



SPORTS AND RECREATION RESOURCE
Updated March 2010

Compiled by the QACCH School Age Program Occupational and Physical Therapists

Note: If brochures are noted, they are in the Community Resource File at QA.
Also refer to yellow booklet from **Recreation Integration** for summer programs

Baseball/Challenger Little League (see brochure)

Ages 5-18+

- Central Saanich Little League – Challenger Division
Saturdays 10-11, April-June
Contact: Larry and Linda Rhodes – 250-652-1855
- Lakehill Little League – Challenger Division
Saturdays 9:30-10:30
Contact: Amber Miller 721-0884 millera@uvic.ca; Katie Hotchkiss 383-2590
hotchkis@uvic.ca

Basketball

- Adult Wheelchair Basketball
Ages: minimum 15 years/ good wheelchair skills required
2 programs:
 1. Tournament program (more competitive)
Mondays 7:30 – 9:30 @ Central Baptist Church, 833 Pandora
 2. Recreational program
Thursdays 7:00 – 9:00 @ Stelly's High School on Stellys RdContact: Victoria Wheelchair Sports / John Malnek 383-1307
- Junior Wheelchair Basketball
Ages: 8 to 17 years, all levels accepted. Loaner wheelchairs available
Opportunity for tournament play and competition if desired.
Mondays 6:00 – 7:30 p.m. Sept. - May
Central Baptist Church 833 Pandora
Contact: Marilyn LaPointe 595-5039 annm1@telus.net or Laura Tighe 721-2410
ltighe@uvic.ca

Bike Riding

- Pedal Heads
Camps and private lessons
1-888-886-6464
www.pedalheads.ca

Boating

- Ralmax Boat for Hope

Queen Alexandra Centre for Children's Health

2400 Arbutus Road, Victoria, B.C V8N 1V7 • Telephone: 250-519-5390 • Fax: 250-519-6918

Our Vision: Healthy People, Healthy Island Communities, Seamless Service

One Saturday in June

Age 6-14 years; siblings welcome; must be accompanied by one caregiver

BC Neurofibromatosis Foundation 370-7597 or 1-800-385-2263

Bocce

Ages –6 to adult

Saturdays 10:00 – 12:00 at Boys and Girls Club – 1240 Yates

Website: <http://www.cpsportsvictoria.biz/>

Contact Chris or Ron at halpen.chris@gmail.com or ronarthurhalpen@gmail.com

Camping

- BC Parks Disabled Access Program: for free camping in BC Provincial Parks
From must be completed and sent to BC Parks
2nd Floor, 800 Johnson St, Victoria, BC V8V 1X4, 387-1161
www.discovercamping.ca

Cycling

- Trikes and Bikes – Competitive Training and Opportunities
Contact: Janet Dunn @ 386-7337

Dancing

- Dance Victoria- “Tailspin” integrated dance program for youth (teens) and young adults with physical disabilities. Free, Sundays 12-2 pm from April to June. Program availability depends on funding. Workshop leader Lori Hamar. 595-1829 www.DanceVictoria.com
- Dance Unlimited - are offering classes for children with learning disabilities
Contact: Lindsay and Barb Stokes - 361-3267
- Academy of Ballet – specific stretching classes and will integrate children with mild and moderate disability
408 Superior St. Victoria (James Bay)
Contact: 385-2622
- Victoria Dance Series Community Dance Project movement workshops for people with disabilities
Contact: Geoff 385-9828
- Victoria Dance Connection- Special Needs Dance Program
Suite 110- 2750 Quadra St. Victoria BC, V8T 4E8
Erica McFarlane and Sarah Corry, 477-9089
www.victoriadanceconnection.com
Classes for ages 6-11 and 12+ on Saturday afternoons
- Community Living Teen Connections – Creative Movement dance class, Sundays 3:30 - 5:00pm at the downtown YMCA-YWCA – Contact Jade Owen at CLV (jowen@clvic.ca) to register or for more information
- Dance on IT Dance Studio, Lion of Judah Ministries, 6021 West Saanich Rd. Contact Tracy Woiwod at 250-544-8246 for more info.
 - “Meet the Beat” a class for boys and girls with special needs
(11 and under - 45 min) Wednesday 4-4:45 pm
This will be a high energy class with the focus on fun. The children will be encouraged to explore movement and rhythm through the use of scarves, flags, and ribbons. Dance games and lyrical choreography will be used to inspire movement and creativity within each individual child. Please call to discuss the needs your child has and what we can do to facilitate meeting those needs. Some parent participation may be required.
Dress: Loose comfortable clothing with runners or supportive footwear.
 - “Moovin and Groovin” a class for teens with special needs
(12 years and older 60 min) Wednesday 4:45-5:45 pm or 6-7 pm

This will be a high energy, upbeat class. Teens will be taught choreography and how to respond to their God given creativity through dance. Feeling and counting the beat of the music will be learned. The class will be a combination of lyrical, hip hop, line dancing and jazz styles.

