



Canucks
Autism
Network

WINTER 2026 PROGRAM GUIDE

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



Lower Mainland • Kamloops • Kelowna • Nanaimo • Victoria • Virtual



Winter registration for most weekly programs opens on a first-come, first-served basis on **Sunday, November 30th at 6pm.**



Registration for family experiences and youth & adult pop-up opportunities takes place on the 15th of each month at 6pm. 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 experiences. Create an account at canucksautism.perfectmind.com. *Autistic individuals ages 13+ do NOT need a formal 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.](#)



You will receive a confirmation email with details including the schedule and exception dates. Exception dates can also be viewed in the registration system in your profile under **Schedules**.



To withdraw from a program entirely, please visit your **CAN account**. If you are going to miss a single session of a multi-week program, please let us know by visiting canucksautism.ca/absence.



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.

PROGRAM FEES

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

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

1. The CAN Fee Assistance Program

- 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**. Please fill out our [AFU form](#) in **advance** of registration if you would like to use Autism Funding for an eligible program.

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 Program Fees section of our [Program & Registration FAQs webpage](#).

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 level of 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 for a year by purchasing a **Family Experience Pass** for a family rate of **\$25/year**.

Enjoy 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.

I.e. If a Family Experience is taking place in January, registration will open on December 15 at 6pm.

Programs by Location

Lower Mainland

Abbotsford

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

Burnaby

- Skate ([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

- 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](#))

Mission

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

Richmond

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

Surrey

- Gymnastics ([7-12yrs](#))
- Movement to Music ([3-6](#), [7-12yrs](#))
- Skate ([3-6](#), [7-12](#), [13-17yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Vancouver

- Basketball ([13-17yrs](#))
- Craft & Connect ([15+yrs](#))
- Fitness ([14+yrs](#))
- Movement to Music ([3-6](#), [7-12yrs](#))
- Multisport ([3-6](#), [7-12yrs](#))
- Music ([3-6](#), [7-12yrs](#))
- Skills Training Employment Program ([16+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

Lower Mainland

- Ready, Willing & Able career navigation ([16+yrs](#))

Virtual Programs

- Autistic Community Group ([18+yrs](#))
- App Development ([7-12yrs](#))
- Coding ([7-12yrs](#))
- Creative Writing ([16+yrs](#))
- Movie Club ([13+yrs](#))
- Science ([7-12yrs](#))
- Women's Peer Group ([18+yrs](#))

Questions?

info@canucksautism.ca | 604-685-4049

1788 West 8th Avenue, Vancouver

Mon-Thu, 9:00am-4:00pm (Fri by appointment)

Interior

Kamloops

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

Kelowna

- Gymnastics ([7-12yrs](#))
- Skate ([3-6](#), [7-12yrs](#))
- Skills Training Employment Program ([15-30yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

West Kelowna

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

Vancouver Island

Nanaimo

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

Victoria

- Fitness ([14+yrs](#))
- Multisport ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12yrs](#))
- Skate ([7-12yrs](#))

Sessions subject to change.

Programs by Age Group

3-6yrs	7-12yrs	13-17yrs & 18+yrs
<ul style="list-style-type: none"> • Family Experiences • Movement to Music • Multisport • Music • Preschool Swim • Skate • Swimmer 1/2/3* 	<ul style="list-style-type: none"> • Gymnastics • Family Experiences • Movement to Music • Multisport • Music • Skate • Swimmer 1/2/3* • Virtual App Development • Virtual Coding • Virtual Science 	<ul style="list-style-type: none"> • Autistic Community Group • Basketball • Craft & Connect • Creative Writing • Family Experiences • Fitness • Movie Club • Pop-Up Opportunities • Ready, Willing & Able • Skate • Swim • Skills Training Employment Program • Women's Peer Group ♀

*Please note: Swim programs in this age range are offered for 6-12yrs.

Swim Levels Overview



Preschool Swim (3-5yrs) 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 (6-12yrs) 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.



EARLY YEARS PROGRAMS

Ages 3-6



Movement to Music (formerly Dance) participants will enjoy games and activities that focus on coordination, flexibility, and spatial awareness. Taught by instructors from DanceWest or Arts Umbrella (varies by location) and supported by CAN staff and volunteers.

