

# Recreational Programs-2<sup>nd</sup> Edition April 2009

Contact information about community-based, adaptive and inclusive programs for persons with and without disabilities.

## Academy of Ballet

408 Superior Street (James Bay) Contact: 385-2622 [www.academyofballet.ca](http://www.academyofballet.ca)

## T-Ball Special Olympics

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

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

## 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  
[annml@telus.net](mailto:annml@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 [www.victoriaspecialolympics.com/](http://www.victoriaspecialolympics.com/)

### **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 [www.victoriaspecialolympics.com/](http://www.victoriaspecialolympics.com/)

### **Horseback Riding**

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

Contact: Stella French 658-6272 [www.vrda@shaw.ca](mailto: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 (\*the partnership with Community Options for Children and Families may provide financial assistance).

Contact: Dr. Johanne Brodeur 386-5311 ext. 234 [www.vcm.bc.ca](http://www.vcm.bc.ca)

### **Music Therapy**

private sessions with Tiffany Brulotte, music therapist; she has experience working with children with developmental disabilities

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

### **Operation Trackshoes** held in June at the University of Victoria

A sports festival for the citizens of British Columbia who have a mental disability. Contact: Registration 250-472-6270 <http://trackshoes.ca/>

### **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. NOTE: most recreation centres will make efforts to include participants that have extra support needs.

To find out if a particular program meets your needs and if it would suit your child, contact the Program Coordinator at the specific recreation centre. Search for particular activities, special events, links to local recreation centres and resources, etc., [www.fitinfitness.ca](http://www.fitinfitness.ca)

### **Rhythmic Gymnastics** Special Olympics

Contact: Jo Osbourne 384-2665 [www.victoriaspecialolympics.com/](http://www.victoriaspecialolympics.com/)

### **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 [www.victoriaspecialolympics.com/](http://www.victoriaspecialolympics.com/)

**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

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

### **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 [www.victoriaspecialolympics.com/](http://www.victoriaspecialolympics.com/)

### **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

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

### **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

### **Swimmers With a Disability (S.W.A.D.)**

Contact info in the link below:

<http://www.teamunify.com/SubTabGeneric.jsp?team=cais&stabid=7319>.

### **Swimming Special Olympics**

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

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

### **Red Cross Lessons**-all pools

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

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

### **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)

## 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 <http://bcmos.org/>

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

Contact: (604) 924-2202

[http://www.enablelink.org/include/disability\\_organization.php?pid=&cid=&subid=&aid=4629&atype=](http://www.enablelink.org/include/disability_organization.php?pid=&cid=&subid=&aid=4629&atype=)

### **BC Wheelchair Basketball Society**

Contact: [marni@bcwbs.ca](mailto:marni@bcwbs.ca) ph: (604) 737-3138 <http://www.bcwbs.ca/>

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

"CAFCA Autism Services Summer Day Camp"

Contact: Brad Kaefer (Autism Service Coordinator) ph: 595-4423 or  
[brad@cafca.ca](mailto:brad@cafca.ca)

### **BC Cerebral Palsy Sports Association**

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

<http://www.sportabilitybc.ca/>

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

Teen Community Connections-an inclusive after school program for youth with disabilities. Contact: Jade ph: (250) 477-7231

[http://communitylivingvictoria.ca/display.php?page=about\\_services\\_community](http://communitylivingvictoria.ca/display.php?page=about_services_community)

### **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)

**Cridge Centre for the Family**, Victoria

Offers nursery for children ages 6-36 months, group daycare and preschool for children ages 3-5 years, kindergarten program, before and after school care and full-day care during summer break. Contact: (250) 384-8058

[www.cridge.org](http://www.cridge.org)

**Disabled Sailing Association**

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

**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)

**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

**Salt Spring Island Community Services**

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

**Shawnigan Lake Community Centre**

Contact: (250) 743-1433

[www.cvrld.bc.ca/rec/slcc/programs/day\\_camps/index/htm](http://www.cvrld.bc.ca/rec/slcc/programs/day_camps/index/htm)

**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](http://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

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

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

## **SUMMER CAMPS**

NOTE: The 'Little Yellow Book' is mailed to families through regular mail. If you did not receive a copy, one can be found on-line (see below). Recreation Integration Victoria provides the **Summer Services for Children with Disabilities** booklet. The booklet will assist families and their children with disabilities in planning for summer. On-line copy: <http://www.rivonline.org/SummerBooklet2009.pdf> .

