large field events area), a specialized playground, tennis and basketball courts, exercise equipment accessible to people of all abilities (passes are available for the use of the weight equipment) and a 1,200 square foot area for meetings, socials and workshops.

The main building, the Jim and Pearl Burns Centre, houses the park’s administration, a local faith-based community organization and a Renfrew Educational Services Pre-School Program. Shepherds Ministries utilize the Alberta Centennial Centre at the park.

All areas of the park may be booked at very reasonable rates for events, scheduled games, tournaments, meetings, programs and social events. Calgary Rotary Challenger Park also has its own catering service for all your catering needs.

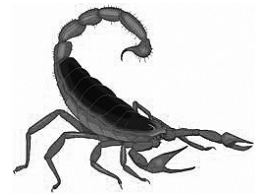
Calgary Sledge Hockey Club

Contact: Dominic Shaw

Phone: 403-589-7191

Email: info@calgarysledgehockey.ca

www.calgarysledgehockey.ca



Population served: People of all ages with disabilities, their friends and families. Upper-body strength and mobility is required to play sledge hockey.

Mission: To increase sporting opportunities in ice hockey for people with physical disabilities.

The Calgary Sledge Hockey Club has four hours of ice time every week: play on Saturday night from 6:15 to 7:30 p.m. at the **Stew Hendry Arena**, 814 13th Ave. N.E. and on Monday and Wednesday evenings from 7:30 to 8:45 p.m. at **Winsport Arena B**, 88 Canada Olympic Rd. S.W. The Calgary Sledge Hockey Club has a novice team, an intermediate team and a senior team who play competitively and recreationally against other teams throughout Alberta from September to April. An annual tournament for Western Canada is held in March each year.

New players are welcome to try the sport for free anytime.

The Calgary Society of Community Opportunities (CSCO)

102 – 2616 18th St. N.E., Calgary, AB T2E 7R1

Contact: Debbie Johnston, Executive Director

Phone: 403-253-3454, ext. 223

Email: csc01@telusplanet.net

www.cscocalgary.com



Population served: Adults with developmental disabilities.

Founded in 1987, the Calgary Society of Community Opportunities (CSCO) is a leader in providing day program services for adults with developmental disabilities. Participants enjoy social, recreational, educational and vocational activities at little or no cost to them. This popular full-time program provides an average of one staff member for every three participants. Some of the most popular programs such as cooking, drumming, performing arts, dance and fitness are also offered in a weekly format for individuals wanting opportunities to socialize and build their skills.

Recreational pursuits are emphasized to increase communication, fitness level, independent thinking, attention and focus, while building adaptability, resiliency and relationships. CSCO owns a variety of equipment in order to deliver these lively and fun programs and empowers participants to make choices based on their likes and dislikes.

CSCO values and respects participants and supports them in realizing their maximum potential.

Calgary Wheelchair Curling Association

63 Midlake Pl. S.E., Calgary, AB T2X 1J2

Contact: Jack Smart

Phone: 403-201-0041

Email: info@calgarywheelchaircurling.com

www.calgarywheelchaircurling.com

Calgary Wheelchair
Curling Association



Population served: Curlers range from eight to over 60 years of age, with varying forms of mobility or cognitive disabilities.

Established in 2005, the Calgary Wheelchair Curling Association has grown to be the largest wheelchair curling league in Canada, with over 30 members. Many of the members experience wheelchair curling for the first time. Wheelchair curlers meet once a week to participate in games, skills development and social fun.

The **Calgary Curling Club** is now home for Wheelchair Curling in Calgary. The club is located at 720 Third St. N.W. with access from Memorial Drive. Wheelchair curling has ice from 2:45 to 4:30 p.m. on Saturdays during the winter season. Information on dates can be obtained from the website at www.calgarywheelchaircurling.com.

Calgary Wheelchair Rugby Association (CWRA)

P.O. Box 67233, Northland Village RPO, Calgary, AB T2L 2L2

Contact: Dave Guiry, President of the CWRA

Phone: 403-831-6770

Email: guiry.inferno@hotmail.com

www.calgaryinferno.com



Population served: Adults with any disability that affects all four limbs.

The **Calgary Inferno** rugby team is wheelchair rugby otherwise known as “Murderball” and is a sport for ages young adult to adult. It’s a full contact sport geared towards quadriplegics although any disability that affects all four limbs is qualified to play, such as CP or double amputees. It’s a game played four-on-four on a basketball court and players attempt to carry the ball into the opponent’s goal. Full contact is not only allowed, it is encouraged. The sport is played in rugby wheelchairs that are built to take a beating, which can be supplied to newcomers. It’s a fantastic and fun way to stay active, it’s great rehab and a way to meet other people with similar disabilities.

Learn more and find the practice schedule on the website www.calgaryinferno.com.

Canadian Association of Disabled Skiers— Calgary Zone (CADS Calgary)

88 Canada Olympic Way S.W., Calgary, AB T3B 5R5

Contact: Information and Member Services

Phone: 403-286-8050

Email: info@cadscalgary.ca

www.cadscalgary.ca



Population served: People with all types of disabilities.

To participate as a student, the minimum age is six years; there is no maximum.

To participate as a volunteer, the minimum age is 14 years; there is no maximum.

CADS Calgary is the local chapter (or Zone) of the Canadian Association for Disabled Skiing and is affiliated with CADS – Alberta (or the Alberta Division). CADS Calgary is an incorporated non-profit organization with its own independent board of directors elected at the CADS Calgary Annual General Meeting.

CADS is a volunteer-based organization dedicated to teaching people with physical and/or cognitive disabilities how to ski or snowboard using adaptive strategies and equipment.

CADS teaches persons with disabilities to ski and snowboard, and offers volunteer opportunities for individuals in the community. CADS has the greatest need each year for volunteer instructors. Basic skiing and/or snowboarding skills are required, although previous instructing experience is not necessary. CADS provides volunteer instructor training using CADS, CASI and CSIA teaching techniques and adapted equipment to suit the needs of each individual. The CADS program is based at **Canada Olympic Park** in Calgary.

As a nationally registered charitable organization, CADS is dedicated to assisting individuals with a disability to lead richer and fuller lives through active participation in recreational and competitive adaptive skiing and snowboarding.

Cerebral Palsy Association in Alberta (CPAA)

12001 44th St. S.E., Calgary, AB T2Z 4G9

Phone: 403-219-3602

Email: mezaun@cpalberta.com

www.cpalberta.com



Population served: People of all ages with cerebral palsy and other disabilities.

The Cerebral Palsy Association in Alberta is a non-profit association that aims to support and enrich the lives of persons with disabilities. Recreation and leisure programs improve the quality of life for participants by providing essential social interaction, opportunities for self-discovery and a chance for people of all ages to participate in health and wellness activities.

Programs and services include:

- Community awareness and education presentations on disability issues.
- Horticulture, music, art, and swim therapeutic programs.
- Children's Mini Music and Movement (up to 12 years of age)
- Calgary Meet Up social group.
- Community resource library.
- Computer access with Internet.
- Volunteer opportunities.
- 1,350 sq. ft. wheelchair accessible, multipurpose room.

Please visit www.cpalberta.com for more information about current programs and services offered.

Follow us on twitter [@CPAlberta](https://twitter.com/CPAlberta) or find our page on [facebook.com](https://www.facebook.com/CPAlberta).

Cerebral Palsy Kids and Families (operating under the Calgary Cerebral Palsy Association)



116 – 7015 Macleod Tr. S.W., Calgary, AB T2H 2K6

Contact: Sheralee Stelter, Executive Director

Phone: 403-205-4935

Email: sheralee@calgarycp.org

www.calgarycp.org

Population served: Individuals and their families affected by cerebral palsy and other neuromotor disabilities.

Mission: We provide family-focused support, resources, programs and opportunities to Calgary area individuals and families affected by cerebral palsy, throughout their life journey.

Cerebral Palsy Kids and Families offers fee assistance subsidies for summer camp, disabled skiing and other adapted recreational programs. We also fund adaptive equipment for children and youth affected by cerebral palsy.

Every spring, Cerebral Palsy Kids and Families hosts Adapted Bike Clinics and modifies bicycles for kids with physical limitations regardless of diagnosis. Throughout the year we offer family fun days which include swimming, biking and other recreational and social events.

Challenger Little League Baseball – Calgary

c/o Calgary Rotary Challenger Park,
3688 48th Ave. N.E., Calgary, AB T3J 5C8

Contact: Challenger Little League Division

Phone: 403-560-9932

Email: challengerllcalgary@hotmail.ca

www.facebook.com/challengerlittleleaguecalgary



Population served: Children ages five and up, teens and young adults.

