

Programs for children, youth, and adults on the autism spectrum





Fall registration for most weekly programs opens on a first-come, first-served basis on **Sunday, September 8th at 6pm.**



**Registration for family experiences and many youth & adult programs** takes place on the 15th of each month. Subscribe to the [monthly newsletter](#) to stay up-to-date on all opportunities.



Families and individuals need to **create a free CAN account** in order to sign up for programs and family events. Create an account at [canucksautism.ca/register](https://canucksautism.ca/register). *Individuals ages 13+ do NOT need a formal autism diagnosis to register. [Learn more.](#)*



Participants will be enrolled in a **maximum of 2 weekly programs** per season. There is no limit to the number of program waitlists you can sign up for.



**Payment is due upon registration.** Alternative payment methods, such as Fee Assistance, are available. However, requests need to be submitted **prior** to registration. [Learn more.](#)



Families must purchase a **\$25 Family Experience Pass** to be able to sign up for family events. The \$25 pass provides 365 days of access for the whole family.

**Don't have a CAN account yet?** Learn more about signing up at [canucksautism.ca/join](https://canucksautism.ca/join).

## PROGRAM FEES

We want to ensure that program fees do NOT create any barriers to participation.

In addition to credit card, fees may be processed through:

### 1. The CAN Fee Assistance Program

We are here to alleviate any financial barriers.

- The [Fee Assistance Form](#) must be completed **in advance** of registration for the program.
- A code will be provided to use for registration.

### 2. Autism Funding

Parents/guardians of participants' ages 6-18 can submit a Request to Pay form to Autism Funding for any **program fee that is over \$100**.

### 3. Additional Payment Options

We are open to processing program fee payments through additional routes, including bursaries.

For more information on payment options, including the methods listed above, please visit the [Policies & Payment Options](#) page of our website.

## PARTICIPANT SUPPORT

### Program Registration Questionnaire

**Parents, caregivers and/or participants are invited to provide as much information as possible about support needs when registering.**

This information is provided to CAN staff at the beginning of each program to ensure that support strategies are customized to meet the unique needs and independence of each participant.

### Ongoing Collaboration

We also encourage parents, caregivers and/or participants to speak directly with staff at the program about ongoing support needs.





## FAMILY EXPERIENCES (all ages)

Access unlimited family events throughout the year by purchasing a **Family Experience Pass** for a family rate of **\$25/year**.

Family Experiences are year-round activities that are open to the entire family, with all ages welcome. Activities may include: mini golf, visits to the farm, ice skating, holiday events and more!

### We offer two types of Family Experiences:

#### 1. Exclusive Family Experience

- ✓ CAN tents and signage on site
- ✓ CAN staff and volunteers onsite
- ✓ Facility is closed to the public
- ✓ Accommodations are made to ensure the event is more sensory friendly

#### 2. Community Family Experience

- ⇒ Fewer CAN staff supporting the event
- ⇒ Venue is open to the public during the event



**Family Experiences open for registration on the 15th of each month for the following month's events.**  
ie. If a Family Experience is taking place on December 15, registration will open on November 15.

# Programs by Location

## Lower Mainland

### Abbotsford

- Gymnastics ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

### Burnaby

- Multisport ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

### Chilliwack

- Gymnastics ([7-12yrs](#))
- Multisport ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

### Coquitlam

- Hockey ([8-18yrs](#))
- Multisport ([3-6](#), [7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))

### Langley

- Multisport ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

### Maple Ridge

- Swim ([3-5](#), [6-12yrs](#))

### Mission

- Skate ([3-6](#), [7-12](#))
- Swim ([3-5](#), [6-12yrs](#))

### New Westminister

- Fitness ([13-17](#), [18+yrs](#))

### Richmond

- Gymnastics ([7-12yrs](#))
- Multisport ([3-6](#), [7-12yrs](#))

### Surrey

- Gymnastics ([7-12yrs](#))
- Hockey ([8-18](#), [16yrs+](#))
- Multisport ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

### Vancouver

- Dance ([7-12yrs](#))
- Dungeons and Dragons ([13-17yrs](#))
- Hockey ([8-18](#), [16yrs+](#))
- Multisport ([3-6](#), [7-12yrs](#))
- Music ([3-6](#), [7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Skills Training Employment Program ([16+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Wellness & Mental Health ([13+yrs](#))

## Virtual Programs

- Early Years ([3-6yrs](#))
- Children ([7-12yrs](#))
- Youth & Adult Rec Programs ([13+yrs](#))
- Wellness & Mental Health Programs ([13+yrs](#))

## Questions?

[info@canucksautism.ca](mailto:info@canucksautism.ca) | 604-685-4049

1788 West 8th Avenue, Vancouver

Mon-Fri, 9:00am-4:00pm

## Interior

### Kamloops

- [Gymnastics \(7-12yrs\)](#)
- [Multisport \(3-6, 7-12yrs\)](#)
- [Skate \(3-6, 7-12yrs\)](#)
- [Swim \(3-5, 6-12yrs\)](#)
- [Youth & Adult Baseball \(13+yrs\)](#)

### Kelowna

- [Gymnastics \(7-12yrs\)](#)
- [Outdoor Active \(13+yrs\)](#)
- [Swim \(3-5, 6-12yrs\)](#)
- [Skate \(3-6, 7-12yrs\)](#)

### West Kelowna

- [Multisport \(3-6, 7-12yrs\)](#)

## Vancouver Island

### Nanaimo

- [Multisport \(3-6, 7-12yrs\)](#)
- [Skate \(3-6, 7-12yrs, 13+yrs\)](#)
- [Swim \(3-5, 6-12, 13+yrs\)](#)

### Victoria

- [Multisport \(3-6, 7-12yrs\)](#)
- [Swim \(3-5, 6-12, 13+yrs\)](#)
- [Fitness \(13+yrs\)](#)

*Sessions subject to change.*

# Programs by Age Group

| 3-6yrs  | 7-12yrs  | 13-17yrs, 18+yrs   | All Ages   |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• <a href="#">Multisport</a></li> <li>• <a href="#">Music</a></li> <li>• <a href="#">Preschool Swim</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Swimmer 1/2/3</a></li> <li>• <a href="#">Virtual Early Years Programs</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Hockey</a></li> <li>• <a href="#">Dance</a></li> <li>• <a href="#">Gymnastics</a></li> <li>• <a href="#">Multisport</a></li> <li>• <a href="#">Music</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Swimmer 1/2/3*</a></li> <li>• <a href="#">Virtual Children's Programs</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Autistic Dating Peer Group</a></li> <li>• <a href="#">Autistic Leaders Group</a></li> <li>• <a href="#">Autistic Youth &amp; Wellbeing</a></li> <li>• <a href="#">Baseball</a></li> <li>• <a href="#">Craft &amp; Connect</a></li> <li>• <a href="#">Dungeons &amp; Dragons</a></li> <li>• <a href="#">Hockey</a></li> <li>• <a href="#">Fitness</a></li> <li>• <a href="#">Outdoor Rec</a></li> <li>• <a href="#">Pop-up Opportunities</a></li> <li>• <a href="#">Swim</a></li> <li>• <a href="#">Skate</a></li> <li>• <a href="#">Skills Training Employment Program</a></li> <li>• <a href="#">Women's Peer Group</a> ♀</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Family Experiences</a></li> </ul> |

# Swim Levels Overview



**Preschool Swim (3-5 years)** participants work on entries into the water, buoyancy, bubbles, movement, floats, and front/back swim. Games and songs are incorporated into lessons to create a fun environment that encourages comfort in the water!