**CLBC Sponsored Services Request Form-deadline to submit this request form (for 2009) is APRIL 20<sup>th</sup>, 2009**

<http://www.rivonline.org/CLBC%20REQUEST%20FORM%20FINAL.doc>

Purpose: to ensure one of the following camps that families choose is suitable for their child and to ensure equitable access for families to CLBC funded services.

### **My Summer Camps-Search Engine**

Input your province of choice and it will generate a list of the summer camps available in that province. [www.mysummercamps.com](http://www.mysummercamps.com)

### **Artessy Summer Arts Camp**

University of Victoria, age 6-13. Each camp will explore the different artists and movement of a specific region or site that has been important in the production of art in the last century.

Contact: (250) 721-6664 <http://finearts.uvic.ca/visualarts/artessy/>

### **Athletes in Action Canada**

Various camps throughout the province. Ages 9 and up. Baseball, basketball, football, soccer, volleyball, and hockey. Contact: (604) 514-2000

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

### **Boys and Girls Club**

Southern Vancouver Island ages 6-13. Boys and Girls Club services of Greater Victoria provides adventurous, exciting outdoor activities.

Contact: Tammy Reid (250) 384-9133 ext. 216 <http://www.bgcvic.org/>

### **(Camp) Columbia**, Thetis Island

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

### **Braefoot Community Association**

Victoria, BHoopa is Braefoot's best known program offering basketball camps in the summer. Braefoot also offers Martial Arts, Soccer and Lacrosse. Contact: (250) 250-721-2244 [info@braefoot.ca](mailto:info@braefoot.ca) or [www.braefoot.ca](http://www.braefoot.ca)

### **Debate Camp Canada**, Shawnigan Lake

Public speaking, debate, global awareness, leadership training for youth ages 12-17.

Contact: 1 (888) 512-8154 [www.debatecamp.org](http://www.debatecamp.org)

### **Eureka Camp**

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

A residential summer camp for children and youth with invisible disabilities including: Learning Disabilities, ADD/ADHD, Aspergers, Tourettes Syndrome and Epilepsy.

### **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.handsonsummercamp.com](http://www.handsonsummercamp.com) or [contact@handsonsummercamp.com](mailto:contact@handsonsummercamp.com)

### **(Camp) Imadene**, Mesachie Lake

Christian Camping Environment

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

### **Island Escapades, Saltspring Island**

Day Camps for children aged 8-12 and overnight camps for youth aged 12-18. Kayaking, climbing, orienteering, swimming, hiking and wilderness skills. Contact (250) 537-2532 [www.islandescapades.com/](http://www.islandescapades.com/)

### **Leisure Time Summer Program**

Suitable for children and teens 6-18 with developmental disabilities  
Contact: Val 744-1210 for program information

### **Moorecraft Camp, Nanoose Bay-Vancouver Island**

For campers aged 6-18 to enjoy games, crafts, swimming, kayaking and sing-alongs. Contact: 1-250-468-7511 or [www.moorecraft.net](http://www.moorecraft.net)

### **(Camp) Phoenix, Gabriola Island**

Week-long camp for children aged 8-11, sponsored by the BC Youth Parliament to provide a positive camping experience for youth who would not otherwise have the opportunity to attend an summer camp due to social or financial hardships. Contact: Laurel Hogg (604) 727-2547 [www.bccyp.org/campphoenix/](http://www.bccyp.org/campphoenix/)

### **Pioneer Pacific Camp, Thetis Island**

For children in grades 2-12. Wakeboarding, sailing, kayaking, music, singing, skits and crafts. Contact: (250) 246-9613 or 1-800-784-1415  
[www.pioneerpacific.ca/camps.html](http://www.pioneerpacific.ca/camps.html)

### **G. Pringle Memorial Camp, Shawnigan Lake**

Outdoor experience for children aged 8-16 includes canoeing, sailing, swimming, windsurfing, archery, crafts, etc.  
Contact: Darryl ph: 472-6877 or e-mail [director@camppringle.com](mailto:director@camppringle.com)  
or [www.camppringle.com](http://www.camppringle.com)

### **(Camp) Qwanoes, Crofton**

From wakeboarding to archery, there are over 40 activities to choose from!  
Contact: 1-88-997-9266 or [www.qwanoes.ca/summer/](http://www.qwanoes.ca/summer/)

### **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)

### **S.E.T.BC-Special Education Technology**

[www.setbc.org/summer\\_programs](http://www.setbc.org/summer_programs)

Residential summer camp options for children and youth with visual and/or speech impairments.