The Challenger Little League Baseball – Calgary provides physically and developmentally challenged children, teens and young adults the opportunity to experience the fun of playing baseball. The basics of baseball are taught, but the goals are to have fun, get exercise and experience being part of a team, regardless of skill level or ability.

Challenger Little League Baseball helps establish strong bonds of friendship and understanding between Little League teams in Calgary and surrounding areas in an atmosphere of sharing and caring. In Challenger Division games, Little League “buddies” help their challenged partners catch, throw, field and get around the bases as needed. This interaction has proven to be a positive experience for all children involved.

Challenger players enjoy the thrill of participation while their “buddies” experience the challenges these individuals face in their daily lives. Being involved with Challenger Little League provides the socialization benefits associated with participating in sports, the strengthening of participants’ self-esteem, the disciplines of teamwork and sportsmanship.

The 2017 season runs on Saturdays from April 22 to June 24, and games are played outdoors at **Calgary Rotary Challenger Park**, 3688 48th Ave. N.E.

The City of Calgary – Recreation

Phone: 311

Interpretation services are available over the phone in more than 140 languages.

www.Calgary.ca/recreation



The City of Calgary programs are inclusive and persons with disabilities are welcome to participate in any recreation program, at a level suitable to their ability and program choice.

Recreation programs are listed in the Recreation Program Guide, which is available online and on stands. Recreation programs are offered at a variety of facilities including aquatic centres, leisure centres, arts centres, arenas and golf courses. To know whether your physical access needs will be met before you go, type **Recreation Facility Accessibility** in the search bar at calgary.ca to read about the barrier-free information on the parking, entrance, signage, washrooms and interior building elements of Calgary's recreation facilities.

For people who need more support than provided within our program, the Recreation **Aide/Support Worker Policy** waives the admission fee for an aide who is directly supporting persons with disabilities to participate in recreation programs. The person with the disability pays the regular admission or program fee and there is no charge for the aide provided the person requires support, and the aide provides continual one-on-one support and is with the person with the disability at all times. For programs with physical program/registration space limitations, the aide's participation will be accommodated based on what the person's support needs are.

Specialized fitness programs targeted to persons with disabilities include:

- **Adapted Fitness** – a registered fitness and strength training program for people with a physical disability.
- **Drop-in gentle fitness programs** – classes are offered to respond to the varying needs of individuals; New levels have been developed:

The levels:

Level 1: Slow paced exercise classes focussing on functional movements, fall prevention and strength exercises. Primarily a seated class.

Level 2: Moderately paced exercise classes focussing on increasing functional capacity, balance and mobility, muscle strength and aerobic endurance. Seated and standing components.

Level 3: Moderately paced exercise classes focussing on improving participant's functional strength and on increasing aerobic endurance. Primarily a standing class.

Visit calgary.ca/gentlefitness for program locations and schedules.

Specialty programs for adults with disabilities which include a range of adapted leisure activities, are offered during the day at Village Square Leisure Centre. Call 311 for more information.

Adapted equipment available:

- **Accessible weight room equipment** at Village Square Leisure Centre and Southland Leisure Centre.
- An **adaptive golf cart** at Shaganappi Golf Course.
- **Wheelchair accessible pottery wheel** at Wildflower Arts Centre.
- **Pool lift** at Killarney Pool and Thornhill Pool.
- **Water wheelchairs** at Acadia, Canyon Meadows, Inglewood, Killarney, Renfrew and Sir Winston Churchill Pools and Village Square Leisure Centre and Southland Leisure Centre.

The **Fee Assistance Program** offers low income Calgarians subsidized access to City of Calgary registered recreation programs, passes and admissions to Aquatics & Fitness Centres, Leisure Centres and golf courses. The fee assistance card is also honoured at Calgary based participating organizations. Information can be found at calgary.ca search “fee assistance”.

Disabled Sailing Association of Alberta (DSA-Alberta)

P.O. Box 72136 RPO Glenmore Landing, Calgary, AB T3V 5H9

Contact: Ash Khurana, Business Manager

Phone: Dock from May to September 403-238-0689, Main office 403-225-8050

Email: info@dsaalberta.org

businessmanager@dsaalberta.org

Facebook: www.facebook.com/dsaalberta/

www.dsaalberta.org

Population served: People of all ages with a wide range of disabilities.

Mission: to advance the sport of accessible sailing by offering programs for leisure and competitive sailing for everyone.

Our vision: to become the premier organization in Alberta dedicated to promoting the independence and well-being of disabled and able-bodied persons through the sport of accessible sailing.

Our goals: To provide sailing opportunities for Albertans regardless of disabilities or age.

To provide unique, enjoyable experiences for its participants which include opportunities for social, recreational, rehabilitative and competitive activities.

To build confidence, self-esteem and enhanced independence for people with mobility or other impairments.

To facilitate integration of disabled and able-bodied recreation and competition.

Our goals, therefore, are both rehabilitative and recreational. As has been demonstrated in DSA sailing programs across North America, there is a notable increase in self-esteem and confidence when our stakeholders find themselves sailing independently along with other able-bodied sailors.

The Disabled Sailing Association of Alberta (DSA – Alberta) was formed in 1994 with the goal of establishing permanent sailing programs for children and adults with disabilities in Alberta. DSA – Alberta has successfully provided thousands of Albertans with disabilities the opportunity to say they have “Gone Sailing!”

DSA – Alberta, a largely volunteer organization, has grown into a recognized community service, partnering with more than 35 local agencies to provide recreational opportunities for children and adults with disabilities in Calgary.

A wide range of programs helps to develop skills, promote independence and facilitate integration of DSA – Alberta’s sailors, volunteers and supporters into mainstream sailing events and activities. The success of sailing as a recreational and rehabilitation program is evident in the growing number of people that participate in these programs and the enthusiastic support that DSA – Alberta has received from the disabled communities, community organizations and funding agencies.

The DSA – Alberta also offers sailing lessons to anyone interested in learning to sail on their own, whether a person with a disability or able-bodied.

Dubasov Dance & Wellness Inc.

6325 12th Street S.E. (Bay #12), Calgary, AB T2H 2K1

Phone: 403-452-7600

Email: dubasovdw@gmail.com

www.dubdw.com

Population served: people of all ages and abilities.

Mission: to provide children, youth, adults and families the opportunity to express themselves through music, movement and art in a safe, supportive, creative environment.

Programs: priding ourselves on quality instruction and compassion for each individual participant, Dubasov Dance and Wellness Inc. strives to ignite imagination, tap into the soul and energize the spirit through all of our programs. We offer a wide range of inclusive and specialized programs tailored to meet the needs of our growing community. Our community is unique and diverse, encompassing people with a variety of abilities including those who have developmental or cognitive delays, physical disabilities, and sight and auditory limitations.

Current programs include:

- Autism Movement Program
- Dance for Down Syndrome
- Yoga for Special Needs
- Creative Movement for Special Needs
- Dance for Physical Needs
- Dance for Developmental Delays
- Combo Dance for Special Needs
- Restorative Yoga for Parents

In addition to our regularly scheduled programs we also offer (on and off site):

- Summer Camps
- Private Lessons
- Specialized Group Programs (school or community based)
- Birthday Parties

Dubasov is proud to offer low ratio classes in a fully accessible studio.

Please see website www.dubdw.com for an up-to-date schedule of program offerings.

Easter Seals Camp Horizon

P.O. Box 540, Bragg Creek, AB T0L 0K0

Contact: Katie Brennan, Co-ordinator, Resources;
resourcecoordinator@easterseals.ab.ca

Kristin Kennedy, Supervisor, Reservations and Food Services
(for availability of facility for bookings and rentals); bookings@easterseals.ab.ca

Phone: 403-949-3818

Email: camphorizon@easterseals.ab.ca

www.easterseals.ab.ca



Population served: Summer residential camp programs for children and adults with disabilities and special needs, including serious illness, learning, developmental and physical disabilities. Many programs are in partnership with other community organizations. Easter Seals Camp Horizon is also an ideal location for retreats, workshops, outdoor programs and gatherings of all types for people of all abilities.

Easter Seals Camp Horizon is southern Alberta's leading outdoor recreation facility for individuals of all abilities, specializing in outdoor and adventure-based programs. Camp Horizon was established in 1965 by the Kinsmen Club of Calgary and is now owned and operated by Alberta Easter Seals Society.