COST: \$51 for 6 weeks



WINTER 2026 MOVEMENT TO MUSIC

City	Facility	Day	Time	Starts	Ends	Register
Surrey	DanceWest Studios Surrey	Sunday	10:15-11:00AM	Jan 18	Mar 1	REGISTER
Vancouver	Mount Pleasant Community Centre	Monday	4:45-5:30PM	Jan 19	Mar 2	REGISTER

Multisport (3-6yrs)

Multisport participants enjoy a range of games and activities in a safe and supportive indoor environment.

The program is led by a skills coach, while CAN staff and volunteers provide additional group instruction and support.

COST: \$51 for 6 weeks



WINTER 2026 MULTISPORT (BASKETBALL & BALL HOCKEY)

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Mt Lehman Community Hall	Friday	5:15-6:00PM	Jan 9	Feb 27	REGISTER
Chilliwack	Evergreen Hall (Cheam Room)	Saturday	9:30-10:15AM	Jan 17	Feb 28	REGISTER
Coquitlam	Bettie Allard YMCA	Saturday	12:45-1:30PM	Jan 17	Feb 28	REGISTER
Kamloops	Beattie Elementary	Sunday	1:30-2:15PM	Jan 18	Mar 1	REGISTER
Nanaimo	Randerson Ridge Elementary	Tuesday	5:00-5:45PM	Jan 20	Feb 24	REGISTER
Vancouver	Britannia Community Centre	Monday	5:15-6:00PM	Jan 19	Mar 2	REGISTER
Victoria	Macaulay Elementary	Tuesday	6:30-7:15PM	Jan 13	Feb 17	REGISTER
West Kelowna	Mar Jok Elementary	Monday	5:15-6:00PM	Jan 12	Feb 23	REGISTER

WINTER 2026 MULTISPORT (BASKETBALL & GOLF)

City	Facility	Day	Time	Starts	Ends	Register
Langley	Timms Community Centre	Monday	5:45-6:30PM	Jan 19	Mar 2	REGISTER
Richmond	West Richmond Community Centre	Sunday	2:15-3:00PM	Jan 18	Mar 1	REGISTER

Registration opens Sunday, November 30 at 6:00pm.

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

The [Music](#) program, in partnership with Vancouver Academy of Music (VAM), provides an intro to basic percussion in a child and parent group format. Games and exercises will teach a variety of rhythms. Taught by VAM instructors and supported by CAN staff.

COST: \$51 for 6 weeks

WINTER 2026 MUSIC



City	Facility	Day	Time	Starts	Ends	Register
Vancouver	Vancouver Academy of Music	Wednesday	4:00-4:45PM	Jan 21	Feb 25	REGISTER
Vancouver	Vancouver Academy of Music	Wednesday	5:00-5:45PM	Jan 21	Feb 25	REGISTER

Skate (3-6yrs)

[Skate](#) teaches participants 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 additional staff and volunteers work with participants to provide individualized instruction.

COST: \$60 for 6 weeks

WINTER 2026 SKATE



City	Facility	Day	Time	Starts	Ends	Register
Burnaby	Rosemary Brown Rec Centre	Sunday	9:05-9:35AM	Jan 11	Feb 22	REGISTER
Burnaby	Rosemary Brown Rec Centre	Sunday	9:35-10:05AM	Jan 11	Feb 22	REGISTER
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:15-2:45PM	Jan 17	Feb 28	REGISTER
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:45-3:15PM	Jan 17	Feb 28	REGISTER
Kamloops	Memorial Arena	Thursday	4:00-4:30PM	Jan 15	Feb 19	REGISTER
Kelowna	MNP Place	Thursday	5:00-5:30PM	Jan 15	Feb 19	REGISTER
Nanaimo	Cliff McNabb Arena	Friday	4:15-4:45PM	Jan 16	Feb 27	REGISTER
Surrey	North Surrey Sport & Ice Complex	Saturday	9:45-10:15AM	Jan 10	Feb 28	REGISTER
Surrey	North Surrey Sport & Ice Complex	Saturday	10:15-10:45AM	Jan 10	Feb 28	REGISTER

Registration opens Sunday, November 30 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