**Prerequisite:** No previous swim experience required. Participants with all levels of support needs are encouraged to register.



**Swimmer 1 (6-12 years)** focuses on swimming strokes, skills and building confidence. Participants will be introduced to skills adapted from the Lifesaving Society Swimmer 1 curriculum, including bubbles, floating, gliding, kicking, water entries and exits.

**Prerequisite:** No swim experience required. Intended for those working on the skills listed above.



**Swimmer 2** will build on the foundational skills mastered in Lifesaving Society Swimmer 1, with a focus on kicking, front and back crawl, and Water Smart education. Participants will continue to work on swim endurance with a target distance of 10 meters. An introduction to deep water activities and life jackets will also be included.

**Prerequisite:** Participants must have successfully completed Swimmer 1 (or Red Cross Level 1) and/or can confidently and independently execute the associated skills.



**Swimmer 3** will continue to expand on skills completed in Swimmer 2 with the addition of front/side glide with kicks and increasing front and back crawl distance to 15 meters. A lot of time is spent in deep water practicing jumps, dives, and deep water support.

**Prerequisite:** Participants must have passed Swimmer 2 (or Red Cross Level 2) and/or can confidently and independently execute skills developed in Swimmer 2 (or Red Cross Level 2).

**It is the parent/guardian's responsibility to register for the correct swim level.**

If a participant has been registered into the wrong level, our ability to transfer them into the appropriate level once the season has started will be subject to availability. If no space exists, the participant may have to be withdrawn from the program.

**Not sure which level to sign up for? [Refer to our Lifesaving Society transition guide >](#)**



# EARLY YEARS PROGRAMS

*Ages 3-6*





**Multisport** participants enjoy a range of games and activities in a safe and supportive indoor environment. Activities vary from season-to-season, but can include floorball, soccer, basketball, golf, baseball, and more.

**COST: \$51 for 6 weeks**



## FALL 2024 MULTISPORT LOCATIONS & TIMES: 3-6 YEARS

| City         | Facility                                 | Day       | Time         | Starts | Ends   |                          |
|--------------|--|-----------|--------------|--------|--------|--------------------------|
| Burnaby      | Edmonds Community Centre                 | Tuesday   | 6:15-7:00PM  | Oct 29 | Dec 3  | <a href="#">REGISTER</a> |
| Chilliwack   | Chilliwack Central Elementary School     | Saturday  | 1:30-2:15PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Coquitlam    | Bettie Allard YMCA                       | Saturday  | 12:45-1:30PM | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Kamloops     | Beattie Elementary School                | Monday    | 5:45-6:30PM  | Oct 21 | Dec 9  | <a href="#">REGISTER</a> |
| Kamloops     | Beattie Elementary School                | Sunday    | 2:15-3:00PM  | Oct 20 | Dec 1  | <a href="#">REGISTER</a> |
| Langley      | Timms Community Centre                   | Monday    | 5:45-6:30PM  | Oct 28 | Dec 9  | <a href="#">REGISTER</a> |
| Nanaimo      | Randerson Ridge Elementary School        | Tuesday   | 4:45-5:30PM  | Oct 22 | Nov 26 | <a href="#">REGISTER</a> |
| Richmond     | West Richmond Community Centre           | Sunday    | 1:30-2:15PM  | Oct 27 | Dec 8  | <a href="#">REGISTER</a> |
| Richmond     | West Richmond Community Centre           | Sunday    | 2:15-3:00PM  | Oct 27 | Dec 8  | <a href="#">REGISTER</a> |
| Surrey       | Newton Seniors Centre                    | Friday    | 5:15-6:00PM  | Oct 25 | Dec 6  | <a href="#">REGISTER</a> |
| Victoria     | Northridge Elementary School             | Monday    | 6:15-7:00PM  | Oct 21 | Dec 2  | <a href="#">REGISTER</a> |
| Victoria     | Eagle View Elementary                    | Tuesday   | 6:15-7:00PM  | Oct 22 | Dec 3  | <a href="#">REGISTER</a> |
| Victoria     | Cloverdale Traditional Elementary School | Wednesday | 6:00-6:45PM  | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| Vancouver    | Britannia Community Centre               | Monday    | 5:15-6:00PM  | Oct 28 | Dec 9  | <a href="#">REGISTER</a> |
| West Kelowna | Mar Jok Elementary                       | Monday    | 5:15-6:00PM  | Oct 28 | Dec 9  | <a href="#">REGISTER</a> |

**Skate** teaches participants basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

**COST: \$60 for 6 weeks**



## FALL 2024 SKATE LOCATIONS & TIMES: 3-6 YEARS

| City      | Facility                         | Day      | Time          | Starts | Ends   |                          |
|-----------|----------------------------------|----------|---------------|--------|--------|--------------------------|
| Coquitlam | Poirier Sport & Leisure Complex  | Saturday | 2:15-2:45PM   | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Coquitlam | Poirier Sport & Leisure Complex  | Saturday | 2:45-3:15PM   | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Kamloops  | Memorial Arena                   | Thursday | 4:00-4:30PM   | Oct 17 | Nov 28 | <a href="#">REGISTER</a> |
| Kelowna   | Capital News Centre              | Thursday | 5:00-5:30PM   | Oct 24 | Dec 5  | <a href="#">REGISTER</a> |
| Mission   | Mission Arena                    | Tuesday  | 3:15-3:45PM   | Oct 29 | Dec 3  | <a href="#">REGISTER</a> |
| Surrey    | North Surrey Sport & Ice Complex | Saturday | 9:45-10:15AM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Nanaimo   | Cliff McNabb Arena               | Friday   | 4:15-4:45PM   | Oct 25 | Dec 6  | <a href="#">REGISTER</a> |
| Vancouver | Britannia Community Centre       | Saturday | 10:00-10:30AM | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Vancouver | Britannia Community Centre       | Tuesday  | 6:00-6:30PM   | Oct 29 | Dec 3  | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served.*

*Sessions subject to change.*

**Preschool Swim (3-5 years)** participants work on entries into the water, buoyancy, bubbles, movement, floats, and front/back swim. Games and songs are incorporated into lessons to create a fun environment that encourages comfort in the water!

**COST: \$70 for 8 weeks**



## FALL 2024 PRESCHOOL SWIM LOCATIONS & TIMES: 3-6 YEARS

| City       | Facility                    | Day       | Time          | Starts | Ends   | Register                 |
|------------|-----------------------------|-----------|---------------|--------|--------|--------------------------|
| Abbotsford | Matsqui Recreation Centre   | Wednesday | 4:00-4:30PM   | Oct 23 | Dec 11 | <a href="#">REGISTER</a> |
| Abbotsford | Matsqui Recreation Centre   | Wednesday | 4:30-5:00PM   | Oct 23 | Dec 11 | <a href="#">REGISTER</a> |
| Burnaby    | Edmonds Community Centre    | Saturday  | 9:00-9:30AM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Burnaby    | Edmonds Community Centre    | Saturday  | 9:30-10:00AM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Chilliwack | Cheam Leisure Centre        | Sunday    | 8:30-9:00AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Chilliwack | Cheam Leisure Centre        | Sunday    | 9:00-9:30AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | City Centre Aquatic Complex | Sunday    | 8:00-8:30AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | City Centre Aquatic Complex | Sunday    | 8:30-9:00AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | City Centre Aquatic Complex | Sunday    | 9:00-9:30AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | City Centre Aquatic Complex | Sunday    | 9:30-10:00AM  | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | City Centre Aquatic Complex | Sunday    | 10:00-10:30AM | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Kamloops   | Tournament Capital Centre   | Monday    | 4:00-4:30PM   | Oct 21 | Dec 16 | <a href="#">REGISTER</a> |
| Kelowna    | Rutland YMCA                | Sunday    | 12:00-12:30PM | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

**Preschool Swim (3-5 years)** participants work on entries into the water, buoyancy, bubbles, movement, floats, and front/back swim. Games and songs are incorporated into lessons to create a fun environment that encourages comfort in the water!