June: There are three one-week camps for adults with physical and/or developmental disabilities.

July: A camp for children with physical disabilities, as well as leadership programs for youth with a variety of abilities.

July and August: Facilities and programs are reserved for summer residential camps for children and youth, run in partnership with other organizations serving a wide variety of people with physical and intellectual disabilities and serious illnesses.

September to May: The camp is available for rental for private functions and other partnership opportunities for groups of all abilities. In the past, this has included youth groups and clubs, seniors groups, church groups, schools and corporations.

Easter Seals Camp Horizon features:

- Accommodation for up to 120 people.
- A dining lodge/conference room with a fireplace.
- A fully staffed kitchen to provide food services.
- Several dormitory-style lodges for overnight accommodation.
- High and low ropes courses.
- A climbing tower, traverse wall, giant swing and playing field.
- Hiking trails, Elbow Falls, golf courses and cross-country ski trails are just a stone's throw away.

Epilepsy Association of Calgary

4112 Fourth St. N.W. Calgary, AB T2K 1A2

Phone: 403-230-2764

Toll-Free: 1-866-EPILEPSY

Email: info@epilepsycalgary.com

Facebook: www.facebook.com/epilepsycalgary

www.epilepsycalgary.com



Population served: People of all ages living with or affected by epilepsy. No fees for service. **

Mission: To support independence, quality of life and community participation for people with and affected by epilepsy.

The Epilepsy Association of Calgary is a non-profit social service agency governed by a volunteer Board of Directors and implemented by professional staff. The organization has been serving Calgarians in both a supportive and educational role for more than 60 years.

Support programs available:

- Support and information counselling.
- Advocacy and referrals to other community services.
- Support groups.
- Educational courses and workshops.
- **Summer camp for kids and teens with epilepsy; Camp Fireworks**, presented in partnership with Easter Seals Camp Horizon.
- Epilepsy Wellness Skills Development Program.
- Numerous social events are held throughout the year.

Community Education Program:

- Education and awareness presentations.
- Information production and distribution.
- Volunteer training.
- Resource library.

Foothills Academy – Camp Amicus

745 37th St. N.W., Calgary, AB T2N 4T1

Contact: Kathleen Gurski, Manager,
Amicus Programs and Community Engagement
Phone: 403-270-9400

Email: kgurski@foothillsacademy.org

www.foothillsacademy.org/camp-amicus

Population served: Children/youth ages eight to 16 with learning disabilities and/or ADHD.

Since 1979, Foothills Academy Society has developed a reputation as a leader in addressing the needs of individuals and families with learning disabilities and ADHD through both a full-time school program and the Estelle Siebens Community Services centre. Since 1982, Camp Amicus has created over 30 summers and thousands of lasting friendships and memories for children and teens with Learning Disabilities and/or ADHD.

Foothills Academy Society runs **Camp Amicus overnight** (Nordegg, AB) and day camps every summer for children/youth ages eight to 16. Camp Amicus is a program designed specifically for campers with LD/ADHD. It offers fun, non-competitive camp activities supplemented with programming to reinforce age appropriate social skills in a safe and supportive environment. Programs are led by our mature, trained staff (post-secondary students or graduates), who understand the needs of youth with LD/ADHD. Our staff serves as experienced social coaches. Many of our staff has previous experience working at Camp Amicus or Foothills Academy's Social Skills programs. Our group sizes have a maximum of 15 participants, with a 3:1 participant to staff ratio so that all children receive the attention that they require.



Foothills Academy – Amicus Recreation

745 37th St. N.W., Calgary, AB T2N 4T1

Contact: Kathleen Gurski, Manager, Camp Amicus and Recreation Programs
Phone: 403-270-9400

Email: kgurski@foothillsacademy.org

www.foothillsacademy.org/amicus-recreation/

Population served: children/youth ages eight to 16 with learning disabilities and/or ADHD.

Since 1982, Camp Amicus has created over 30 summers and thousands of lasting friendships and memories for children and teens with Learning Disabilities and/or ADHD. Many families have asked for year round recreation opportunities to have our campers practice their social skills they have learned at camp, in a supported environment, throughout the rest of the year. We are excited to be offering recreation programs that will bring the learning, friendship and fun of Camp Amicus to the city of Calgary, in 2016.

Like all Amicus programs, developing positive social skills is a part of every program. Approximately one quarter of each program will be dedicated to the explicit teaching of social skills in a fun way. Programs are led by our mature, trained staff (post-secondary students or graduates), who understand the needs of youth with LD/ADHD. Our staff serves as experienced social coaches. Many of our staff has previous experience working at Camp Amicus or Foothills Academy's Social Skills programs. Our group sizes have a maximum of 15 participants, with a 3:1 participant to staff ratio so that all children receive the attention that they require.



Foothills Nordic Ski Club (FNSC)

Box 67133, Northland P.O., Calgary, AB T2L 2L2

Email: para-nordic@foothillsnordic.ca

www.foothillsnordic.ca/para-nordic



Population served: All ages and disabilities.

Foothills Nordic Ski Club (FNSC) is a not for profit, full service ski club based in Calgary, AB. Incorporated in 1964, FNSC has a long history of organizing and delivering programs geared towards cross-country skiers and biathletes of all ages and performance levels. The Club has an annual active membership of 720, ranging from Jackrabbits and Biathlon Bears to High Performance athletes and Masters level recreational skiers. With a nine-member executive, approximately 70 cross-country and biathlon coaches (both paid and volunteer) and over 200 active volunteers, the Club's initiatives also include the staging of major events and races in Calgary and the Bow Valley. Foothills is an eight-time Canadian national cross-country aggregate club champion and is a member of Cross-Country Canada and Cross-Country Alberta.

Mission: We deliver high quality programs and events for club members, youth and the ski community to participate in the lifestyle sport of nordic skiing (cross-country and biathlon).

Objectives

- To provide a friendly, welcoming and supportive atmosphere for all club members and activities.
- To introduce the sport to youth and promote participation as a lifestyle.
- To provide a safe and active group touring program.
- To deliver competitive nordic programs that allow athletes to meet their personal objectives and goals.
- To support high performance programs that develop competitive provincial and national level athletes.
- To organize and support the most popular annual loppet event.
- To deliver highest quality regional, provincial, national and international events.
- To promote all aspects of the sport of cross-country skiing as an accessible sport for all Calgarians.

Para-Nordic

Foothills Para-Nordic is a comprehensive ski program designed to accommodate athletes of all different ages, fitness levels and disabilities. We design individual programs on a case-by-case basis that problem-solve physical literacy, equipment and transportation challenges. Whether you are a beginner or an advanced skier, we have a group of adaptable coaches who are experienced in working with athletes of all abilities and disabilities. We offer classic and skate skill development adapted to each athlete's needs.

We work closely with Cross Country Alberta and Cross Country Canada to deliver great programs that people of all ages and skill levels can enjoy. Both organizations provide valuable resources that support our programs. Dependent upon the athlete, a progression towards competitive skiing through the Cross Country Alberta format is possible. We aim to ensure everyone has a positive and fun experience – our goal is to develop a lifelong love of cross-country skiing.

Para-Biathlon

Any athletes interested in taking a shot at our Para-Biathlon program are welcome to join our biathlon shooting sessions after our cross-country ski sessions. We have access to air rifles and an infrared rifle for visually impaired athletes. During this segment we engage in various shooting exercises and games to improve accuracy, speed, and consistency.

In-Definite Arts Society

8038 Fairmount Dr. S.E., Calgary, AB T2H 0Y1

Contact: Darlene Murphy, Executive Director

Phone: 403-253-3174

Email: ida@indefinitearts.com

www.indefinitearts.com



Population served: Adults with developmental disabilities.

The In-Definite Arts Society promotes participation in the arts, believing that creative expression is essential to the well-being of both individuals and to society in general. Home to a collective of over 170 artists with developmental disabilities, the facility contains large studio areas providing the space, materials and encouragement necessary to focus seriously on making art.

The In-Definite Arts Society is also dedicated to publicly showing the work of the artists in regular exhibitions, both at the In-Definite Arts Gallery and in community galleries.

In-Definite Arts provides an opportunity to explore arts in various mediums, such as drawing, painting, sculpture, ceramics, fibre arts, mosaic, woodworking, fused glass and more. Artists generally attend one or two half days per week.

Individuals must be eligible to receive PDD funding (Persons with Developmental Disabilities funding) in order to access the In-Definite Arts program. There is usually a lengthy waiting list to attend programs. Please call to have your name placed on it.

