

## **Recreational Programs 2008**

**(including contact information about adaptive programs for persons with disabilities)**

### **Academy of Ballet**

408 Superior Street (James Bay) Contact: 385-2622

### **T-Ball Special Olympics**

Runs from April-June Contact: Jo Obsourne 384-2665

### **Junior Wheelchair Basketball**

Ages: 8-17 years, all levels accepted Mondays 6:00-7:30 pm. Sept.-May  
Central Baptist Church 833 Pandora Contact: Marilyn LaPointe 595-5039 [annmml@telus.net](mailto:annmml@telus.net)  
or Laura Tighe 721-2410 [ltighe@uvic.ca](mailto:ltighe@uvic.ca)

### **Baseball/Challenger Little League- Ages: 5-18+**

#### **Esquimalt Little League**

Contacts: Fran Moore 744-2218, Bruce Leslie 598-0564, Mark Medd 380-6927

#### **Central Saanich Little League**

Contact: Janice Spelt 652-2575

#### **Lakehill Little League**

Contacts: Linda and Dean Gilmour 370-7553 or e-mail [skatewithme@shaw.ca](mailto:skatewithme@shaw.ca)

### **Bike Riding**

Lessons for persons with disabilities; camps and private lessons  
Contact: 1-888-886-6464 [www.pedalheads.ca](http://www.pedalheads.ca)

### **Ralmax Boat for Hope**

One Saturday in June. Ages: 6-14 years; siblings welcome  
Call 1-800-385-2263 for more information

### **Camping**

BC Parks Disabled Access Program: free camping in BC Provincial Parks  
[www.discovercamping.ca](http://www.discovercamping.ca)  
Send form to: BC Parks 2<sup>nd</sup> Floor, 800 Johnson St, Victoria BC V8V 1X4  
Phone: 387-1161

### **Curling-Special Olympics**

October-March Thursdays at 4 pm. at Victoria Curling Club Contact: Jo Obsourne 384-2665

### **Cycling-Trikes and Bikes**

Competitive Training and Cycling Opportunities Contact: Janet Dunn 386-7337

### **Dance Victoria NB: Program availability fluctuates, depending on funding available**

"Tailspin" integrated dance program for youth and young adults with disabilities. Free,  
Sundays 12-2 pm. April-June at Gordon Head Rec. Centre  
Contact: Lori Hamar 595-1829 [www.DanceVictoria.com](http://www.DanceVictoria.com)

### **Dance Unlimited**

Dance classes for children with learning disabilities  
Contact: Lindsay and Barb Stokes 361-3267

### **Victoria Dance Community Dance Project**

Movement workshops for people with disabilities Contact: Geoff 385-9828

### **Victoria Dance Connection**

Special Needs Dance Program

Ages: 6-11 and 12+ on Saturdays Suite 110-2750 Quadra Street

Contacts: Erica McFarlane, Sarah Corry 477-9089 [www.victoriadanceconnection.com](http://www.victoriadanceconnection.com)

### **Fitness**

Activity and Fitness for Everyone exercise and game skills group for teens

Contact: [heidifoord@shaw.ca](mailto:heidifoord@shaw.ca)

### **Floor Hockey**

Special Olympics September-March Mondays 7-9 pm. Cedar Hill Middle School

Contact: Jo Osbourne 384-2665

### **Horseback Riding**

Victoria Riding for the Disabled Association. There is a waitlist for this program.

Contact: Stella French 658-6272 [www.vrda@shaw.ca](http://www.vrda@shaw.ca)

### **Goal Ball**

For more information, access the BC Blind Sports and Recreation Information page at:

[www.bcblindsports.bc.ca/graphic/sports/goalball/index.htm](http://www.bcblindsports.bc.ca/graphic/sports/goalball/index.htm)

### **Kayaking**

Open Water Connections: an adaptive program that supports people with disabilities.