WINTER 2026 PRESCHOOL SWIM

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Recreation Centre	Wednesday	4:00-4:30PM	Jan 14	Mar 4	REGISTER
Abbotsford	Matsqui Recreation Centre	Wednesday	4:30-5:00PM	Jan 14	Mar 4	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30AM	Jan 10	Mar 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00AM	Jan 10	Mar 7	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	8:30-9:00AM	Jan 11	Mar 1	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	8:00-8:30AM	Jan 11	Mar 8	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	8:30-9:00AM	Jan 11	Mar 8	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	9:00-9:30AM	Jan 11	Mar 8	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	9:30-10:00AM	Jan 11	Mar 8	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	10:00-10:30AM	Jan 11	Mar 8	REGISTER
Kamloops	YMCA Kamloops	Tuesday	4:00-4:30PM	Jan 13	Mar 3	REGISTER
Kelowna	Kelowna Family YMCA	Sunday	12:00-12:30PM	Jan 11	Mar 8	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	9:00-9:30AM	Jan 10	Feb 28	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	9:30-10:00AM	Jan 10	Feb 28	REGISTER

Registration opens Sunday, November 30th at 6:00pm.

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

Continued on next page.

WINTER 2026 PRESCHOOL SWIM

City	Facility	Day	Time	Starts	Ends	Register
Mission	Mission Leisure Centre	Sunday	8:00-8:30AM	Jan 11	Mar 1	REGISTER
Nanaimo	Beban Park Pool	Sunday	4:30-5:00PM	Jan 11	Mar 8	REGISTER
Surrey	Tong Louie YMCA	Saturday	2:00-2:30PM	Jan 10	Mar 7	REGISTER
Surrey	Tong Louie YMCA	Saturday	2:30-3:00PM	Jan 10	Mar 7	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:00-12:30PM	Jan 10	Mar 7	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:30-1:00PM	Jan 10	Mar 7	REGISTER
Victoria	Esquimalt Recreation Centre	Tuesday	4:00-4:30PM	Jan 20	Mar 10	REGISTER
Victoria	Esquimalt Recreation Centre	Saturday	5:00-5:30PM	Jan 10	Mar 7	REGISTER
Victoria	Esquimalt Recreation Centre	Saturday	5:30-6:00PM	Jan 10	Mar 7	REGISTER
Victoria	Juan de Fuca Recreation Centre	Sunday	4:15-4:45PM	Jan 11	Mar 8	REGISTER



“

My son has always struggled with recreational programs.

He recently completed his first swimming level, and the difference is amazing—he feels so confident in the water, and his technique has improved significantly. I can't say enough good things about them!

”

Registration opens Sunday, November 30th at 6:00pm.

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

CHILDREN'S PROGRAMS

Ages 7-12



Please note: Swim programs in this age range are offered for 6-12yrs.

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

Taught by certified coaches from Chilliwack Gymnastics, Kamloops Gymnastics, Okanagan Gymnastics, Splitz Gymnastics, TumbleTown & White Rock Gymnastics (varies by location) and supported by CAN staff and volunteers.

COST: \$76.50 to \$102* for 6 weeks

**Program fees over \$100 are AFU eligible! The [Autism Funding Form](#) must be completed prior to registration.*

*Note that our Splitz Gymnastics location is pro-rated at \$76.50, because it is 45 mins in length instead of 60 mins. It is **still** AFU eligible.*



WINTER 2026 GYMNASTICS

City	Facility	Day	Time	Starts	Ends	Register
Chilliwack	Chilliwack Gymnastics Club	Thursday	7:00-8:00PM	Jan 22	Feb 26	REGISTER
Kamloops	Tournament Capital Centre	Saturday	1:00-2:00PM	Jan 17	Feb 28	REGISTER
Kamloops	Tournament Capital Centre	Saturday	2:00-3:00PM	Jan 17	Feb 28	REGISTER
Kelowna	Okanagan Gymnastics	Saturday	1:30-2:30PM	Jan 17	Feb 28	REGISTER
Kelowna	Okanagan Gymnastics	Saturday	2:30-3:30PM	Jan 17	Feb 28	REGISTER
Richmond	TumbleTown Ironwood	Saturday	4:00-5:00PM	Jan 17	Feb 28	REGISTER
Richmond	TumbleTown Ironwood	Saturday	5:00-6:00PM	Jan 17	Feb 28	REGISTER
Surrey	White Rock Gymnastics	Saturday	5:00-6:00PM	Jan 17	Feb 28	REGISTER
Surrey	White Rock Gymnastics	Saturday	6:00-7:00PM	Jan 17	Feb 28	REGISTER
Surrey	Splitz Gymnastics	Sunday	6:15-7:00PM	Jan 11	Feb 22	REGISTER
Surrey	Splitz Gymnastics	Sunday	7:00-7:45PM	Jan 11	Feb 22	REGISTER

Registration opens Sunday, November 30th at 6:00pm.