Independent Living Resource Centre of Calgary (ILRCC)

134 – 3359 27th St. N.E., Calgary, AB T1Y 5E4

Contact: Jane Hastings, LEARN Program Co-ordinator

Phone: 403-263-6880, ext. 233

Email: learn@ilrcc.ab.ca

www.ilrcc.ab.ca



Population served: Adults with disabilities.

The Independent Living Resource Centre of Calgary (ILRCC) is a consumer-driven, cross-disability, community-based, non-profit registered charitable organization serving individuals 18 years and older. The centre's philosophy recognizes the rights of people to take responsibility for their own choices and decisions.

ILRCC offers a recreation and leisure program (LEARN) for adults with disabilities in the Calgary region.

LEARN programs include Creative Voices, Music & Movement, Five Pin Bowling, Friday Night Out and About, cooking classes and various social groups that meet on a weekly basis for a 10-week rotation. Programs are offered throughout the year.

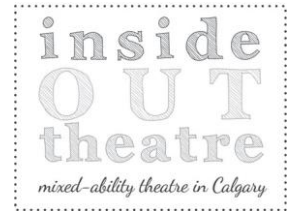
600 – 630 Eighth Ave. S.W., Calgary, AB T2R 0C7

Contact: Col Cseke, Artistic Director

Phone: 403-282-4801

Email: col@insideouttheatre.com

www.insideouttheatre.com



Population served: Persons with disabilities.

Mission: Offer high-quality drama education and theatre production opportunities for people with mixed abilities and special needs, where they can experience fellowship, development of their creative capabilities and a platform to share their ideas and experiences.

Promote the role of people with mixed abilities in the artistic community, where they will contribute to the cultural exchange through theatrical performance and use the dramatic arts to create awareness of their issues and experiences.

The following programs are offered in the fall and winter:

A Second Look: An introductory drama class intended for people with little or no experience with drama, but who want to learn more about theatre.

Living Voices: A music and voice class focuses on speech development, vocal training and oral storytelling.

The Point of View Ensemble: An advanced group with a focus on the development of scripts for public performance. Registration is only open in the fall.

Registration for all classes is \$50.

Summer from the Inside Out is one (or a combination) of Inside Out's programs for 12 sessions during the summer.

JB Music Therapy (JBMT)

5232 Fourth Street S.W., Calgary T2V 0Z4

Contact: Main Office

Phone: 403.240.3877

Email: info@jbmusic.ca

www.jbmusictherapy.com



Population served: All ages, all abilities.

JB Music Therapy (JBMT) served its first client the second Friday of September in 1991. **JBMT** serves individuals and groups throughout the Calgary community. Our accredited music therapists aspire to make a significant impact in those we serve by bringing music into the foreground of people's lives. JBMT couples its experience and knowledge of using the therapeutic use of music with best care practises, and providing expert information and meaningful services that contribute to health, wellness and learning.

We welcome new clients all year round.

Music Therapy – www.jbmusictherapy.com/musictherapy

Music affects our mood and behaviour. There is much evidence to indicate that music therapy can improve mobility, memory and language. Music therapy is also used to decrease signs and feelings of depression,

boost overall mood, reduce the perception of pain, restore overall health – not to mention that music taps into the brain’s reward systems.

Music therapy is an allied health profession and is used in health care, education systems, corporations and private residences/agencies. Accredited music therapists use music intentionally to help all persons reach their goals. These goals are different for every person or group.

Drum circles – www.jbmusictherapy.com/drum-circles

Drum circles boost mood and relieve stress – specifically designed for small groups, retreats, team – building and association meetings.

- We offer different drum circles for different ages and different needs.
- No music experience required, no drumming experience required.
- You are welcome to use our instruments or you can bring one that you prefer to use.

Fundrum – www.jbmusictherapy.com/fundrum

A drum circle offered for teens and adults with disabilities. Drumming allows for a combination of physical and emotional expression through instrument playing. The Music Therapist leads the group to connect, express, and explore.

- We don’t just drum - we also sing favourite songs, explore new instruments, and discuss how music affects our daily life.
- Drop in, if space available (call ahead).

Baby Group – www.jbmusictherapy.com/baby-group

Music has always been a powerful tool for expression. The therapist, family member (aide), and the child will make music together – the music made is shared and spontaneous.

- Any infant regardless of ability level can attend. Infants born pre-term and full-term are welcome.
- Drop in, if space available (call ahead).

Books and CD’s with music exercises – www.jbmusictherapy.com/products

Resources for parents, coaches, therapists, educators and health care professionals to use at work and home.

‘Tune In to Music’ training– www.jbmusictherapy.com/presentations

Learn how to intentionally use music at home and work to curb stress, boost mood, improve learning and restore health – for you, your clients, students or loved ones.

Kids Cancer Care

609 14th St. N.W., Calgary, AB T2N 2A1

Contact: Mary Phillippo, Family Liaison

Phone: 403-984-1227

Email: phillipo@kidscancercare.ab.ca

www.kidscancercare.ab.ca

kids
cancer care

Population served: Children and families affected by cancer.

Kids Cancer Care offers free summer and year-round camp programs, as well as monthly community programs for children affected by cancer and their families.

Outreach programs

Kids Cancer Care community programs run September through June and are for every member of the family. Free of charge, these programs provide opportunities for families, who are experiencing pediatric cancer to have fun, socialize and connect with an understanding community.

- **Kids program** (ages three to 12) Whether it's to get out and get active or introduce kids to a world of art, these programs are designed with fun and safety in mind.
- **Teen program** (ages 13 to 18) Year-round teen nights allow youth to stay connected and have fun around Calgary.
- **PEER** (ages five to 18) Pediatric cancer survivors Engaging in Exercise for Recovery, is a program developed and run by the University of Calgary. This weekly program aims to restore healthy levels of strength, aerobic capacity, flexibility and balance through fun exercises and games.
- **Teen Leadership Program** (ages 15 to 17) is designed to help teens develop leadership skills through workshops and involvement in our community programs, special events and a travel project where teens learn to give back to less fortunate communities.
- **Parent Programs** enable parents to connect and support each other as they walk through similar journeys. It also provides a chance to get out and have some fun!
- **Family Programs** give parents and children a chance to catch up while doing activities around Calgary.

Summer camp programs

Kids Cancer Care summer camp programs are offered for children and youth affected by cancer. Patients, former patients, siblings and bereaved siblings are welcome to experience one free week of camp each year.

- **SunRise Day Camp** (ages three to seven) is held at recreational centers in Calgary and Edmonton.
- **SunMaker Residential Camp** (ages seven to 17).
- **SunSeeker Outdoor Leadership Program** (ages 14 to 17).
- **Counsellor in Training (CIT) Program** (ages 16 to 17).

Kids Cancer Care also offers two weeks of residential camp program for children whose parents are affected by cancer.

- **SunHaven Residential Camp** (ages seven to 17)

Year-round camp programs

Year-round weekend camps are offered at no cost for families affected by pediatric cancer.

- **Weekend familycamps**
- **SunKeeper** teen camps

Kids Cancer Care Camp Kindle

Contact: Leighana Shockey, Camp Program Manager

Phone: 403-637-3975, ext. 221

Email: shockey@kidscancercare.ab.ca

www.campkindle.ca

Camp Kindle is open to the public – come join us!

Camp Kindle is owned and operated by Kids Cancer Care. It primarily hosts Kids Cancer Care camp programs; however, it is open and available to other community organizations, families and companies for various recreational purposes! Camp Kindle is fully accessible and day use options are also available.

Facilities can be **rented year-round** for a number of occasions – Camp Kindle is a great place for choirs, bands, weddings, family reunions, wellness retreats, corporate meetings and company team building days.

Camp Kindle also offers a number of programs for schools, community groups and companies.

Summer Camp Programs

Community group camps

Camp Kindle runs five-day residential summer camp programs for the Canadian Celiac Association, Canadian Hemophilia Association and Canadian Diabetes Association. Residential camps are fully programmed, staffed and catered by Camp Kindle. Contact Camp Kindle if your organization is looking for a place to run summer camp programs.

Spring and fall programs

A number of school and community programs are offered in May, June, September and October for:

- Elementary Outdoor School.
- Junior and Senior High Outdoor Leadership School.
- Corporate and Community Team Building Days.

All proceeds from camp rentals support the work of Kids Cancer Care in helping children and families affected by cancer.