Dress: Loose comfortable clothing with runners or supportive footwear.

- Cabri Creative Dance - <http://www.cabricreativedance.com/> (250) 360.2667
Taught by Annemarie Cabri. School year and summer programs
Classes involve "BrainDance" sequence for warm up; some classes combine dance with art.

Fitness:

- Activity and Fitness for Everyone- exercise and game skills group for teens
Contact heidifoord@shaw.ca

Flying:

- Freedom's Wings Canada
<http://www.freedomswings.ca/fw/>

Goal Ball

- Teen program is offered at View Royal Elementary School on the 3rd Thurs. of each month with BC Blind Sports coming over to help with the program
For those wishing to know more about the developing sport of Goal ball, access the BCBlind Sports & Recreation info. page at
www.bcblindsports.bc.ca/graphic/sports/goalball/index.htm

Horseback Riding

- Victoria Riding for the Disabled Assoc. (see brochure)
6917 Veyaness Rd (Keating X Rd area)
Contact: Stella French or Samantha Howe 778-426-0506 or vrda@shaw.ca
<http://members.shaw.ca/vrda>
 - (Info from Nov 2008) Classes are held Tuesday, Wednesday and Thursdays from 9:30am-12:30pm, 2-5pm. Classes are 45min in length, but the student should book about an hour at the barn to get boots, helmets etc on, and then off at the end of the lesson. Each class can have 4 riders in it. Individual lessons are also available.
 - Contraindications: Students are unable to participate if they have rods in their back, uncontrolled seizures, or are over the weight limit of 150lbs.
 - The cost is \$150/rider/session. Each session is 10 weeks in length, and the riders come once a week. In terms of assistance, the TA/parent that brings the rider is responsible for the rider until they mount the horse, and as soon as they dismount. There are times when we don't have enough volunteers, and then they might have to assist in the class.
 - There is a waitlist for the program
- Horseback Riding Victoria
Held @ 3954 Holland Ave (by Vic General)
Contact: Conrad 250-883-1553 or Conrad@horsebackridingvictoria.ca
 - Offers "therapeutic horse sessions...for clients with Autism and Aspergers Syndrome"
 - The cost is \$50 for a 1:1 session.

Kayaking

- Victoria Canoe and Kayak Club:
Contact: Bonnie Blacklock at Recreation Integration 477-6314
- Open Water Connections: an adaptive recreation program that supports people with disabilities. Summer integrated sea kayaking experiences in Indian Arm, Deep Cove
Contact: Karen (604) 221-4835 or karen@powertobe.ca
- With Insight Adaptive Recreation Ltd. Ocean Kayaking
812-5502, withinsight@telus.net, www.withinsightadaptive.ca

Karate /Tae Kwon Do

- Colwood Peewee Karate
Contact: Al Olsen 478-7979
- Sandalwood Martial Arts.
Cadboro Bay United Church Gymnasium 2625 Arbutus RD.
sandalwoodma@yahoo.ca, 595-1088
- Nancy Puckett – teaches martial arts to children (ages 5 and up) with autism and FASD along with their parents
#2-798 Fairview Rd in Esquimalt
\$40 per hour per student
Call 250-813-2086 or email npuckett@shaw.ca for more information. She does not have scheduled classes, but rather creates a class when she has enough interested participants.

Music Therapy

- Victoria Conservatory of Music – Music Therapy Programme (see brochure)
Contact: Dr. Johanne Brodeur – 386-5311 ext. 234; www.vcm.bc.ca
- Tiffany Brulotte: Music Therapist and has worked for the Conservatory. She has experience working with children with cognitive and developmental disabilities
Email: tiffanybrulottle@hotmail.com

Paddling

- Sponsored by Gorge Rowing and Paddling Centre
Led by QACCH School Program therapists
Contact: Allison Freeman 250-519-5390 local 36271

Power Hockey

- Victoria Storm - part of the Canadian Electric Wheelchair Hockey Association (CEWHA), Vancouver Island Division
- Currently looking for more players, they welcome power chair users of all ages and abilities.
- They also welcome other youth/adults with physical disabilities for tasks such as goal keeping, score keeping, assistance/volunteering.
- Saturdays 2-4pm at the Boys and Girls Club on Yates St. across from Central Middle School.
- Cost: \$75 for the season (late September to June). This is payable in \$25 installments if needed.
- Students are welcome to come and watch a Saturday session if they want to check it out
- Contacts: Frank: 361-4321; Nathan: 721-1139; natemoss09@yahoo.ca

Power Soccer

- Saturdays 12 noon – 2pm at the Boys and Girls Club on Yates St.
- Open to all ages and all abilities
- Cost \$20-\$25
- Contact: Chris: 250-478-5854 (home), 250-744-6047 (cell), halpen.chris@gmail.com (email).