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

Movement to Music (formerly Dance) participants will enjoy games and activities that focus on coordination, flexibility, and spatial awareness. Taught by instructors from DanceWest, or Arts Umbrella (varies by location) and supported by CAN staff and volunteers.

COST: \$51 for 6 weeks



WINTER 2026 MOVEMENT TO MUSIC

City	Facility	Day	Time	Starts	Ends	Register
Surrey	DanceWest Studios Surrey	Sunday	11:15-12:00PM	Jan 18	Mar 1	REGISTER
Vancouver	Mount Pleasant Community Centre	Monday	5:30-6:15PM	Jan 19	Mar 2	REGISTER

Registration opens Sunday, November 30th at 6:00pm.
Registration is first-come, first served. Sessions subject to change.

Music (7-12yrs)

Music, in collaboration with [Sarah McLachlan School of Music](#) (SoM), provides an intro to percussion in a group format. Participants will enjoy games and activities that work on a variety of rhythms. Lessons are taught by SoM instructors and supported by CAN staff and volunteers.

COST: \$51 for 6 weeks



WINTER 2026 MUSIC

City	Facility	Day	Time	Starts	Ends	Register
Vancouver	Sarah McLachlan School of Music	Friday	5:00-5:45PM	Jan 16	Feb 27	REGISTER
Vancouver	Sarah McLachlan School of Music	Friday	6:00-6:45PM	Jan 16	Feb 27	REGISTER

Registration opens Sunday, November 30th 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.

The program is led by a skills coach, while CAN staff and volunteers provide additional group instruction and support.

COST: \$51 for 6 weeks



WINTER 2026 MULTISPORT (BASKETBALL & BALL HOCKEY)

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Mt Lehman Community Hall	Friday	6:15-7:15PM	Jan 9	Feb 27	REGISTER
Chilliwack	Evergreen Hall (Cheam Room)	Saturday	10:15-11:15PM	Jan 17	Feb 28	REGISTER
Coquitlam	Bettie Allard YMCA	Saturday	1:30-2:30PM	Jan 17	Feb 28	REGISTER
Kamloops	Beattie Elementary	Sunday	2:15-3:15PM	Jan 18	Mar 1	REGISTER
Nanaimo	Randerson Ridge Elementary	Tuesday	5:45-6:45PM	Jan 20	Feb 24	REGISTER
Vancouver	Britannia Community Centre	Monday	6:00-7:00PM	Jan 19	Mar 2	REGISTER
Victoria	Macaulay Elementary	Tuesday	7:15-8:15PM	Jan 13	Feb 17	REGISTER
West Kelowna	Mar Jok Elementary	Monday	6:00-7:00PM	Jan 12	Mar 2	REGISTER

WINTER 2026 MULTISPORT (BASKETBALL & GOLF)

City	Facility	Day	Time	Starts	Ends	Register
Langley	Timms Community Centre	Monday	6:30-7:30PM	Jan 19	Mar 2	REGISTER
Richmond	West Richmond Community Centre	Sunday	3:00-4:00PM	Jan 18	Mar 1	REGISTER



“ The staff were so patient & amazing!

They really went at his pace & worked with him until he got comfortable. ”

Registration opens Sunday, November 30th at 6:00pm.

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

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 additional staff and volunteers work with participants to provide individualized instruction.