Summer integrated sea kayaking experiences in Indian Arm, Deep Cove

Contact: Karen (604) 221-4855 or [karen@powertobe.ca](mailto:karen@powertobe.ca)

### **Karate/Tae Kwon Do**

Hwang's Martial Arts Centre 382-7778

### **Karate**

Inclusive, integrated program Cadboro Bay United Church Gymnasium 2625 Arbutus Road

Contact: Al Olsen 478-7979 or 595-1088 [sandalwoodma@yahoo.ca](mailto:sandalwoodma@yahoo.ca)

### **Victoria Conservatory of Music**

**Music Therapy** Program for children with disabilities and their siblings

(\*partnership with Community Options for Children and Families-financial assistance available) Contact: Dr. Johanne Brodeur 386-5311 ext. 234 [www.vcm.bc.ca](http://www.vcm.bc.ca)

### **Music Therapy**

private sessions Tiffany Brulotte: music therapist who has worked for the Victoria Conservatory; she has experience working with children with developmental disabilities

[tiffanybrulottle@hotmail.com](mailto:tiffanybrulottle@hotmail.com)

### **Paddling**

Therapeutic, recreational program led by QACCH School Program Therapists

\*sponsored by Gorge Rowing and Paddling Centre

Contact: Fran Bitonti 474-9820, Alison Freeman 477-1826 ext. 6271

### **Power (Wheelchair) Hockey**

#### **Junior League**

Contacts: Nathan 721-1139, Chris 478-5854 Coaches: Stacey 475-1532, Kelly 478-5479

#### **Adult League**

Age 14+ Contacts: Frank 361-4321 or Nathan at: [riderfan@yahoo.com](mailto:riderfan@yahoo.com)

### **Recreation Integration Victoria**

Adaptive recreational equipment available for loan

\*LOTS of information about inclusive recreational programs

Contact: 477-6314 [www.rivonline.org](http://www.rivonline.org)

### **Recreation Centres**

Website for Greater Victoria recreation centres

Search for particular activities, special events, links to local recreation centres and resources, etc., <http://www.fitinfitness.ca>

### **Rhythmic Gymnastics**

Special Olympics Contact: Jo Osbourne 384-2665

### **Rock Climbing (Indoor)**

Crag X Climbing Gym (near Bay Street bridge) Contact: Erin Mazzoni 477-1826

\*parents need to complete a Recreation Group Referral Form, available from Queen Alexandra Centre for Children's Health 477-1826

### **Rock Climbing (Indoor)**

Boulders Climbing Gym, located at Stelly's Secondary School

Various programs offered during the school year, as well as spring break and summer camps

Contact: Erin Mazzoni 477-1826 The Boulders Gym: 544-0310

[www.climbtheboulders.com](http://www.climbtheboulders.com)

### **Rock Climbing (outdoor)**

Power To Be Adventure Therapy; 1:1 programming

Contact: Carina Kenigsberg, Adaptive Recreation Coordinator 656-0166

### **Wheelchair Rugby**

Contact Sport, adult-oriented 1-604-737-3194

### **Sailing**

Disabled Sailing Association \*competitive opportunities available

Contact: Recreation Integration Victoria 477-6314

### **Skiing**

Vancouver Island Skiing for the Disabled Society

Any person who has a disability (physical, sensory or developmental)

Contacts: Don Dunne 339-0632, Dennis McGuckin 338-6177, Brian Calley 334-2994

### **Skiing**

Special Olympics-Downhill and Cross Country Contact: Jo Osbourne 384-2665

### **Skiing**

Disabled Skiers Association of BC [www.disabledskiersassociationbc.com](http://www.disabledskiersassociationbc.com)

**Skiing**

Power To Be Adventure Therapy

Contact: Carina Kenigsberg, Adaptive Recreation Coordinator 656-0166

**Snow Shoeing**

Special Olympics September-March, Wed. 6-7 pm Contact: Jo Osbourne 384-2665

**Soccer**

Just for Kicks-inclusive soccer program for kids of all abilities; Sundays from September-March at the U-Vic gym (no fee) Contact: Eleanor Liddy 595-6205 [eliddy@k12connect.ca](mailto:eliddy@k12connect.ca)

**Soccer**

Special Olympics April-June Contact: Jo Osbourne 384-2665

**Soccer**

7 Aside Soccer-Sportability For persons with Cerebral Palsy or non-progressive neurological disorders Contact: Bill Arbuckle 479-2964