Recreation Integration Victoria

- 477-6314 www.rivonline.org
Equipment available for loan (\$100 deposit, \$5 loan fee, up to 1 week loan): trail rider, all-terrain wheelchairs (child and adult size), mono sit water skis, adapted surf board, adult-size tricycle, Varna hand/pedal tandem, Varna II handcycle, adapted kayaks, bicycle trailer

Recreation Centres

- <http://www.fitinfitness.ca>

Website for Greater Victoria recreation centres. Can search for particular activities, special events, links to local recreation resources, etc.

Indoor Rock Climbing

- Programs offered through QA at Crag X or Boulders Climbing Gyms
 - Contact your OT or PT for more information
- Junior Programs at Crag-X Gym (near the Bay St. Bridge)
 - Junior Drop-In – Saturday 10am-noon, Tues/Thu 4-6
 - Children climb with other youth in a mixed group setting under the supervision of Crag-X staff
 - Cost is \$15 per child, including climbing harness and Crag-X staff belayers
 - Sessions can be busy, so arrive early
- Drop In to Crag-X Gym
 - Parents or caregivers can learn to belay (must be 13 years or older) and you can drop in any time. To learn to belay, you must do a comprehensive beginner lesson. Cost is \$59 and includes one free week of climbing after your lesson. For more information, call 250-383-4628 or see www.cragx.ca.
 - See the website for hours of operation.
 - Cost for student drop-in is \$10 (under 12 years old) or \$12 (over 10 years old). Shoe rental \$5. Harness rental \$2. Chalk Bag rental \$2.
- Drop into Boulders Climbing Gym at Stelly's Secondary School, 1627 Stelly's Cross Road
 - Parents or caregivers can learn to belay (must be 12 years or older) and you can drop in any time. To learn to belay, you must do an introductory lesson. For more information, see www.climbtheboulders.com or call 250-544-0310. Cost is \$45 for adults, \$30 for students.
 - Hours of operation are: Mon - Thu 4-11pm; Fri 4-10pm; Sat/Sun 10am-6pm.
 - Cost is \$5 for a student to drop-in. Shoe rental \$3. Harness and Belay Device rental \$3. See the website for more information on rates.
- Power To Be Adventure Therapy Climbing
 - Cost: \$75 3hrs
 - 1/1 programming
 - Contact: Carinna Kenigsberg, Adaptive Recreation Co-ordinator, 656-0166

Sailing

- Disabled Sailing Association (see brochure)
There are competitive opportunities available
Contact: Recreation Integration at 477-6314

Skiing

- Vancouver Island Skiing for the Disabled Society (see brochure)
Any person who has a disability, physical, mental or sensory with some form of self-mobility
Contacts – Don Dunne (250) 339-0632, Dennis McGuckin (250) 338-6177, Brian Calley (250) 334-2994
- Disabled Skiers Association of BC - <http://www.disabledskiingbc.com/>
- Power to Be Adventure Therapy
Cost: \$165 for the first time(Ski Membership), \$130 for the second+
This includes your lift pass, transport to and from Victoria, Ski Gear, and two instructors. If you have your membership, and gear and you just want a ride up to the mountain, the cost is \$15.
Contact: Carinna Kenigsberg
Adaptive Recreation Co-ordinator

656-0166

- Whistler Adaptive Ski program (www.whistlerblackcomb.com, click on Lessons, then Adaptive/Special Needs).
From their website: “The Whistler Adaptive Ski and Scotiabank Learn to Ride Program is now officially recognized as a therapeutic intervention program which meets all criteria of eligibility for Autism funding by the Ministry of Children and Family Development for children 6-18 years of age who reside in British Columbia. The Autism Funding: Ages 6-18 Program, provides families **up to \$6,000 per year** per child.”