**(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)

**Sooke Options for Community Living**

"Sooke Summer Journeys Day Camp" June 30<sup>th</sup>-August 21<sup>st</sup> Contact: (250) 642-7084 [http://socla.ca/summer\\_journeys.htm](http://socla.ca/summer_journeys.htm)

**StageCraft Theatre School**

For children aged 3-15. These performance oriented camps give students the opportunity to train in dance, voice and drama with highly-specialized teachers as well as the chance to be involved in a production from conception to performance. Contact: 1-877-999-7287 [www.stagecraft.ca/STS-Summer\\_Camps\\_index-doors.htm](http://www.stagecraft.ca/STS-Summer_Camps_index-doors.htm)

**(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)

**University of Victoria**

Sports camps for children aged 5-18; rugby, soccer, basketball, cross country, track and field, swimming, tennis and volleyball. Contact: (250) 472-4772 <http://vikes.uvic.ca/camps/Summer-Camp-2008.pdf>

**University of Victoria**

Science Venture is a non-profit organization that offers hand-on, minds-on science and technology learning opportunities for youth entering grades 1-12. Contact: (250) 721-8661 [sventure@engr.uvic.ca](mailto:sventure@engr.uvic.ca)

**VANSPEC-Vancouver Special Catechetical Program**

[www.rcav.bc.ca/vanspec/](http://www.rcav.bc.ca/vanspec/)

Summer program of Catholic catechetical instruction for children and adults with learning disabilities and or intellectual disabilities.

**VIHA/QACCH- Summer Adventure**

**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 [www.queenalexandra.org](http://www.queenalexandra.org)

**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

### **YMCA-YWCA**

Residential Camp Thunderbird-Swimming, canoeing, kayaking, archery, rock climbing

Summer Day Camps-local beach visits, arts and crafts, music and sports.

Contact: (250) 418-1840 [www.victoriay.com/children\\_youth.php](http://www.victoriay.com/children_youth.php) Victoria West Community Y (250) 388-6120 and YMCA-YWCA of Greater Victoria (250) 386-7511

### **ZAJAC Ranch, Stave Lake**

Kayaking, swimming, outdoor games-inclusive setting. Contact: (604) 739-0444 [www.zajacranch.com/campschedule.htm](http://www.zajacranch.com/campschedule.htm) or [info@zajac.com](mailto:info@zajac.com)

## **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**

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)

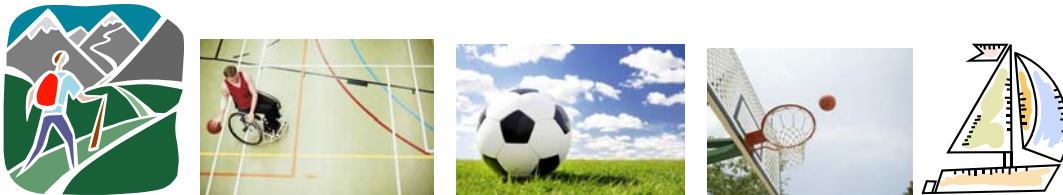
**NOTE: Children's Fitness Tax Credit**

The government of Canada allows a non-refundable tax credit on eligible amounts of up to \$500 paid by parents to register a child in an eligible program of physical activity. This includes children's camps that take place over 5 consecutive days.

For more information, see this link: <http://www.cra-arc.gc.ca/fitness/>

**NOTE: Kidsport Fund is a charitable arm of Sport BC**

Provides grants up to \$100.00 to children 6-18 whose families cannot afford sport registration. Call 604-737-3190 [www.kidsport.ca](http://www.kidsport.ca)



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) . Please note: an electronic, pdf version of this resource list is available on our Community Options' website.

Thank you to parents that have provided valuable feedback and additions to this recreation database, since the first version was sent out in April 2008. Thank you, also, to the organizers of the QACCH recreation forum (in March 2008), to 'Recreation Integration Victoria' and to 'ACT Autism Community Training society' for your contributions of information contained within this resource list.~ Kim Banfield, April 2009