**Speed Skating**

Special Olympics September-March Archie Browning Arena Contact: Jo Osbourne 384-2665

**SportBall**

Non-competitive sport instruction for kids 2-8 years old 7 sports: baseball, golf, hockey, soccer, tennis, volleyball, basketball phone: 893-1476 [www.sportball.ca](http://www.sportball.ca) or [leer@sportball.ca](mailto:leer@sportball.ca)

**Swimming**

Gordon Head Adapted Aquatics-swimming lessons for children with special needs. This program is individually tailored to meet the needs of each student. (volunteers in association with QACCH and RIV) Contact: 475-7110

**Swimming**

Special Olympics Tuesdays 6:00-7:30 at Crystal Pool Contact: Jo Osbourne 384-2665

**Red Cross Lessons**-all pools

Swimmers with physical disabilities will often need their own helpers in the water (\*RIV will provide support if needed).

Contacts:

Oak Bay: 595-7946

Crystal Pool: 361-0732

Esquimalt Pool: 414-7102

Juan de Fuca: 474-8677

Panorama: 656-7271 Gordon Head: 477-1871

Saanich Commonwealth Place: 727-5300

**Swimming Lessons**

Private Swimming Lessons are possible at all pools however this is determined on an individual case basis. Parents should ask to speak with the Coordinator for Swimming Lessons at the specific pool.

**Swimming**

Oak Bay Integrated Swim All ages and all abilities, caregivers do not pay

Contact: Aquatic Coordinator 595-7946

### **Swimming**

Tyee Swim Club (SWAD-Swimmers With A Disability)

Contact: Janet Dunn 386-7337 if you have any questions about the program or its suitability for your child or contact Neil Harvey (Coach) 595-8930

### **Tennis**

Wheelchair Tennis Program Contact: Robin Laver 595-8394

### **Track and Field**

Special Olympics April-June Contact: Jo Osbourne 384-2665

### **Wheelchair Racing**

Contact: Janet Dunn 386-7337

### **Yoga**

Yoga Kids-Integrative learning using yoga as a pathway [www.yogakids.com](http://www.yogakids.com)

Contact: Fran Lynott 478-8074 [franlynott@yahoo.ca](mailto:franlynott@yahoo.ca)

### **Yoga**

Private classes for children and adults with special needs.

Contact: Rhonda Hart 884-4282 [Rhonda@FindingtheBalance.ca](mailto:Rhonda@FindingtheBalance.ca)

Private classes for children with cognitive or developmental disabilities.

Contact: Tiffany Brulottle [tiffanybrulottle@hotmail.com](mailto:tiffanybrulottle@hotmail.com)

## **Organizations or Recreation Centres:**

### **BC Blind Sports and Recreation Association**

[www.bcblindsports.bc.ca](http://www.bcblindsports.bc.ca) Program Director: Mike Longergan [mike@bcblindsports.bc.ca](mailto:mike@bcblindsports.bc.ca)

### **BC Mobility opportunities Society**

(604) 688-6464

### **BC Physically Handicapped Winter Sports Association**

Contact: (604) 924-2202

### **BC Wheelchair Basketball Society**

Contact: [marni@bcwbs.ca](mailto:marni@bcwbs.ca) ph: (604) 737-3138

### **CAFCA Child and Family Counselling Association**

“CAFCA Autism Services Summer Day Camp”

Contact: Brian Hill (Autism Service Coordinator) ph: 595-4423 or [brian@cafca.ca](mailto:brian@cafca.ca)

### **Cerebral Palsy Sports Association**

Contact: Krista Wright 383-6762 or Sean or Margaret 479-8143

### **Community Living Victoria/RIV**

Teen Community Connections-an inclusive after school program for youth with disabilities

Contact: Alisha ph: 477-7231 ext. 37 or [ablenkiron@clvic.ca](mailto:ablenkiron@clvic.ca)

### **Community Options for Children and Families**

Contact: Kim Banfield 380-6363 [kbanfield@communityoptions.bc.ca](mailto:kbanfield@communityoptions.bc.ca)  
[www.communityoptions.bc.ca](http://www.communityoptions.bc.ca)

(\*Depending on funding available, COCF provides financial assistance for recreational programs or additional respite/caregiving for Spring, Summer and Winter Breaks).