Soccer

- Just for Kicks (see brochure)
Sundays from 2-3 in Sept-March; UVIC gym, no fee
Contact: Graham Duncan 250-598-9387 or Eleanor Liddy 595-6205, eliddy@k12connect.ca
- 7 Aside Soccer – Sportability
For Ambulatory persons with Cerebral Palsy or non-progressive neurological disorders
Contact: Bill Arbuckle 479-2964
- Canucks Autism Network – I CAN Play Soccer – Thursdays 3:30 – 4:30pm – October 1 – December 10 – call the YMCA-YWCA to register \$10/child. See the Canucks Autism Network website for more info (<http://www.canucksautism.ca/>)

SportBall

- Non-competitive sports instruction for kids 2-8 years old
- 7 sports: baseball, golf, hockey, soccer, tennis, volleyball.
- Sport-specific classes (7-9 yrs), Multi-sport drop-off classes (3-7 yrs), Parent & tot multi-sport programs (2-3 yrs)
- See Brochure
- 893-1476, leer@sportball.ca; www.sportball.ca

Swimming

Adapted Aquatics lessons:

Crystal Pool

- Thursdays 4pm-4:45
- 9 classes for \$48
- Ratio of 1 instructor to 5 children
- Children must be accompanied by their caregiver in the water
- call the Crystal Pool to register 250-361-0732

Gordon Head Rec

- Thursdays 3:30-4:15 or 4:15-5pm
- 5 classes for \$36
- Ratio of one child for every 5 children
- Children must be accompanied by their caregiver/interventionist
- Volunteers in association with RIV and QACCH
- Call 475-7110 (Deanna Roch) for more info

- Canucks Autism Network – Swim with CAN call the Y for more info or to register \$10/child. See the Canucks Autism Network for more information (<http://www.canucksautism.ca/>)
- Red Cross Lessons – All Pools
-Will make every effort to include a child. The first 4 levels have low child /teacher ratio
-Swimmers with physical disabilities often have to provide their own helpers in the water (Recreation Integration will provide support if needed)

-Contacts: Crystal Pool - 361-0732 Oak Bay - 595-7946
Esquimalt Pool - 414-7102 Gordon Head - 477-1871
Panorama -656-7271 Juan de Fuca -474-8677
Saanich Commonwealth Place -727-5300

- Private Lessons: possible at all pools however this is determined on an individual case basis
Speak to Coordinator for Swimming Lessons at specific pool
- Oak Bay Integrated Swim
Saturdays from 11:30 – 1:00
Up to 2 friends or family members can accompany the individual with the disability for free.
The disabled person pays the regular admission fee.
The pool is divided for various activities (within the 1 1/2-hr. time)
All ages, all disabled included
Drop-in basis, no need to register
Contact: Aquatic Coordinator - 595-7946
- Tyee Swim Club - Swimmers with a Disability (SWAD) (see brochure)
Students with AHD, Tourettes or DCD etc. are integrated.
Swimmers wanting to be in a competitive program should be able to swim a min. of 20 metres. (1 length) in water over their head (exceptions can be made – speak with Janet)
Swimmers will be assessed and placed in appropriate groups
Swimmers need to be independent in the change room or bring their own help
Flexible program where parents pay monthly and can choose from 1,2 or 3 times per week of swimming
If the person is away or ill they can swim an alternate day to make up the missed swim within the month
Tyee also runs several elementary school swim teams and is more than willing to include students with a disability on their school teams
Fun swim meets bimonthly and additional competition opportunities if swimmer desires
Some accommodation can be made for swimmers with sensory loss (blind or deaf)
Contact Janet if any questions about the program and its suitability. Contacts: Neil Harvey (coach) 595-8930 or Janet Dunn –386-7337; jadswim@gmail.com

Synchronized Swimming

- Mondays 4:30-5:30 at Saanich Commonwealth Place
- 10 sessions for \$100
- For children ages 10 and up with intellectual disabilities put on by Pacific Sport Synchro
- Children must be comfortable in deep water and able to swim two lengths (50m) unassisted
- Perfect for children who love water, music, and the pool
- Contact: synchro@pacificsport.com or 250-881-1471

Tennis

- Wheelchair Tennis Program – need good manual wheelchair skills
Tues. 5:30 –7:00 @ Cedar Hill Rec.
Sundays 3:00 – 4:30 @ Henderson or Cedar Hill
Contact: Robin Laver 595-8394

Track and Field

- Operation Trackshoes
Annual program at the University of Victoria
For people with developmental-cognitive impairment

Competitor Registration: 250-472-6270
Counsellor Recruitment: 250-721-4932
General Inquiries: 250-721-2233
info@trackshoes.ca