**COST: \$70 for 8 weeks**



## FALL 2024 PRESCHOOL SWIM LOCATIONS & TIMES: 3-6 YEARS

| City        | Facility                       | Day      | Time          | Starts | Ends   | Register                 |
|-------------|--------------------------------|----------|---------------|--------|--------|--------------------------|
| Langley     | W.C. Blair Recreation Centre   | Saturday | 9:30-10:00AM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Langley     | W.C. Blair Recreation Centre   | Saturday | 10:00-10:30AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Maple Ridge | Maple Ridge Leisure Centre     | Saturday | 12:00-12:30PM | Oct 19 | Dec 21 | <a href="#">REGISTER</a> |
| Maple Ridge | Maple Ridge Leisure Centre     | Saturday | 12:30-1:00PM  | Oct 19 | Dec 21 | <a href="#">REGISTER</a> |
| Mission     | Mission Leisure Centre         | Sunday   | 8:00-8:30AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Nanaimo     | Beban Park Pool                | Sunday   | 5:00-5:30PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Surrey      | Tong Louie YMCA                | Saturday | 2:00-2:30PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Surrey      | Tong Louie YMCA                | Saturday | 2:30-3:00PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver   | Jewish Community Centre        | Saturday | 12:00-12:30PM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver   | Jewish Community Centre        | Saturday | 12:30-1:00PM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria    | Esquimalt Recreation Centre    | Thursday | 4:00-4:30PM   | Oct 17 | Dec 12 | <a href="#">REGISTER</a> |
| Victoria    | Esquimalt Recreation Centre    | Saturday | 5:00-5:30PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria    | Juan de Fuca Recreation Centre | Sunday   | 4:15-4:45PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Victoria    | Juan de Fuca Recreation Centre | Sunday   | 4:45-5:15PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

**Virtual Programming** is hosted on a weekly basis through the online video platform, *Zoom*. Some basic household items may be needed to participate in certain activities.

CAN Coaches connect with participants in real-time to teach new, fun, interactive lessons in a digital environment.

**COST: \$30 for 6 weeks**



- **Coding:** Learn fundamental coding skills. No experience or software required.
- **Drawing:** Learn to draw while socializing and making friends!
- **Music and Coding:** Children get to play with rhythm, melody, and notes in a fun and simple way, perfect for beginners.
- **Science:** Discover science through a range of experiments & activities. Learn and have fun at the same time!

## FALL 2024 VIRTUAL PROGRAMS DATES & TIMES: 3-6 YEARS

| Location | Activity         | Day       | Time          | Starts | Ends   |                          |
|----------|------------------|-----------|---------------|--------|--------|--------------------------|
| Zoom     | Coding           | Monday    | 4:15-4:45PM   | Oct 21 | Dec 2  | <a href="#">REGISTER</a> |
| Zoom     | Drawing          | Sunday    | 10:15-10:45AM | Oct 20 | Dec 1  | <a href="#">REGISTER</a> |
| Zoom     | Music and Coding | Wednesday | 4:15-4:45PM   | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| Zoom     | Science          | Saturday  | 10:15-10:45AM | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |

The **Parent & Child Music** program, in partnership with Vancouver Academy of Music, provides an introductory opportunity to play basic percussion instruments in a child and parent group format.

Participants will enjoy music games and drills that work on a variety of rhythms. Lessons will be taught by Vancouver Academy of Music instructors and supported by CAN staff.

**COST: \$51 for 6 weeks**



## FALL 2024 MUSIC LOCATIONS & TIMES: 3-6 YRS

| City      | Facility                   | Day      | Time        | Starts | Ends   |                          |
|-----------|----------------------------|----------|-------------|--------|--------|--------------------------|
| Vancouver | Vancouver Academy of Music | Thursday | 3:45-4:30PM | Nov 7  | Dec 12 | <a href="#">REGISTER</a> |
| Vancouver | Vancouver Academy of Music | Thursday | 4:30-5:15PM | Nov 7  | Dec 12 | <a href="#">REGISTER</a> |
| Vancouver | Vancouver Academy of Music | Thursday | 5:15-6:00PM | Nov 7  | Dec 12 | <a href="#">REGISTER</a> |

# CHILDREN'S PROGRAMS

*Ages 7-12*



**Dance**, in partnership with [Arts Umbrella](#), provides participants with an intro to various styles in a group lesson format.

Participants will enjoy games and activities that make movement fun. Lessons are taught by Arts Umbrella instructors and supported by CAN staff and volunteers.

**COST: \$51 for 6 weeks**



FALL 2024 **DANCE** LOCATIONS & TIMES: **7-12 YRS**

| City      | Facility                         | Day     | Time        | Starts | Ends  |                          |
|-----------|----------------------------------|---------|-------------|--------|-------|--------------------------|
| Vancouver | Arts Umbrella (Granville Island) | Tuesday | 5:15-6:00PM | Oct 29 | Dec 3 | <a href="#">REGISTER</a> |
| Vancouver | Arts Umbrella (Granville Island) | Tuesday | 6:15-7:00PM | Oct 29 | Dec 3 | <a href="#">REGISTER</a> |

# Music (7-12yrs)

**Music**, in partnership with [Sarah McLachlan School of Music](#), provides an intro to play basic percussion in a group format.

Participants will enjoy music games and drills that work on a variety of rhythms. Lessons are taught by Sarah McLachlan School of Music instructors and supported by CAN staff and volunteers.

**COST: \$51 for 6 weeks**



FALL 2024 **MUSIC** LOCATIONS & TIMES: **7-12 YRS**

| City      | Facility                        | Day    | Time        | Starts | Ends   |                          |
|-----------|---------------------------------|--------|-------------|--------|--------|--------------------------|
| Vancouver | Sarah McLachlan School of Music | Friday | 5:00-5:45PM | Oct 18 | Nov 29 | <a href="#">REGISTER</a> |
| Vancouver | Sarah McLachlan School of Music | Friday | 6:00-6:45PM | Oct 18 | Nov 29 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

**Registration is first-come, first served. Sessions subject to change.**

**Gymnastics** provides an introduction to skills such as jumping, moving in different directions, balancing, and gym safety in a safe and supportive environment.

Participants are overseen by a certified gymnastics coach, trained support workers, and volunteers.