### **Community Respite Services for Families**

Families that are already registered with the CRSF can apply for Summer Holiday Hours which they may use in addition to their regular monthly hours.

Summer Program information ph: 721-6710 or [crsf@viha.ca](mailto:crsf@viha.ca)

### **Disabled Sailing Association**

Contact: ph 477-6314 ext. 13 or e-mail: [dsa@rivonline.org](mailto:dsa@rivonline.org)

### **Hands On Summer Camp**

Licensed camps are one week in duration and integrate hearing, deaf and hard of hearing children ages 5-12 Contact: Shelagh (250) 995-6425

[www.handsonsummerncamp.com](http://www.handsonsummerncamp.com) or [contact@handsonsummerncamp.com](mailto:contact@handsonsummerncamp.com)

### **Learning Disabilities Association**

Reading and writing program for children aged 6-18 experiencing difficulty with developing their reading and/or writing skills; LDA also has an Academic skill development program for youth 8-18 Contact: Debbie Cybulski 370-9513 or [info@ldasvi.bc.ca](mailto:info@ldasvi.bc.ca)

### **Leisure Time Summer Program**

Suitable for children and teens 6-18 with developmental disabilities

Contact: Val 744-1210 for program information

### **Phoenix Human Services Association**

“Summer Fun” program operates for July and August Contact: Nicole 383-4821

### **Power To Be Adventure Therapy Society**

Contact: 1-800-375-2363 or (250) 385-2363 e-mail: [carina@powertobe.ca](mailto:carina@powertobe.ca) and [www.powr2b.com](http://www.powr2b.com) \*huge volunteer base-may offer 1:1 support to take children and youth hiking, kayaking, rock climbing, camping, etc.

### **Recreation Integration Victoria**

[www.rivonline.org](http://www.rivonline.org) or [information@rivonline.org](mailto:information@rivonline.org)

Contact: 477-6314 \*provide assistance to the individual in identifying their leisure and recreation interests and where they can pursue them in their local community-volunteers available.

### **Recreation Integration Victoria-RIV's Outdoor Equipment Loans**

Contact: Faye ph: 477-6314 ext. 10 RIV has a variety of adapted outdoor recreation equipment such as all-terrain wheelchairs, handcycles, bike trailers and more

### **Recreation Integration Victoria-RIV's Summer Inclusion Program**

Contact: Brendan, Summer Inclusion Service Coordinator ph: 477-6314 ext. 14  
e-mail: [summer@rivonline.org](mailto:summer@rivonline.org)

### **Salt Spring Island Community Services**

Contact: Annika Lund (250) 537-9971 ext. 224

### **Sooke Options for Community Living**

“Sooke Summer Journeys Day Camp” June 30<sup>th</sup>-August 21<sup>st</sup> Contact: (250) 642-7084

### **Special Olympics**

BC Special Olympics Victoria Branch [www.victoriaspecialolympics.com](http://www.victoriaspecialolympics.com)

Contact: Jo Osbourne 384-2665

### **To Do Canada**

Sports links for persons with disabilities in Canada <http://www.td.ca>

### **Vancouver Adaptive Snow Sports**

[www.vass.ca](http://www.vass.ca)

### **Victoria Riding for the Disabled Association**

[www.vrda@shaw.ca](mailto:www.vrda@shaw.ca) Contact: Stella French 658-6272

### **Victoria Tetra Society**

Contact: 474-5939 [www.victoriatetra.netfirms.com](http://www.victoriatetra.netfirms.com) (\*Help create assistive devices)

### **Victoria Wheelchair Sports**

Contact: Bernice Wong 386-8229

### **VIHA/QACCH- Summer Adventure 2008**

**INTEGRATED DAY CAMPS:** integrated day camps with 20 children in each camp for July and August Contact: Sarah or Victoria after May 9<sup>th</sup> ph: 721-6704