March of Dimes Canada (MODC)

111 – 7015 Macleod Tr. S.W., Calgary, AB, T2H 2K6

Contact: Rachel Salsman

Phone: 403-473-4920

Email: rsalsman@marchofdimes.ca

www.marchofdimes.ca



Population served: Persons with physical disabilities (all ages).

March of Dimes Canada (MODC) began its proud history of serving persons with disabilities in 1951 with the successful search for a vaccine for polio. The organization's secondary goal was the delivery of supports to those who suffered from the polio virus. Over the past 60 years, MODC has grown into a large multi-service agency serving individuals with disabilities across the country. MODC has offices in over 50 communities in Ontario, Atlantic Canada, Calgary, Vancouver and Quebec City.

Major programs include: Employment Services, Independent Living, Accessibility Services, Acquired Brain Injury Services, Recreation and Integration Services and Peer Support Services. Support is provided to individuals with a wide range of primary and secondary disabilities.

Mission: To maximize the independence, personal empowerment and community participation of persons with physical disabilities.

The LIFE program: March of Dimes Canada's Learning Independence for Future Empowerment (LIFE) program helps youth with physical disabilities ages 18-30 make the transition to greater independence by providing new skills and hands-on opportunities for growth and development including:

- Smart goals
- Life skills workshops
- Financial literacy
- Health and wellness
- Social, sport and recreational outings
- Transit training
- Conductive education
- Restorative yoga
- Music therapy
- And much more

Visit the www.marchofdimes.ca/life to a video of the LIFE program in action in Toronto. Registration for the Calgary program opens in January 2017. Please contact Nadia Troisi at ntroisi@marchofdimes.ca.

Conductive Education- Conductive Education® (CE) is a program that combines physical rehabilitation and education to help children and adults with neurological motor disorders (Parkinson's, Cerebral Palsy, Multiple Sclerosis) or who have had a stroke or brain injury. Conductive Education works on the brain to change the body. Participants are taught skills and techniques to help them overcome the challenges of their disability within a group learning environment- they learn how to apply these strategies to their everyday life, becoming more independent.

Camps and retreats: Summer 2017

Child Camp with Conductive Education®; contact rsalsman@marchofdimes.ca and an Adult Accessible Recreation Camp; contact krashid@marchofdimes.ca.

MoMo Mixed Ability Dance Theatre

P.O. Box 61148, Kensington RPO, Calgary, AB T2N 4S6

Contact: Talia Potter, General Manager

Phone: 403-472-0748

Email: info@momodancetheatre.org

www.momodancetheatre.org



Population served: Persons with and without a disability who love to dance.

MoMo has brought together prospective artists and professional artists with and without a disability to explore movement, voice, theatre, dance and improvisational disciplines since 2003.

Artists of all abilities, skills and levels are supported and challenged in the joyous practice of dance theatre. Our knowledgeable, trained, quirky staff lead exercises that reflect our unique community and its individuals. Participants build skills and knowledge towards physical fitness, working together and understanding their body.

Get active. Have fun. Make friends

Community classes

MoMo runs weekly classes at the community and more experienced performance levels in the fall, winter and spring. Community classes work with creative movement and theatre games to provide a morning or afternoon full of physical activity, creative expression and plenty of fun. We always welcome and encourage new faces, so feel free to come to a drop-in to see if a class is for you!

Our community classes are open to everyone looking for the chance to move, dance and create community!

Tuesday morning 10:30 a.m. – noon and afternoon 1:30 – 3 p.m.

Thursday morning 10:30 a.m. – noon

Saturday morning (youth eight – 18) 11:30 a.m. – 12:30 p.m.

In recent surveys, 94 percent of our participants are meeting their personal goals through MoMo classes, 100 per cent of support workers and/or family members believe MoMo works on two or more 'essential skills,' and every single participant indicated they enjoy their time with us!

MoMo in performance

At the performance level, MoMo creates exciting, new performances every year! Work is both improvised and choreographed, allowing the artists to explore shared ideas and intentions within each artist's range, removing the boundaries of ability by working with them to create freedom, equality and unique diverse performance. Every spring MoMo presents work at the Vertigo Studio Theatre to share their artistic findings with the community (including Pay-What-You-Can performances). In the past few seasons MoMo has been proud to perform at the University of Calgary's Dance Montage, The Fluid Festival, the High Performance Rodeo, and the International Day of Persons with Disabilities. The MoMo Performance Ensemble rehearses Wednesday evenings at the **Wildflower Arts Centre**.

Mount Royal University
Mount Royal University Recreation,
4825 Mount Royal Gate S.W., Calgary, AB T3E 6K6

Phone: 403-440-6517

Email: recreation@mtroyal.ca

www.mtroyal.ca/recreation



Mount Royal University Recreation offers many fitness and recreational opportunities for our students, employees, alumni and the general public. Persons with a disability who have a permanent impairment impacting mobility and/or functional ability that limits facility usage receive a 40 per cent discount to the corresponding age category pass options (see: mtroyal.ca/recreation/memberships).

The Recreation Centre has the following features:

- Wrist cuffs for persons with finger dexterity challenges.
- Two-arm ergometers.
- Raised stretching mat.
- Motorized lift for the swimming pool.
- Five adaptive selectorized weight machines.
- Flex change room for people with aides of the opposite gender.
- Wheelchair basketball on Wednesday nights (drop-in/learn how).
- Personal fitness training.
- Goal balls for persons with visual impairments.
- Opportunities to participate in various research studies.

To book a free fitness centre orientation, call the fitness co-ordinator at 403-440-6631. The Recreation Centre offers the following programs:

Children’s Adapted Physical Activity (CAPA)

The CAPA program is based on the Canadian Sport for Life-Long Term Athlete Development model, focusing on fundamental motor skills. It is modelled after the Sensory Motor Instructional Leadership Experience (SMILE) program at Acadia University in Nova Scotia. The CAPA program will focus on the total development of each child by enhancing physical skills and motor patterns.

The CAPA program pairs student volunteers one-on-one with children who have special needs (of any type, physical, sensory, developmental and or intellectual, ages six to 12 years). The parents of each child involved will be asked to fill out a form describing the nature of their child’s special needs and any specific goals they have for their child (i.e., verbal, physical and social). Based on this information, each volunteer over the course of the first few weeks will work to develop a long-term plan to help the child work toward these goals in the gym and the pool. The program co-ordinator is Sarah MacEachern. For more information, please contact David Legg at dlegg@mtroyal.ca.

Free fitness training for persons with spinal cord injury

Through the Alberta SCI Solutions Fund from Alberta Paraplegic Foundation, persons with spinal cord injuries are able to access free one-on-one fitness assessment and training. For more information, please contact Shelly Stranaghan at sstranaghan@mtroyal.ca.

Multiple Sclerosis Society of Canada, Calgary & Area Chapter

150 – 110 Quarry Park Blvd. S.E., Calgary, AB T2C 3G3

Contact: Shannon Janewski, Co-ordinator, Programs & Services

Phone: 403-250-7090, ext. 6120

Email: shannon.janewski@mssociety.ca

www.mssociety.ca/support-services



Population served: People affected by multiple sclerosis (MS), which include the person with MS, family, friends and unpaid family caregivers. Most services offered by the Calgary & Area Chapter are for those 18-plus; however, support, information, referrals and family programs may include school-aged children and older.

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

General programs include: Self-help groups, advocacy, social programs, education, community presentations, public awareness initiatives, and equipment funding program.

Muscular Dystrophy Canada

150 – 110 Quarry Park Blvd. S.E. Calgary, AB T2C 3G3

Contact: Annelies VanderLaan, Services Co-ordinator for Calgary and Area

Phone: 587-890-9706

Toll free: 1-800-366-8166 Ext 5201

Email: annelies.vanderlaan@muscle.ca

www.muscle.ca



Population served: All people affected with a neuromuscular disorder, family members, care givers and allied health professionals.

Mission: Muscular Dystrophy Canada's mission is to enhance the lives of those affected with neuromuscular disorders by continually working to provide ongoing support and resources while relentlessly searching for a cure through well-funded research.

Muscular Dystrophy Canada offers support services, information and community resources to individuals with a neuromuscular disorder. Both chapter and community services team work together to provide social and educational events and activities to individuals including awareness walks and a family retreat. Muscular Dystrophy Canada also has programs available to education providers to help support individuals with neuromuscular disorders and mobility impairments.