**COST: \$102\* for 6 weeks**

*\*This program is AFU eligible! The [Autism Funding Form](#) must be completed prior to registration.*



## FALL 2024 GYMNASTICS LOCATIONS & TIMES: 7-12 YEARS

| City       | Facility                   | Day      | Time         | Starts | Ends   |                          |
|------------|----------------------------|----------|--------------|--------|--------|--------------------------|
| Abbotsford | Twisters Gymnastics Club   | Sunday   | 9:15-10:15AM | Oct 27 | Dec 8  | <a href="#">REGISTER</a> |
| Chilliwack | Chilliwack Gymnastics Club | Thursday | 7:00-8:00PM  | Oct 24 | Dec 5  | <a href="#">REGISTER</a> |
| Kamloops   | Tournament Capital Centre  | Saturday | 1:00-2:00PM  | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Kamloops   | Tournament Capital Centre  | Saturday | 2:00-3:00PM  | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Kelowna    | Okanagan Gymnastics        | Saturday | 2:30-3:30PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Kelowna    | Okanagan Gymnastics        | Saturday | 3:30-4:30PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Richmond   | TumbleTown Ironwood        | Saturday | 4:00-5:00PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Richmond   | TumbleTown Ironwood        | Saturday | 5:00-6:00PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Surrey     | White Rock Gymnastics      | Saturday | 4:00-5:00PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Surrey     | White Rock Gymnastics      | Saturday | 5:00-6:00PM  | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Surrey     | Splitz Gymnastics          | Sunday   | 6:45-7:45PM  | Oct 27 | Dec 8  | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*



**Multisport** participants enjoy a range of games and activities in a safe and supportive indoor environment. Activities vary from season to season, but may include floorball, soccer, basketball, golf, baseball, and more.

**COST: \$51 for 6 weeks**



## FALL 2024 MULTISPORT LOCATIONS & TIMES: 7-12 YEARS

| City         | Facility                                 | Day       | Time        | Starts | Ends   | Register                 |
|--------------|--|-----------|-------------|--------|--------|--------------------------|
| Burnaby      | Edmonds Community Centre                 | Tuesday   | 7:00-8:00PM | Oct 29 | Dec 3  | <a href="#">REGISTER</a> |
| Chilliwack   | Chilliwack Central Elementary School     | Saturday  | 2:15-3:15PM | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Coquitlam    | Bettie Allard YMCA                       | Saturday  | 1:30-2:30PM | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |
| Kamloops     | Beattie Elementary School                | Monday    | 6:30-7:30PM | Oct 21 | Dec 9  | <a href="#">REGISTER</a> |
| Kamloops     | Beattie Elementary School                | Sunday    | 3:00-4:00PM | Oct 20 | Dec 1  | <a href="#">REGISTER</a> |
| Langley      | Timms Community Centre                   | Monday    | 6:30-7:30PM | Oct 28 | Dec 9  | <a href="#">REGISTER</a> |
| Nanaimo      | Randerson Ridge Elementary School        | Tuesday   | 5:30-6:30PM | Oct 22 | Nov 26 | <a href="#">REGISTER</a> |
| Richmond     | West Richmond Community Centre           | Sunday    | 3:00-4:00PM | Oct 27 | Dec 8  | <a href="#">REGISTER</a> |
| Surrey       | Newton Seniors Centre                    | Friday    | 6:00-7:00PM | Oct 25 | Dec 6  | <a href="#">REGISTER</a> |
| Surrey       | Newton Seniors Centre                    | Friday    | 7:00-8:00PM | Oct 25 | Dec 6  | <a href="#">REGISTER</a> |
| Vancouver    | Britannia Community Centre               | Monday    | 6:00-7:00PM | Oct 28 | Dec 9  | <a href="#">REGISTER</a> |
| Victoria     | Northridge Elementary School             | Monday    | 7:00-8:00PM | Oct 21 | Dec 2  | <a href="#">REGISTER</a> |
| Victoria     | Eagle View Elementary                    | Tuesday   | 7:00-8:00PM | Oct 22 | Dec 3  | <a href="#">REGISTER</a> |
| Victoria     | Cloverdale Traditional Elementary School | Wednesday | 6:45-7:30PM | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| West Kelowna | Mar Jok Elementary                       | Monday    | 6:00-7:00PM | Oct 28 | Dec 9  | <a href="#">REGISTER</a> |

**Registration opens: Sunday, September 8 at 6:00pm**

# Skate (7-12yrs)

The [Skate](#) program teaches basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

The program is led by a skills coach, while CAN staff and volunteers work with participants to provide individualized instruction.

**COST: \$60 for 6 weeks**



## FALL 2024 SKATE LOCATIONS & TIMES: 7-12 YRS

| City      | Facility                         | Day      | Time          | Starts | Ends   | Register                 |
|-----------|----------------------------------|----------|---------------|--------|--------|--------------------------|
| Coquitlam | Poirier Sport & Leisure Complex  | Saturday | 3:15-3:45PM   | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Coquitlam | Poirier Sport & Leisure Complex  | Saturday | 3:45-4:15PM   | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Kamloops  | Memorial Arena                   | Thursday | 4:30-5:00PM   | Oct 17 | Nov 28 | <a href="#">REGISTER</a> |
| Kelowna   | Capital News Centre              | Thursday | 5:30-6:00PM   | Oct 24 | Dec 5  | <a href="#">REGISTER</a> |
| Kelowna   | Capital News Centre              | Thursday | 6:00-6:30PM   | Oct 24 | Dec 5  | <a href="#">REGISTER</a> |
| Mission   | Mission Arena                    | Tuesday  | 3:45-4:15PM   | Oct 29 | Dec 3  | <a href="#">REGISTER</a> |
| Nanaimo   | Cliff McNabb Arena               | Friday   | 4:45-5:15PM   | Oct 25 | Dec 6  | <a href="#">REGISTER</a> |
| Surrey    | North Surrey Sport & Ice Complex | Saturday | 10:15-10:45AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Surrey    | North Surrey Sport & Ice Complex | Saturday | 10:45-11:15AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver | Britannia Community Centre       | Tuesday  | 6:30-7:00PM   | Oct 29 | Dec 3  | <a href="#">REGISTER</a> |
| Vancouver | Britannia Community Centre       | Saturday | 10:30-11:00AM | Oct 26 | Dec 7  | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

The **Hockey program** provides participants with an opportunity to develop introductory hockey skills (stick handling, passing and shooting) while meeting new people, building skating and teamwork skills, and having fun. The sessions consist of individual and small group skill practice, groups games and scrimmages.

Watch this [hockey video storybook](#) to get an idea of the program.

**Season:** Mid-October to early-April

**Cost:** \$575\* for 20 weeks (1 hour weekly)

*\*This program is AFU eligible. The [Autism Funding Form](#) must be completed prior to registration. Hockey equipment is required and will result in additional costs.*

**In order to plan for a successful experience, a Skate Assessment is required for those new to hockey and interested in the program.**

*Participants will run through various drills to gauge skating ability, and support needs. A basic level of skating is required to participate in the Skate Assessment.*

*Attendance at the Skate Assessment does not guarantee enrolment into the program. Participants must pass the Skate Assessment in order to be considered for a hockey team.*



## FALL 2024 SKATE ASSESSMENT DATE & TIME

| City      | Location                   | Activity         | Day      | Time         | Skate Assessment Date | Register for Assessment  |
|-----------|----------------------------|------------------|----------|--------------|-----------------------|--------------------------|
| Vancouver | Britannia Community Centre | Skate Assessment | Saturday | 9:00-10:00AM | September 21          | <a href="#">REGISTER</a> |

**Participants interested in the Hockey program must register for the Skate Assessment.** After completing the Skate Assessment, CAN will place participants onto available teams based on support needs, fit and availability.