Wheelchair Racing

- If interested call Janet Dunn for further info. 386-7337

Wheelchair Rugby

- Contact sport, more adult-oriented
- 1-604-737-3194

Yoga

- Rhonda Hart:
Does private yoga classes with people who have special needs. Tailors the yoga to student's abilities and needs
Email: Rhonda@FindingtheBalance.ca
Phone: 250 - 884 - 4282
- Karin Sarnblom – teaches out of Hemma Yoga in Fairfield (www.hemma.ca). Call or email for details re: classes for children or families.
Email: karin.sarnblom@gmail.com
Phone: (h) 250-294-5006; (c) 250-891-0742; (w) 250-294-0434
- Parent Child Yoga Classes offered through Saanich Commonwealth Place
Both parent and child (ages 8-12) must register. Sessions run in blocks of about 8 classes at a cost of \$56 for each person (parent and child must register).
Check the Saanich Rec site - <http://www.gov.saanich.bc.ca/resident/recreation/recmain.html>
Or phone Commonwealth Place for info – 250-475-7600

Special Olympics:

- Special Olympics is a volunteer, non-profit organization providing sport, recreation, training and competition to individuals with intellectual disabilities in the Capital Region.
- It offers a variety of winter sports (Oct – Feb) including 5-pin bowling, curling, floor hockey, figure skating, rhythmic gymnastics, skiing, snowshoeing, swimming, and “athletic club” (fitness basics), and a variety of summer sports (Apr-Jun) including golf, track and field, soccer, softball, and t-ball.
- See <http://www.victoriaspecialolympics.com/> for contact info and schedules.

(continued next page for associations)

Associations

- **BC Blind Sports and Recreation Association**
330- 5055 Joyce St. Vancouver, BC V5R 6B2, (604) 325-8638
www.bcblindsports.bc.ca
Program Director: Mike Lonergan, mike@bcblindsports.bc.ca
Mike comes over approx. once per month to see kids in Victoria.
- **BC Mobility Opportunities Society**
(604) 688-6464
- **BC Physically Handicapped Winter Sports Association**
3449 Wellington Cres. North Vancouver, BC V7R 3B3, (604) 924-2202
- **BC Wheelchair Basketball Society**
#224- 1367 W. Broadway, Vancouver, BC V6H 4A9
(604) 737-3138; Fax (604) 737-6043
Email: marni@bcwbs.ca
- **BC Wheelchair Sports**
- **CanAssist** – dedicated to developing technology, programs and services that improve the quality of life of those with special needs. <http://www.canassist.ca/>
- **Cerebral Palsy Sports Association**
Contact: Krista Wright 383-6762, Sean or Margaret 479-8143
- **Disabled Skiers Association of BC**
#324-1367 West Broadway, Vancouver, V6H 4A9, (604) 737-3042
- **Power Hockey Victoria**
Contact: Charles Reid 381-5447
- **Power To Be Adventure Therapy Society**
#201- 651 Queens St. Victoria, BC V8T 1L9 478-0161 or 1-800-375-2363
www.powr2b.com
- **Recreation Integration Victoria** (see brochure)
Provide assistance to the individual in identifying their leisure and recreation interests and where they can pursue them in their local community.
They provide the **Leisure Assistant's Pass**, which is a 6 month pass (no charge) which provides free admission for a person accompanying an individual with a disability to a variety of facilities/attractions in the city. The person with a disability pays the regular admission cost.
4135 Lambrick Way Victoria, BC V8N 5R3
Ph. 477-6314
www.rivonline.org, information@rivonline.org
- **Sledge Hockey Canada**
(888) 857-8533
- **Special Olympics**
BC Special Olympics Victoria
PO Box 32048, 3651 Shelbourne St. Victoria, BC V8P 5S2

Contact: Joanne Osbourne 384-2665;
www.victoriaspecialolympics.com

- **To Do Canada:**
Sports links for the physically disabled in Canada
<http://www.td.ca>
- **Vancouver Adaptive Snow Sports**
www.vass.ca
- **Victoria Riding for the Disabled Association**
Victoria North, PO Box 43032, Victoria, BC V8X 3G2
Contact: Stella French 658-6272 (barn) or vrda@shaw.ca
<http://members.shaw.ca/vrda>
- **Victoria Tetra Society**
Help create assistive devices
PO Box 30174 Victoria, BC V8X 5E1
474-5939
www.victoriatetra.netfirms.com
- **Victoria Wheelchair Sports**
Contact: Bernice Wong 386-8229
- **With Insight Adaptive Recreation Ltd.**
812-5502, withinsight@telus.net