National Cycling Centre – Canadian Sport Institute Calgary

Olympic Oval 2500 University Dr. N.W., Calgary, AB T2N 1N4

Contact: Phillippe Abbott

Phone: 403-210-7987

E-mail: pabbott@csicalgary.ca

www.csicalgary.ca/en



Population served: individuals affected by cerebral palsy, TBI, visual impairment, spinal cord injury and amputations.

The Para Performance Cycling Program is open to elite para athletes who have road or track racing experience. This program develops athletes to compete in provincial, national and international para competitions.

- 6–10 hours of training per week
- Individualized coaching sessions
- Physiological testing
- Indoor training equipment adaptation
- Dynamic mobility and strength training
- Recovery, nutrition and regeneration education
- Video Analysis
- Goal Setting and accountability training
- Endurance camps
- Fall Penticton Camp
- Scheduled racesupport

FEE: \$2,500 (50 week program). Please note extra fees will be required for travel to competitions, group outings and cross training activities.

Opening Gaits Therapeutic Riding Society of Calgary

P.O. Box 76062, Millrise RPO, Calgary AB, T2Y 2Z9

Contact: Deb Jones (President) or Lesley Ann Shire (Administrator)

Phone: 403-254-4184

E-mail: openinggaitsociety@gmail.com

www.openinggaits.ca



Population served: all ages five and up with developmental and/or physical disabilities.

Mission: to provide children and adults with disabilities the opportunity to experience all the physical, social and emotional benefits of riding on and spending time with a horse.

Opening Gaits has been serving the community for 18 years and operates out of High Country Equestrian Center, off Highway 8 and south of the traffic circle.

Parkinson Alberta



102 – 5636 Burbank Cres. S.E., Calgary, AB T2H 1Z6

Contact: Client Services Co-ordinator

Phone: 403-243-9901

PD Helpline: 1-877-243-9992

Email: info@parkinsonalberta.ca

www.parkinsonalberta.ca

Population served: people and families in Alberta who live with Parkinson disease and related disorders. Support services, information, education, advocacy, and resources are provided to those affected by Parkinson disease (PD), their families, care partners, friends and health care providers.

Services and programs include:

Support groups – Monthly support groups offer information and support to people with Parkinson disease and their care partners.

Supportive counselling – For individuals and families living with PD to provide support through listening, information, education, guidance, and referrals.

PD Helpline (1-877-243-9992) – A free, easy, and confidential way for anyone affected by Parkinson disease and Parkinson Plus to receive the information and support they need. It is one of the main sources of information for people with PD, their care partners, and family members, so that no one feels alone.

Health professionals working with people with Parkinson disease can also access the PD Helpline. When questions arise about PD management and treatment for patients, Parkinson Alberta can provide professionals with access to expert advice about medications and treatment plans, as well as community-based support and resource information.

Information and learning resources – Offer information about the symptoms of PD, treatments, side effects, management strategies, research, community resources and navigating the health care system to individuals and health professionals.

Quarterly newsletter – Inspirational stories and articles about Parkinson disease management and research.

In-service training – Delivered to health care professionals to increase awareness of the needs of people living with PD and their care partners.

Hope Conference – Conference designed to empower people living with Parkinson's by providing an opportunity for social interaction, education, and community support.

Classes – Parkinson Alberta, in partnership with Alberta Health Services, offers *Alberta Healthy Living* classes. Parkinson disease-specific education topics are offered to people living with PD and their families. These free classes are facilitated by health care professionals in conjunction with Parkinson Alberta staff.

Other classes and programs offered are: Singing and PD, PWR! Moves, Grizzly Awakens, PD ArtWorks, A Hand Up: Helping People Move Safely After A Fall, Care Partner Coffee Break, Young Onset Social Night, Speaker Series, and social activities such as pool, bowling, games night, mall walking and an annual holiday gathering.

Picture this...film festival

**c/o Calgary SCOPE Society, 219 18th St. S.E.,
Calgary, AB T2E 6J5**

Contact: Sheryl Lenthall, Festival Director

Phone: 403-717-5610

Email: director@ptff.org

www.ptff.org



Population served: Everyone

Picture this...film festival, Canada's first international disability film festival celebrates films by and/or about persons with disabilities. *Picture this...film festival* is a year-round program that:

- Attracts films by and/or about persons with disabilities to our major annual festival and numerous smaller *Picture this...on the road* events.
- Provides an invaluable archive of films to be viewed at the festival.
- Stimulates the voice of the disability community by supporting the training of local disabled filmmakers and by creating a venue for persons with disabilities to tell their stories.
- Educates the broader community about the lives of persons with disabilities and the contributions of disabled citizens.

A three-day festival held each year in Calgary, which also has workshops, panel and filmmaker questions and answers during the festival and many *Picture this...on the road* screenings throughout the city during the year.

Priori Epee Fencing Club

Repsol Sport Centre, MS2

Contact: Denis Fournier

Phone: 403-698-3212

Email: info@prioriepee.com

www.prioriepee.com

Population served: Ages eight and up (all abilities welcome).

Priori Épée Fencing Club started in April 2006 under the leadership of provost Denis Fournier, who has been developing the sport of fencing in Alberta for over 30 years and coaching athletes (fencers and pentathletes) from recreational to international competitive level.

Priori comes from a Latin word which means "first, better, superior, excellent." At Priori, we firmly believe in the pursuit of excellence. We are committed to develop the full potential of each athlete, taking into account their personal objectives and abilities. Priori is the first club in Alberta specialized in épée, one of the three weapons of fencing. Épée is the most practiced discipline throughout the world. The rules for scoring in épée are the simplest for the layman and least subjective from a referee point of view.

Priori offers para-fencing opportunities within their programming – contact Denis for more information.

Prospect

915 33rd St. N.E., Calgary, Alberta T2A 6T2

Contact: Alexi Davis, Manager Disability Services

Phone: 403-273-2822

Email: info@prospectnow.ca

www.prospectnow.ca

PROSPECT

Break barriers. Employ change.

Population served: Prospect's Learning and Team Building services are open to all individuals, regardless of age and/or ability, who are interested in developing their skills. Studio C is open to all individuals, 16 years of age or older, wishing to express their creativity.

Mission: To reduce barriers and deliver sustainable solutions so that everyone, regardless of circumstance, can reach his or her employment potential

Prospect is an innovative Alberta not-for-profit that helps people overcome barriers and fulfill their employment potential. As part of our work we have developed creative, fun team-building and experiential learning opportunities. For your next team-building effort, leave the flip charts in the conference room and let Prospect's Outdoor Facilitators create an affordable, memorable team-building experience for your group. We work with groups of all sizes and abilities, with targeted skill development to enhance capacities such as confidence, communication, teamwork and individual and group problem solving.

We have also developed workshops that harness the power of art as an amazing medium for learning communication skills, teamwork, problem-solving and more. Prospect's Art Facilitators deliver fun and insightful sessions that unlock creativity and foster greater skill development.

Rocky Mountain Adaptive (RMA)

2 – 201 Carey, Canmore, AB T1W 2R7 Contact:

Vick McCulloch, Executive Assistant

Phone: 403-431-1354

E-mail: info@rockymountainadaptive.com

Facebook: www.facebook.com/rockymountainadaptive

www.rockymountainadaptive.com



Population served: All ages, all abilities (any disability catered for).

Rocky Mountain Adaptive is a charitable organization whose mission is to enable children and adults with physical, developmental, and/or cognitive challenges, the opportunity to participate, learn and excel in the sports and recreational activities that are available in the Canadian Rockies. No limits. RMA provides year round affordable programming aimed at developing skills and building confidence.

Types of Lessons, Experiences, Programs, & Camps

Winter: Cross country skiing, downhill skiing, snowboarding and snowshoeing.

Summer: Biking, canoeing, frisbee golf, golf, hiking, paddleboarding, river float trips, swimming, tennis, white water rafting and more.

Special Olympics Calgary

14 – 2180 Pegasus Way N.E., Calgary, AB T2E 8M5

Contact: Special Olympics Calgary

Phone: 403-735-1022

Email: info@specialolympicscalgary.ca

www.specialolympicscalgary.ca



Population served: Children, youth and adults with an intellectual disability age two and up.

Mission: We are committed to enriching the lives of Albertans with an intellectual disability through sport.

About us: Special Olympics Calgary is a non-profit organization that ensures a wide range of affordable, quality sports programs to individuals with intellectual disabilities. Programs are designed for everyone – regardless of age, gender or ability. Special Olympics encourages the enhancement of athletes' overall quality of life through physical, emotional and mental well-being.