## FALL 2024 HOCKEY LOCATIONS & TIMES

| City                   | Facility                          | Day      | Time         | Starts | Ends   |
|------------------------|-----------------------------------|----------|--------------|--------|--------|
| Coquitlam<br>(8-18yrs) | Poirier Sports & Leisure Complex  | Saturday | 1:00-2:00PM  | Oct 19 | Mar 22 |
| Surrey<br>(8-18yrs)    | North Surrey Sports & Ice Complex | Saturday | 8:30-9:30AM  | Oct 5  | Mar 22 |
| Vancouver<br>(8-18yrs) | Britannia Community Centre        | Saturday | 9:00-10:00AM | Oct 19 | Mar 22 |
| Surrey<br>(16+yrs)     | North Surrey Sports & Ice Complex | Friday   | 3:30-4:45PM  | Oct 18 | Mar 21 |
| Vancouver<br>(16+yrs)  | Britannia Community Centre        | Friday   | 9:00-10:00AM | Oct 18 | Mar 21 |

**PLEASE NOTE:** There will be a mandatory parent/guardian meeting for confirmed participants, 8-18yrs in early October



Participants can also engage in additional 'club-level' activities, such as additional practices, personalized jerseys, and participation in the annual adapted tournament. These additional activities take place outside of the scheduled CAN program and must be funded separately by each team. More information will be sent to all teams.

**Swimmer 1** focuses on swimming strokes and skills, while building confidence. Participants will be introduced to skills adapted from the [Lifesaving Society Swimmer 1 curriculum](#), including bubbles, floating, gliding, kicking, water entries and exits.

**\*No previous swim experience required.** It is the parent or guardian’s responsibility to sign up for the correct level. [Refer to our Lifesaving Society transition guide >](#) for info on swim levels.

**COST: \$70 for 8 weeks**



## FALL 2024 SWIMMER 1: LOCATIONS & TIMES: 6-12 YEARS

| City       | Facility                         | Day       | Time          | Starts | Ends   | Register                 |
|------------|----------------------------------|-----------|---------------|--------|--------|--------------------------|
| Abbotsford | Matsqui Recreation Centre        | Wednesday | 5:00-5:30PM   | Oct 23 | Dec 11 | <a href="#">REGISTER</a> |
| Burnaby    | Edmonds Community Centre         | Saturday  | 9:00-9:30AM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Burnaby    | Edmonds Community Centre         | Saturday  | 10:00-10:30AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Burnaby    | Edmonds Community Centre         | Saturday  | 10:30-11:00AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Chilliwack | Cheam Leisure Centre             | Sunday    | 9:30-10:00AM  | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | Bettie Allard YMCA               | Sunday    | 1:00-1:30PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam  | Bettie Allard YMCA               | Sunday    | 1:30-2:00PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Kamloops   | Tournament Capital Centre        | Monday    | 4:30-5:00PM   | Oct 21 | Dec 16 | <a href="#">REGISTER</a> |
| Kamloops   | Westsyde Pool and Fitness Centre | Saturday  | 10:00-10:30AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Kamloops   | Westsyde Pool and Fitness Centre | Saturday  | 10:30-11:00AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Kelowna    | Rutland YMCA                     | Sunday    | 12:30-1:00PM  | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Langley    | W.C. Blair Recreation Centre     | Saturday  | 10:30-11:00AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

**Registration is first-come, first served. Sessions subject to change.**

## FALL 2024 SWIMMER 1: LOCATIONS & TIMES: 6-12 YEARS

| City        | Facility                       | Day      | Time          | Starts | Ends   | Register                 |
|-------------|--------------------------------|----------|---------------|--------|--------|--------------------------|
| Maple Ridge | Maple Ridge Leisure Centre     | Saturday | 1:00-1:30PM   | Oct 19 | Dec 21 | <a href="#">REGISTER</a> |
| Maple Ridge | Maple Ridge Leisure Centre     | Saturday | 1:30-2:00PM   | Oct 19 | Dec 21 | <a href="#">REGISTER</a> |
| Mission     | Mission Leisure Centre         | Sunday   | 8:30-9:00AM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Mission     | Mission Leisure Centre         | Sunday   | 9:00-9:30AM   | Oct 20 | Dec 8  | <a href="#">REGISTER</a> |
| Nanaimo     | Beban Park Pool                | Sunday   | 5:30-6:00PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Surrey      | Guildford Recreation Centre    | Sunday   | 1:15-1:45PM   | Oct 6  | Dec 22 | <a href="#">REGISTER</a> |
| Surrey      | Guildford Recreation Centre    | Sunday   | 1:45-2:15PM   | Oct 6  | Dec 22 | <a href="#">REGISTER</a> |
| Surrey      | Guildford Recreation Centre    | Sunday   | 2:15-2:45PM   | Oct 6  | Dec 22 | <a href="#">REGISTER</a> |
| Surrey      | Tong Louie YMCA                | Saturday | 3:45-4:15PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Surrey      | Tong Louie YMCA                | Saturday | 4:15-4:45PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver   | Jewish Community Centre        | Saturday | 12:00-12:30PM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver   | Jewish Community Centre        | Saturday | 1:00-1:30PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver   | Jewish Community Centre        | Saturday | 1:30-2:00PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria    | Esquimalt Recreation Centre    | Thursday | 4:30-5:00PM   | Oct 17 | Dec 12 | <a href="#">REGISTER</a> |
| Victoria    | Esquimalt Recreation Centre    | Thursday | 5:00-5:30PM   | Oct 17 | Dec 12 | <a href="#">REGISTER</a> |
| Victoria    | Esquimalt Recreation Centre    | Saturday | 5:30-6:00PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria    | Esquimalt Recreation Centre    | Saturday | 6:00-6:30PM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria    | Juan de Fuca Recreation Centre | Sunday   | 5:15-5:45PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

**Swimmer 2** will continue to build on the foundational skills mastered in Lifesaving Society Swimmer 1, with a focus on kicking, front and back crawl, and Water Smart education.

Participants will continue to work on swim endurance with a target distance of 10 meters. An introduction to deep water activities and life jackets will also be included.