**TEEN DAY CAMPS:** two camps will accommodate up to 12 teens with physical and/or developmental challenges Contact: Sarah or Victoria after May 9<sup>th</sup> ph: 721-6704

**TEEN NIGHTS:** planned for Thursday nights for June, July and August from 4:30-8:30 June 5<sup>th</sup>-Aug. 21<sup>st</sup> Contact: Sarah or Victoria after May 9<sup>th</sup> ph: 721-6704

### **With Insight Adaptive Recreation, Ltd.**

[with\\_insight@yahoo.ca](mailto:with_insight@yahoo.ca)

## **SUMMER RESIDENTIAL CAMPS**

### **Camp Columbia**, Thetis Island

Contact: Eric 1 (866) 946-3751 or [admin@campcolumbia.com](mailto:admin@campcolumbia.com)

### **Camp Imadene**, Mesachie Lake

Contact: 1 (800) 445-7575 or e-mail [imadene@shaw.ca](mailto:imadene@shaw.ca) or [www.imadene.com](http://www.imadene.com)

### **Camp Pringle**, Shawnigan Lake

Contact: Darryl ph: 472-6877 or e-mail [director@camppringle.com](mailto:director@camppringle.com) or [www.camppringle.com](http://www.camppringle.com)

### **Camp Shawnigan**, B.C. Lion's Society

Contact: Hartley 1 (800) 818-4483 ext. 445 or [camp@lionsbc.ca](mailto:camp@lionsbc.ca) or [www.lionsbc.ca](http://www.lionsbc.ca)

### **Camp Thunderbird**, Y.M.C.A./Y.W.C.A

Contact: Peter (250) 418-1840 or e-mail [tbirdsummercamp@victoriay.ca](mailto:tbirdsummercamp@victoriay.ca)

# PARKS AND RECREATION CENTRES

## Esquimalt Parks and Recreation

Ph: Esquimalt Rec. Centre 412-8500 Archie Browning Sports Centre 412-8510

Web: [www.esquimalt.ca/recreation/index.htm](http://www.esquimalt.ca/recreation/index.htm)

## Juan de Fuca Parks and Recreation

Ph: 478-8384 Web: [www.jdfrecreation.com](http://www.jdfrecreation.com)

## Oak Bay Parks and Recreation

Ph: Henderson Centre 370-7200 Monterey Centre 370-7300 Oak Bay Rec. Centre 595-7946

Web: [www.recreation.oakbaybc.org](http://www.recreation.oakbaybc.org)

## Panorama Recreation

Ph: 656-7271 Web: [www.crd.bc.ca/panorama](http://www.crd.bc.ca/panorama)

## Saanich Recreation

Ph: Cedar Hill Rec. Centre 475-7121

Gordon Head Rec. Centre 475-7100

G.R. Pearkes Rec. Centre 475-5400

Saanich Commonwealth Place 475-7600

Community Services 475-5424

Web: [www.gov.saanich.bc.ca/resident/recreation/recmain.html](http://www.gov.saanich.bc.ca/resident/recreation/recmain.html)

## Victoria Recreation

Ph: Crystal Pool and Fitness 361-0704

Blanshard Community Centre 388-7696

Burnside Gorge Community Place 388-5251

Fairfield Community Place 382-4604

Fernwood Community Centre 381-1552

James Bay Community Centre 389-1470

Oaklands Community Centre 370-9101

Vic West Community Y 388-6120

Royal Athletic Park 361-0373

Web: [www.city.victoria.bc.ca/visitors/leisure\\_rec.shtml](http://www.city.victoria.bc.ca/visitors/leisure_rec.shtml)



If you notice any information that needs to be updated or if you would like me to add a program or service to this recreation resource database please contact Kim at Community Options phone: 380-6363 or e-mail: [kbanfield@communityoptions.bc.ca](mailto:kbanfield@communityoptions.bc.ca)

THANK YOU TO ALL THE ORGANIZERS AT THE QACCH RECREATION FORUM (IN MARCH 2008) AND TO RECREATION INTEGRATION VICTORIA FOR THE INFORMATION CONTAINED IN THIS RESOURCE LIST.