Today, hundreds of athletes participate in fun and exciting sports programs throughout the year.

Programs offered

Young Athletes program for children ages two – 10: Active Start & FUNdamentals

Sport Programs for individuals aged eight and up: five and 10 pin bowling, alpine skiing, athletics, basketball, bocce, cross-country skiing, curling, figure skating, fitness, floor hockey, golf, powerlifting, rhythmic gymnastics, snowshoeing, soccer, softball, speed skating and swimming.

Spinal Cord Injury Alberta

5211 Fourth St. N.E., Calgary, AB T2K 6J5

Contact: SCI Alberta – Calgary Office

Phone: 403-228-3001

Email: calgary@sci-ab.ca

www.sci-ab.ca



Population served: Persons of all ages who have spinal cord injuries and other physical disabilities.

Spinal Cord Injury Alberta was founded in 1961. The Association's mission is to empower persons with spinal cord injuries and other physical disabilities to achieve independence and full community participation.

Core service areas of Spinal Cord Injury Alberta include:

- Rehabilitation support and service co-ordination
- Community development and systemic change
- Aboriginal Services
- Peer Program
- Information Services
- Active Living – SCI Fitness & Wellness Centre

Repsol Sport Centre

2225 MacLeod Tr. S., Calgary, AB T2G 5B6

Phone: 403-233-8393

Email: info@repsolsport.com

www.repsolsportcentre.com



Population served: All Calgarians. Repsol Sport Centre can accommodate the needs of all Calgarians, regardless of physical ability.

Equipment and amenities

Entrances

- South entrance – automatic doors.
- North entrance – automatic doors; ramp from parking lot.
- Designated parking stalls.

Public concourse and The Foundation Lounge

- Ramp at south and north entrances.
- Elevator to the activity level.
- Adapted service station at Customer Service Desk.
- Concourse public washrooms.
- Public washrooms in The Foundation Lounge.
- Ramp in The Foundation Lounge to viewing area.

Activity level

- Caregiver change rooms complete with wheelchair accessible showers, access to water wheelchairs and change beds.
- Digital wheelchair scale.

Aquatic

- Portable aquatic lift.
- Ramp into 20-person hot tub and shallow teach pool.
- Stairs into shallow end of 50 metre pool in The Calgary Foundation Aquaplex.
- Pool noodles, mats, lifejackets, floatation belts, flutter boards and pull buoys.
- Three stainless steel aquatic wheelchairs.

Dryland

- Equalizer multi-station universal cable machine with accessible components.
- Precor FTS Glide cable machine.
- Colorado Cycle hand bike.
- Sci Fit hand bike with ability to remove seat for wheelchair accessibility.
- Johnny G Krankcycle.
- Parallel bars to assist with walking rehabilitation.
- Stretching mat with lift and ability to raise and lower.
- Elevator in Fitness Centre to three levels.
- Two tracks.
- Barrier-free washrooms in Fitness Centre.

Repsol Sport Centre is proud to partner with Between Friends – helping children of all abilities to be included in our summer sport camps.

Repsol Sport Centre – Para-Cycling

2225 MacLeod Tr. S., Calgary, AB T2G 5B6

3433 Sport Performance Centre

Contact: Sport Development Manager 403-355-1259

Competitive for life. Fit for life. The 3433 Sport Performance Centre Para Initiation program goal is to take athletes with an interest in Para Cycling to a point where they feel comfortable on their bike (trike, handcycle, tandem, etc), and introduce the concept of structured training and goal setting with the prospect of racing within the province this season. Coaches will assess any adaptations that they may need and to get a sense of the athletes functional classification.

Spinal cord injury or wheelchair-based athletes will require a membership to Ultimate Wheelchair Sports and have the ability to rent a bike for the season for \$100.

Para-cycling athletes have two options that account for different schedules

Afternoon group cycling package

This cycling package is the ideal both for the introduction and development of cycling skills and strength through the season. All three sessions in the week through the winter are run at the Repsol Sport Centre Training alongside a group of para-cyclists each week and experienced para-cycling coach. This package includes access to TrainingPeaks™ online or mobile applications for athletes to log their progress and update their coach. These sessions are structured to help progressively challenge para-cyclists throughout the year to maximize their training investment. This package also includes an \$80 credit toward 3433 gear.

Tues./Thurs./Sat.

2 – 4 p.m.

\$200 per month

Performance group para-cycling package

This off-season cycling package is the perfect mix of group training session at Repsol Sport Centre and planned training sessions for you at home. Training alongside a group of 30 para- and able-bodied cyclists each week. This package includes two homework sessions that are supported through TrainingPeaks™ online or mobile applications. These sessions are structured to help you achieve your cycling goals through periodized plans that maximize your training investment. This package also includes an \$80 credit toward 3433 gear.

Thursdays

6:30 – 8:30 p.m.

\$850/Member

\$900/Non-Member

University of Calgary Rehabilitation and Fitness for Persons with Physical Disabilities Kinesiology – Health and Fitness Programs

KNB 135, 2500 University Dr. N.W., Calgary, AB T2N 1N4

Contact: Rianne Rogan, Health and Fitness Programs

Phone: 403-220-8112

Email: rehab@ucalgary.ca

<https://active-living.ucalgary.ca/programs/health-and-fitness/rehabilitation-fitness-chronic-physical-disability>



Population served: People ages 17 and up with a chronic physical disability.

The Rehabilitation and Fitness Program for Persons with a Physical Disability incorporates individually designed programs performed in a group setting. The program reflects the Faculty of Kinesiology's role in exercise physiology and health and wellness research. Programs are designed by health and wellness professionals to meet specific needs and goals.

Participants attend two days a week for approximately two hours a day. The price is \$205 for a 14-week session, and a \$75 initial assessment. All programs are specifically designed with elements of strength training, cardiovascular fitness, flexibility, balance and co-ordination.

Class options:

Mondays and Wednesdays: 10 a.m. – noon or 2 – 4 p.m.

Tuesdays and Thursdays: 10 a.m. – noon, 2 – 4 p.m. or 7 – 9 p.m.

Wednesdays and Fridays noon – 1:45 p.m.

Adapted Physical Activity for Kids (APAK)

Gives an opportunity for children aged four to 14 that have been diagnosed with any disability a chance to participate in a wide variety of physical activities. Children have the opportunity to explore different activities, gain independence and health benefits in a welcoming and encouraging environment. Weekly activities include free play, gymnastics, dance, yoga, rock climbing, and more. Participants will work one on one with a student volunteer, who work to individualize activity to be suitable for the inclusion of all children. The program runs in the fall from October to December and again in the winter from February to April, typically on Friday evenings at 5 or 6pm.

Contact: Dr. Lisa Daroux-Cole

Phone: 403-220-7749

Email: active@ucalgary.ca

Vecova Recreation Centre

3304 33rd St. N.W., Calgary, AB T2L 2A6

Contact: Customer Service

Phone: 403-284-2231

Email: recinfo@vecova.ca

www.vecova.ca



Population served: All ages and abilities.

Mission: To build the capacity of persons with disabilities and enrich communities through leadership, innovation and collaboration.

Our barrier-free facility in the heart of northwest Calgary features a warm 34.5° salt-water pool, a full size gymnasium, three studios and three multi-purpose rooms. We offer a wide variety of activities including swimming, preschool programs, birthday parties, fitness classes, day camps and more. Come and enjoy our fun, friendly atmosphere.

Accessibility: Our facility and amenities are all at ground level with ample accessible parking. We offer lifts in each change room, accessible doors to the pool deck and water wheelchairs for patron use. The pool has a zero depth wheelchair ramp into the shallow end.

Specialized aquatic programs:

Aquatic wellness classes alleviate stress on joints, relieve pain and facilitate movement. Water provides a safe environment to increase range of motion (and fitness) without the fear of injury due to falling. Vecova's warm water enhances movement and allows for longer stays in the pool. Vecova offers two specialized programs to assist with improving mobility, such as Aqua Mobility registered programs.

Programs

As a public recreation centre we also offer:

- Canadian Red Cross swimming lessons, including preschool, swim kids level 1 to 8, adapted aquatics and adult lessons.
- Private swimming lessons.
- Junior Lifeguard Club for children ages eight to 16.
- Health and wellness, aquatic fitness and dry-land exercise classes.
- Pre-school dry-land programs for children aged two to four years in art, music and play.
- Children's day camps during the summer (July and August), as well as spring break, winter break and teachers' convention.
- Birthday parties in the gym or pool for up to 12 participants.
- Standard first aid/CPR/AED courses for full certification, as well as recertification.
- Facility rentals including classrooms, dance studios, gymnasium and pool.