**\*Prerequisite: Participants must have successfully completed Swimmer 1 (or Red Cross Level 1) and/or are able to confidently and independently execute skills developed in Swimmer 1.**

**COST: \$70 for 8 weeks**



## FALL 2024 SWIM LEVEL 2: LOCATIONS & TIMES

| City        | Facility                         | Day       | Time          | Starts | Ends   | Register                 |
|-------------|----------------------------------|-----------|---------------|--------|--------|--------------------------|
| Abbotsford  | Matsqui Recreation Centre        | Wednesday | 5:30-6:00PM   | Oct 23 | Dec 11 | <a href="#">REGISTER</a> |
| Burnaby     | Edmonds Community Centre         | Saturday  | 9:30-10:00AM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Burnaby     | Edmonds Community Centre         | Saturday  | 10:00-10:30AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Chilliwack  | Cheam Leisure Centre             | Sunday    | 10:00-10:30AM | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam   | Bettie Allard YMCA               | Sunday    | 2:00-2:30PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Coquitlam   | Bettie Allard YMCA               | Sunday    | 2:30-3:00PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Kamloops    | Westsyde Pool and Fitness Centre | Saturday  | 11:00-11:30AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Kelowna     | Rutland YMCA                     | Sunday    | 1:00-1:30PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Langley     | W.C. Blair Recreation Centre     | Saturday  | 11:00-11:30AM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Maple Ridge | Maple Ridge Leisure Centre       | Saturday  | 2:00-2:30PM   | Oct 19 | Dec 21 | <a href="#">REGISTER</a> |
| Mission     | Mission Leisure Centre           | Sunday    | 9:30-10:00AM  | Oct 20 | Dec 8  | <a href="#">REGISTER</a> |
| Nanaimo     | Beban Park Pool                  | Sunday    | 4:30-5:00PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Nanaimo     | Beban Park Pool (Advanced)       | Sunday    | 6:00-6:30PM   | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

## FALL 2024 SWIM LEVEL 2: LOCATIONS & TIMES

| City      | Facility                       | Day      | Time         | Starts | Ends   | Register                 |
|-----------|--------------------------------|----------|--------------|--------|--------|--------------------------|
| Surrey    | Guildford Recreation Centre    | Sunday   | 2:45-3:15PM  | Oct 6  | Dec 22 | <a href="#">REGISTER</a> |
| Surrey    | Tong Louie YMCA                | Saturday | 4:45-5:15PM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver | Jewish Community Centre        | Saturday | 12:30-1:00PM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Vancouver | Jewish Community Centre        | Saturday | 1:00-1:30PM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria  | Esquimalt Recreation Centre    | Thursday | 5:30-6:00PM  | Oct 17 | Dec 12 | <a href="#">REGISTER</a> |
| Victoria  | Esquimalt Recreation Centre    | Saturday | 6:30-7:00PM  | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria  | Juan de Fuca Recreation Centre | Sunday   | 5:45-6:15PM  | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |

# Swimmer 3 (6-12yrs)

**Swimmer 3** will continue to expand on skills completed in Swimmer 2 adding in front/side glide with kicks and increasing front and back crawl distance to 15 meters. A lot of time will be spent in deep water practicing jumps, dives, and deep water support.

**Prerequisite:** Participants must have passed Swimmer 2 (Red Cross Level 2) and/or are able to confidently and independently execute skills developed in Swimmer 2 (Red Cross Level 2).

**COST:** \$70 for 8 weeks

It is the parent or guardian's responsibility to sign up for the correct level. Not sure which level to sign up for? [Refer to our Lifesaving Society transition guide >](#)



## FALL 2024 SWIM LEVEL 3: LOCATIONS & TIMES: 6-12 YEARS

| City     | Facility                       | Day    | Time        | Starts | Ends   | Register                 |
|----------|--------------------------------|--------|-------------|--------|--------|--------------------------|
| Victoria | Juan de Fuca Recreation Centre | Sunday | 6:15-6:45PM | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

**Registration is first-come, first served. Sessions subject to change.**



[Virtual Programming](#) is hosted weekly through Zoom.

CAN Coaches connect with participants in real-time and teach new, fun, interactive lessons in a supportive digital environment.

**COST: \$30 for 6 weeks**

### Advanced Coding

Advanced Coding is for those who feel comfortable with coding or have completed a previous CAN Coding (age 7-12) course.

### Coding

Learn fundamental coding skills. No experience or software required.

### Drawing

Draw pictures while socializing and making friends! Some basic household items may be needed to participate in certain activities.

### Music and Coding

Play with rhythm, melody, and notes in a fun and simple way!

### Science

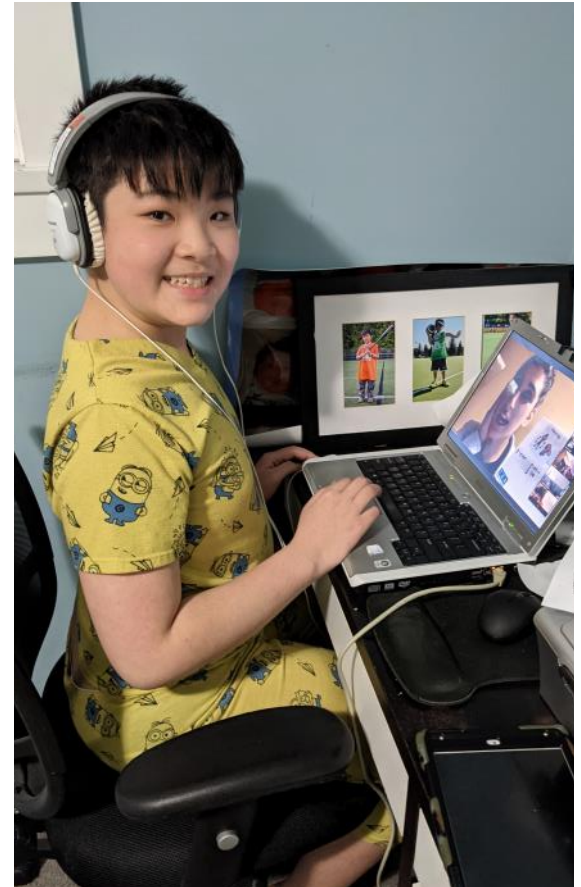
Discover science through experiments & activities. Learn and have fun!

**Generation Health Community** inspires families to be active and healthy. Explore your family's eating, activity, wellness, screen time, and sleep behaviours. Tuesdays (parents/caregivers only) and Thursdays (parents/caregivers and children).

**\*COST: Free hourly sessions for 10 weeks**

**Requirement:** At least one parent/caregiver must attend each session. It does not need to be the same adult each week.

CAN credits, courtesy of Generation Health Community, may be offered upon completion. Credits may be applied to future CAN program fees.



## FALL 2024 VIRTUAL PROGRAMS DATES & TIMES: 7-12 YEARS

| Location | Activity                    | Day         | Time          | Starts | Ends   | Register                 |
|----------|-----------------------------|-------------|---------------|--------|--------|--------------------------|
| Online   | Science                     | Saturday    | 11:00-11:45AM | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Online   | Drawing                     | Sunday      | 11:00-11:45AM | Oct 20 | Dec 1  | <a href="#">REGISTER</a> |
| Online   | Coding                      | Monday      | 5:00-5:45PM   | Oct 21 | Dec 2  | <a href="#">REGISTER</a> |
| Online   | Coding-Advanced             | Monday      | 6:00-6:45PM   | Oct 21 | Dec 2  | <a href="#">REGISTER</a> |
| Online   | Music and Coding            | Wednesday   | 5:00-5:45PM   | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| Online   | Music and Coding            | Wednesday   | 6:00-6:45PM   | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| Online   | Generation Health Community | Tue and Thu | 6:30-7:30PM   | Oct 15 | Dec 19 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

**Registration is first-come, first served. Sessions subject to change.**

**YOUTH & ADULT PROGRAMS**

**13-17, 18+**



Within the [Youth & Adult Swim Program \(13+\)](#), participants set their own goals to develop water confidence and smooth recognizable strokes.

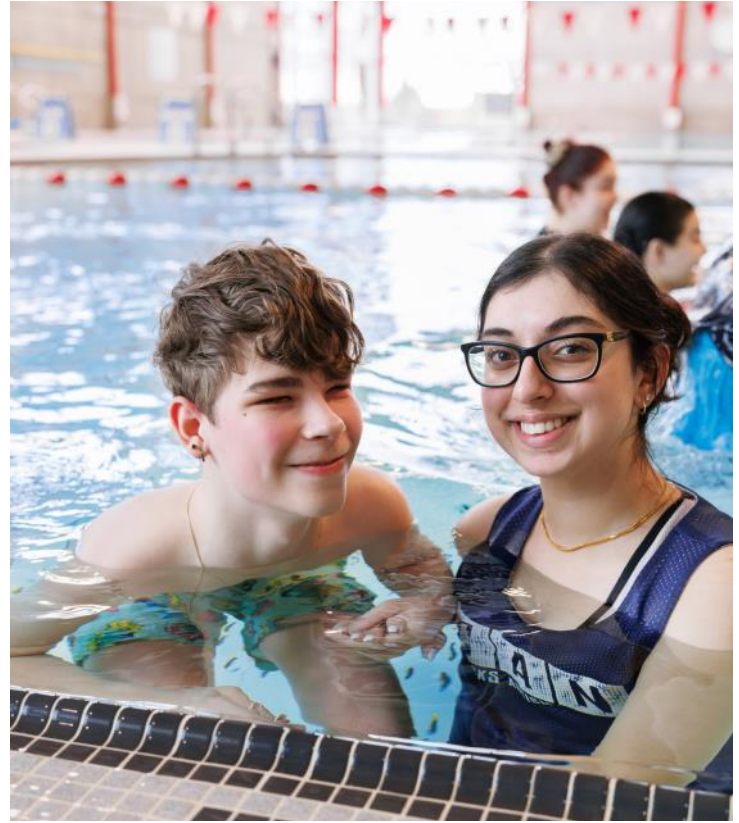
Skills have been adapted from the [Lifesaving Society Swimmer 1 program](#). The program provides a great opportunity to improve swimming skills, meet new people and increase fitness level.

***This program is suitable for participants who are still developing water entries and exits, floats, glides, and front crawl of 10 metres.***

**COST: \$70 for 8 weeks**

Participants who have completed the Lifesaving Society’s Swimmer program (Red Cross Basic 1), or who are comfortable with the swim skills listed above, are encouraged to access Lifesaving Society teens and young adult programs in their community.

This program is for anyone age 13+ who self-identifies as Autistic. [A formal diagnosis is not required.](#)



## FALL 2024 YOUTH & ADULT SWIM LOCATIONS & TIMES: 13+ YEARS

| City      | Facility                     | Day      | Time            | Starts | Ends   | Register                 |
|-----------|------------------------------|----------|-----------------|--------|--------|--------------------------|
| Burnaby   | Edmonds Community Centre     | Saturday | 10:30-11:00AM   | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Langley   | W.C. Blair Recreation Centre | Saturday | 11:30AM-12:15PM | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Nanaimo   | Beban Park Pool              | Sunday   | 6:30-7:15PM     | Oct 20 | Dec 15 | <a href="#">REGISTER</a> |
| Surrey    | Tong Louie YMCA              | Saturday | 3:00-3:45PM     | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Surrey    | Guildford Recreation Centre  | Sunday   | 3:15-4:00PM     | Oct 6  | Dec 22 | <a href="#">REGISTER</a> |
| Vancouver | Jewish Community Centre      | Saturday | 1:30-2:00PM     | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |
| Victoria  | Esquimalt Recreation Centre  | Saturday | 7:00-7:30PM     | Oct 19 | Dec 14 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

# Weekly Youth & Adult Rec Programs (13-17 and 18+)

[Weekly Youth & Adult Rec Programs](#) range in opportunities from season-to season.

Our team is committed to providing a wide variety of recreational opportunities to youth & adult participants year-round.

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## Baseball

Learn to run, throw, and catch in a supported environment!

**COST: \$51 for 6 weeks**

## Dungeons & Dragons

Enjoy the fantasy role-playing game! This 8-week introductory program is led by an experienced Dungeon Master and supported by CAN staff.

**COST: \$40 for 6 weeks (in-person) OR \$30 for 6 weeks (virtual)**

## Fitness

Benefit from an introduction to cardio exercises, free weights, and basic gym etiquette.

**COST: Varies by location**

## Hockey

Be part of a team! Learn the basics of shooting, passing, and stickhandling with your teammates. Basic skating ability required. View the [hockey program page](#) in the program guide for more info on the Skate Assessment.

**Cost: \$575\* for 20 weeks (1 hour weekly)**

*\*This program is AFU eligible. The [Autism Funding Form](#) must be completed prior to registration. [Hockey equipment](#) is required and will result in additional costs.*

## Outdoor Active

*In partnership with [Community Recreation Initiatives Society \(CRIS\)](#)*

Enjoy guided hikes, skill-building workshops like raft building, and the opportunity to connect with nature and fellow outdoor enthusiasts.

**COST: \$51 for 6 weeks**

## Skating

Practice skating with peers. Free skate & helmet rentals will be available.

**COST: \$60 for 6 weeks**

## Virtual Movie Club

Watch movies with your peers! Meet every 2nd and 4th Tuesday of the month. Movies selected with input from CAN participants. **Participants require their own Netflix account** with Teleparty installed. **Register once to gain access every month until August 2025.**

**COST: FREE**



# Weekly Youth & Adult Rec Programs (13-17 and 18+)

## FALL 2024 YOUTH AND ADULT WEEKLY PROGRAMS

| Program                      | Age   | City            | Day       | Time          | Starts | Ends   | Register                 |
|------------------------------|-------|-----------------|-----------|---------------|--------|--------|--------------------------|
| Dungeons & Dragons           | 13-17 | Vancouver       | Wednesday | 6:00-8:00PM   | Sep 18 | Oct 23 | <a href="#">REGISTER</a> |
| Fitness                      | 13-17 | New Westminster | Saturday  | 11:30-12:30PM | Sep 14 | Dec 7  | <a href="#">REGISTER</a> |
| Fitness                      | 18+   | New Westminster | Saturday  | 12:45-1:45PM  | Sep 14 | Dec 7  | <a href="#">REGISTER</a> |
| Skate Assessment For Hockey* | 13+   | Vancouver       | Saturday  | 9:00-10:00AM  | Sep 21 |        | <a href="#">REGISTER</a> |

\*For the full Hockey schedule, visit the [hockey program](#) page in the guide.

**Reg. open now!**

*Registration is first-come, first served. Sessions subject to change.*

## FALL 2024 YOUTH AND ADULT WEEKLY PROGRAMS

| Program            | Age | City     | Day       | Time        | Starts | Ends   | Register                 |
|--------------------|-----|----------|-----------|-------------|--------|--------|--------------------------|
| Baseball           | 13+ | Kamloops | Wednesday | 6:30-7:30PM | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| Dungeons & Dragons | 18+ | Online   | Thursday  | 6:00-8:30PM | Nov 7  | Dec 12 | <a href="#">REGISTER</a> |
| Fitness            | 15+ | Victoria | Saturday  | 2:15-3:15PM | Oct 19 | Nov 30 | <a href="#">REGISTER</a> |
| Outdoor Active     | 13+ | Kelowna  | Wednesday | 6:00-7:45PM | Oct 23 | Nov 27 | <a href="#">REGISTER</a> |
| Skate              | 13+ | Nanaimo  | Friday    | 5:15-6:00PM | Oct 25 | Dec 6  | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Registration is first-come, first served. Sessions subject to change.*

Sign up for our [Youth & Adult newsletter](#) to stay up-to-date on more upcoming events and registration periods.