Check out the website at www.vecova.ca for program information and online registration.

Youth Singers of Calgary

1371 Hastings Crescent SE., Calgary, AB

T2G 4C8

Contact: Main Office

Phone: 403-234-9549

Email: yscadmin@youthsingers.org

www.youthsingers.org



Population served: all ages and abilities

Mission: To foster the development of human potential and a lifelong interest in the performing arts through music: singing, dancing and acting.

Youth Singers of Calgary (YSC) is one of Calgary's largest not for profit, volunteer-based performing arts companies. YSC offers a comprehensive education and performance program in a diverse array of musical styles, ranging from a capella, to show choir & musical theatre, to classical choral. Since its inception over 30 years ago, YSC's unique triple-threat programing has earned it much success and respect in Calgary and throughout the world.

With 15 divisions and programs starting at age 3 and spanning to adulthood, YSC offers something for everyone of every experience and ability. In addition to its fall through spring programing, YSC hosts Friday PD camps and weeklong day camps (for ages 6-15) over spring break and summer vacation.

STAR (Special Talents in Arts and Recreation) is an interactive experience that allows youth (ages 9+) and young adults (18-35ish) with cognitive delays to participate in the performing arts. STAR uses voice, movement, and instruments to foster a love of music and dance in a safe, stimulating, and fun environment. By tailoring the program to needs of its participants, STAR removes barriers and allows youth with special needs the chance to perform, grow, gain confidence, and build friendships. Participants will receive multiple opportunities throughout the year to share their skills and abilities with friends and families through musical performances.

All YSC programs are held at the Performing Arts Youth Centre (PAYC). PAYC is a vibrant community arts facility that is used by many local art groups. Offering four various sized studios and multiple meeting spaces, PAYC is an affordable rental space that is suitable for music and dance rehearsals as well as auditions, banquets, business meetings, or conferences.

Advisory Committee on Accessibility (ACA)

The City of Calgary Advisory Committee on Accessibility (ACA) focuses on broad policy issues and advises City Council on access issues related to municipal properties, information and services. The ACA consults with City staff to promote accessible City services. Through the ACA, the Calgary Corporate Accessibility Policy was created. This Policy provides direction on how The City of Calgary can reduce barriers to City-provided services for persons with disabilities in the following areas: physical access to City services, access to transportation services and communication access. A sub-committee of the ACA includes the Access Design Sub-committee that reviews and makes recommendations on plans and/or issues relating to accessibility for individuals with physical, sensory and cognitive disabilities.

City of Calgary Council Chambers are equipped with large screens for captioning, so members of the public can now participate in Council Meetings, Public Hearings and Budget Deliberations. The captioning service is also televised on SHAW Cable 89. For Standing Policy Committee Meetings in the Engineering Tradition's Boardroom, Communication Access Realtime (CART) is available by email: leanne.squair@calgary.ca.

Assistive Listening Devices (ALD's) are available in Council Chamber and the Engineering Traditions Boardroom. Please connect with Security upon arrival at a meeting in Council Chambers and contact City Clerk's at 403-268-5861 or email cityclerk@calgary.ca for use in the Boardroom.

Please see calgary.ca/accessibility

Access 2 Entertainment Card

Launched in December of 2004, the Access 2 Entertainment program seeks to offer more opportunities for persons with disabilities to participate in recreational activities with an attendant, without added financial burden. It is also designed to raise awareness and help businesses provide quality customer service to customers with disabilities.

The Access 2 Card provides persons with a disability a personalized card printed with their name and the card's expiry date. When going to their attraction of choice, they simply need to present the card along with a piece of ID (not required for cardholders who are minors), and their attendant will receive a free ticket. The Access 2 card is accepted at entertainment venues across Canada. Visit the venues section of the website to see where the card can be used in your community. (Examples of Calgary attractions include: Cineplex and Landmark Theatres, Aero Space Museum of Calgary, Calgary Zoo, Canada's Sports Hall of Fame, Lougheed House, YouthLink Calgary, Nose Creek Valley in Airdrie, Royal Tyrrell Museum in Drumheller, Canmore Museum and Geoscience Centre).

5 year card = \$30, 3 year card = \$20

Application form can be found on their website: www.access2card.ca



CANYON MEADOWS AQUATIC & FITNESS CENTRE EXPANSION AND RENOVATION PROJECT



Canyon Meadows Aquatic & Fitness Centre will be CLOSED from summer 2015 until spring 2017.

RENOVATIONS INCLUDE:

- Expanded lobby and entrance area.
- Larger weight room and dedicated fitness studio
- New fitness equipment
- Addition of an elevator
- Reconstructed hot tub and steam room areas

IMPACT TO USERS

Staff are working with neighbouring City of Calgary Recreation facilities to minimize impacts to users. This includes exploring opportunities for additional popular programming at nearby facilities:

- Acadia Aquatic & Fitness Centre
- Glenmore Aquatic Centre
- Southland Leisure Centre

PASS HOLDERS

There are several options for pass holders who may be affected by the closure. Customers can:

- Receive a prorated refund on 10X, 30X, monthly or annual passes.
- Apply the prorated refund towards the purchase of a Tier 1 pass or Leisure Centre pass.
- Continue to use their Tier 2 pass at any other City of Calgary Aquatic & Fitness Centre (Leisure Centres excluded).
- Purchase a shorter-term pass.

Physical Literacy – what is that?

Just as learning the alphabet is necessary to read, the development of fundamental movement skills and sport skills is critical if children are to feel good about physical activity.

For kids to get physically active, they need to feel confident in activity settings. This confidence stems from learning fundamental movement skills and fundamental sport skills – physical literacy – as a child.

Awareness

Active start: Males & Females 0 – 6

- Daily Physical Activity.
- Develop the ABC's of Physical Literacy by focusing on learning proper movement skills such as running, jumping, wheeling (wheelchair sports), twisting, kicking, throwing, catching, skating and skiing.

First contact / recruitment

Fundamentals:

- Focuses on FUN!
- Focuses on general, overall development.

- Major skill learning stage: all basic movement and sport skills (physical literacy) should be learned before the growth spurt.

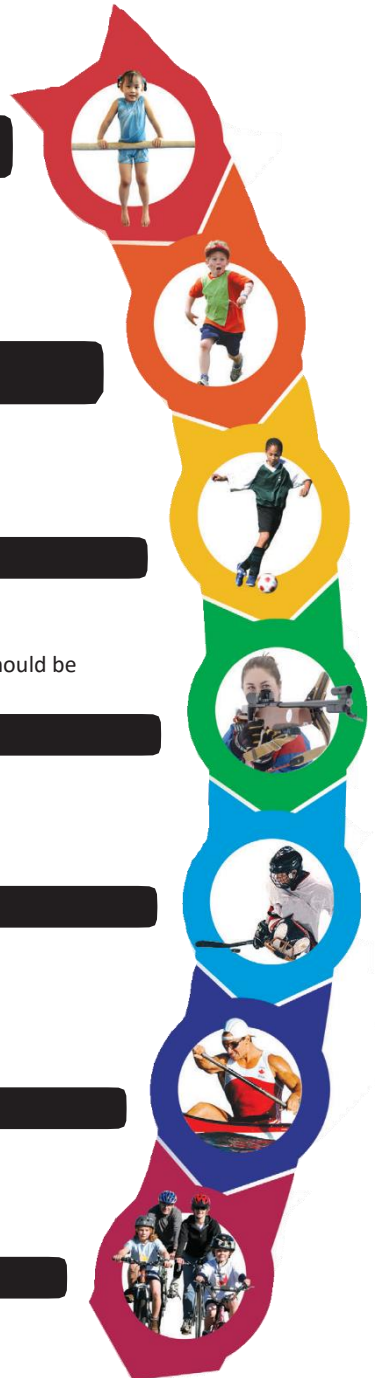
- Major fitness development stage: endurance, strength, and speed.
- Overall physical, mental, cognitive, and emotional development.

- Sport, event, position specific physical conditioning.
- Sport, event, position specific technical and tactical preparation.
- Sport, event, position specific technical and playing skills practised under

- Ages are sport specific based on international normative data.
- Maintenance or improvement of physical capacities.

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults.
- Transfer from one sport to another.

Please visit www.canadiansportforlife.ca for further information.



The City of Calgary offers many programs that develop fundamental movement skills.