# Weekly Wellness & Mental Health Programs (13+, 18+ & 19+)

[Weekly Wellness & Mental Health Programs](#) range in opportunities from season-to season.

Our team is committed to providing a wide variety of opportunities to youth & adult participants year-round.

---

## Autistic Dating Peer Group (18yrs+)

Dating and relationships can be so tough to figure out. Share your relationship struggles and successes. Support one another as this small group navigates dating goals and relationship milestones.

**COST: FREE for 6 weeks**

## Autistic Youth & Well-Being (13-16yrs)

Explore mental health in a supportive and engaging environment. This program is ideal for youth who are interested in learning more about their mental health, who have struggled with mental health challenges, and/or are ready to engage in meaningful conversations with their peers about mental health.

*In partnership with the Rae Morris Counselling Group, each session is co- led by a clinical counselor and two Autistic peer facilitators.*

**COST: FREE for 10 weeks**

## Craft and Connect (18yrs+)

Whether you're working on the week's planned craft activity or advancing a personal project using the supplies provided, the choice is yours!

Sessions are held twice a month throughout the Fall. Participants can either sign up for the entire season or join on a drop-in basis.

*This program is developed and led by an Autistic facilitator who will guide the group through the creative activity and lead discussions on various topics of interest.*

**COST: \$40 for 8 weeks OR \$5 for 1 session**

## Women's Peer Group ♀ (18yrs+)

A space for Autistic women, gender non-conforming, and gender-diverse individuals. Validate, inform and support each other in areas of mutual interest while fostering friendships and social contacts.

You can join at any point and attend whatever meetings work for you.


[Learn more >>](#)

**COST: FREE**



# Weekly Wellness & Mental Health Programs (13+, 18+ & 19+)

## FALL 2024 MENTAL HEALTH & WELLNESS PROGRAMS

| Program  | Age | Location  | Day      | Time        | Starts  | Ends    | Register                 |
|--|-----|-----------|----------|-------------|---------|---------|--------------------------|
| Autistic Dating Peer Group   | 18+ | Online    | Thursday | 6:00-7:30PM | Oct 17  | Nov 21  | <a href="#">REGISTER</a> |
| Craft & Connect  | 18+ | Vancouver | Mondays  | 6:00-8:00PM | Sep 16  | Dec 16  | <a href="#">REGISTER</a> |
| Women's Peer Group  | 18+ | Online*   | Tuesday  | 6:30-8:30PM | Sep 10* | June 24 | <a href="#">REGISTER</a> |

\*The first session on Sept 10 will be in-person in the Lower Mainland (exact location TBD).

**Registration open now!**

*Sessions subject to change.*

## FALL 2024 MENTAL HEALTH & WELLNESS PROGRAMS

| Program                      | Age   | Location | Day     | Time        | Starts | Ends   | Register                 |
|------------------------------|-------|----------|---------|-------------|--------|--------|--------------------------|
| Autistic Youth and Wellbeing | 13-17 | Online   | Tuesday | 6:00-7:30PM | Oct 8  | Dec 10 | <a href="#">REGISTER</a> |

**Reg. opens: Sunday, September 8 at 6:00pm**

*Sessions subject to change.*

**In addition to weekly programs, we offer one-day workshops and events.**

These pop-up opportunities are available both in-person and virtually, and explore wellness & mental health while encouraging social connection.

Past programs and workshops have been developed and led by Autistic Facilitators, CAN staff, and clinicians on topics such as healthy sleeping habits, setting boundaries, music to move your mood, yoga, arts & crafts and more!

**[Subscribe to the monthly newsletter to be kept in the loop!](#)**

**Develop pre-employment skills and gain a paid work experience placement in the hospitality industry within the Lower Mainland.**

Participants will have the opportunity to select from a range of optional workshops to complement their career goals and employment needs.

Get certified in First Aid, FOODSAFE, SUPERHOST customer service training, Workplace Hazardous Materials Information System (WHMIS), and more!

## Classroom Training

- Up to five days in-person at the CAN Office\* (Monday-Friday; 9:30am-3:30pm)
- Up to eight participants for five weeks
- Workshops, discussions, group & individual work
- Participants will get a lunch stipend

## Paid Work Experience

- 120 hours in an entry level position
- To be completed over a 6-week period\*  
*\*Assuming a 20-hr work week (120 hrs total). If an employer has an opportunity that is under 20 hrs per week, the work experience may exceed 6 weeks.*
- May be anywhere across the Lower Mainland
- Onsite support provided by CAN staff

## Eligibility Requirements

- 16+ years old
- Self-identify as being on the autism spectrum
- Not registered in secondary or post-secondary school
- Unemployed or precariously employed
- Not receiving Employment Insurance (EI) benefits
- Canadian citizen, permanent resident, or granted refugee status
- Legally entitled to work in Canada
- Committed to the entirety of the chosen program schedule
- Interest in working in the hospitality industry



**\* This program is an intake process. Individuals must join the waitlist and our team will reach out to set-up interviews.**

Apply now for the following cohorts:

### **Cohort 5: Apply by September 15th**

- Classroom Portion: Begins October 15th

### **Cohort 6: Apply by November 19th**

- Classroom Portion: Begins January 6th

## **Apply for CAN-STEP**

**Contact: [step@canucksautism.ca](mailto:step@canucksautism.ca)**

**Jessica McDonald & Nicole Kochanowski**  
CAN-STEP Employment Facilitators



**The Autistic Leaders Group** works together on projects that promote advocacy and inclusion, including:

- Increasing representation of Autistic individuals
- Addressing barriers that Autistic people face

**Participants would ideally be:**

- Respectful and open minded
- Willing to learn
- Able to see projects through to the end (attend 2-3 consecutive monthly meetings)
- 18 years or older

Open to all who identify as Autistic, including non-CAN individuals.

If you're curious about the group, you're welcome to join a meeting in any capacity and without expectation. We can also arrange for you to meet one of the facilitators to learn more about the group!

**Questions?** Email: [autisticleadersgroup@gmail.com](mailto:autisticleadersgroup@gmail.com)



**Meetings are held every 3rd Tuesday of the month from 6:00-7:30pm on Zoom**

**Typical meeting schedule:**

- Introductions & updates – 20 min
- Working on project – 45 min
- Wrap up & planning – 25 min

*Members of this group will receive 1-2 emails/month with meeting details and paid opportunities from CAN.*

## AUTISTIC LEADERS GROUP

| Program                | Age | Location | Day     | Time        | Register                 |
|------------------------|-----|----------|---------|-------------|--------------------------|
| Autistic Leaders Group | 18+ | Online   | Tuesday | 6:00-7:30PM | <a href="#">REGISTER</a> |

## Pop-Up Opportunities (13+ yrs)

In addition to weekly programs, pop-up opportunities are single-day programs that allow participants to experience a wide range of activities such as bowling, pizza making and more, both virtually and in-person! Events and locations change monthly.

**Sign up for the [Youth & Adult newsletter](#) to learn more about upcoming pop-up opportunities and registration periods >>**

Questions? Email: [youthandadults@canucksautism.ca](mailto:youthandadults@canucksautism.ca)



# Thank You to our Fall 2024 Program Funders