COST: \$60 for 6 weeks

WINTER 2026 SKATE



City	Facility	Day	Time	Starts	Ends	Register
Burnaby	Rosemary Brown Rec Centre	Sunday	10:05-10:35AM	Jan 11	Feb 22	REGISTER
Burnaby	Rosemary Brown Rec Centre	Sunday	10:35-11:05AM	Jan 11	Feb 22	REGISTER
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:15-3:45PM	Jan 17	Feb 28	REGISTER
Coquitlam	Poirier Sport & Leisure Complex	Saturday	3:45-4:15PM	Jan 17	Feb 28	REGISTER
Kamloops	Memorial Arena	Thursday	4:30-5:00PM	Jan 15	Feb 19	REGISTER
Kelowna	MNP Place	Thursday	5:30-6:00PM	Jan 15	Feb 19	REGISTER
Kelowna	MNP Place	Thursday	6:00-6:30PM	Jan 15	Feb 19	REGISTER
Nanaimo	Cliff McNabb Arena	Friday	4:45-5:15PM	Jan 16	Feb 27	REGISTER
Surrey	North Surrey Sports & Ice Complex	Saturday	9:45-10:15AM	Jan 10	Feb 28	REGISTER
Surrey	North Surrey Sports & Ice Complex	Saturday	10:15-10:45AM	Jan 10	Feb 28	REGISTER
Victoria	Save-On-Foods Memorial Arena	Thursday	5:10-5:40PM	Jan 8	Feb 19	REGISTER
Victoria	Save-On-Foods Memorial Arena	Thursday	5:45-6:15PM	Jan 8	Feb 19	REGISTER

NEW! WINTER 2026 INTERMEDIATE SKATE

*Prerequisite: Must have completed a CAN Skate program & be comfortable with the basics of skate.

City	Facility	Day	Time	Starts	Ends	Register
Surrey	North Surrey Sports & Ice Complex	Saturday	10:45-11:15AM	Jan 10	Feb 28	REGISTER

Registration opens: Sunday, November 30th at 6:00pm

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

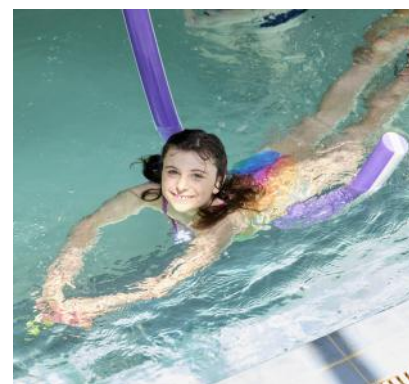
Swimmer 1 focuses on swimming strokes and skills, while building confidence. Participants will be introduced to skills from the [Lifesaving Society Swimmer 1 curriculum](#), including bubbles, floating, gliding, kicking, water entries and exits.

***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 guide](#) for more info on swim levels.

COST: \$70 for 8 weeks

WINTER 2026 SWIMMER 1



City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Rec Centre	Wednesday	5:00-5:30PM	Jan 14	Mar 4	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30AM	Jan 10	Mar 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30AM	Jan 10	Mar 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00AM	Jan 10	Mar 7	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	9:00-9:30AM	Jan 11	Mar 1	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	9:30-10:00AM	Jan 11	Mar 1	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	1:00-1:30PM	Jan 11	Mar 8	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	1:30-2:00PM	Jan 11	Mar 8	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	2:00-2:30PM	Jan 11	Mar 8	REGISTER
Kamloops	YMCA Kamloops	Tuesday	4:30-5:00PM	Jan 13	Mar 3	REGISTER
Kamloops	YMCA Kamloops	Tuesday	5:00-5:30PM	Jan 13	Mar 3	REGISTER
Kamloops	YMCA Kamloops	Sunday	4:00-4:30PM	Jan 4	Mar 8	REGISTER
Kamloops	YMCA Kamloops	Sunday	4:30-5:00PM	Jan 4	Mar 8	REGISTER
Kelowna	Kelowna Family YMCA	Sunday	12:30-1:00PM	Jan 11	Mar 8	REGISTER
Kelowna	Kelowna Family YMCA	Sunday	1:00-1:30PM	Jan 11	Mar 8	REGISTER
Langley	W.C Blair Rec Centre	Saturday	10:00-10:30AM	Jan 10	Feb 28	REGISTER

Reg. opens: Sunday, November 30th at 6:00pm

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

Continued on next page.

WINTER 2026 SWIMMER 1

City	Facility	Day	Time	Starts	Ends	Register
Langley	W.C Blair Rec Centre	Saturday	10:30-11:00AM	Jan 10	Feb 28	REGISTER
Mission	Mission Leisure Centre	Sunday	8:30-9:00AM	Jan 11	Mar 1	REGISTER
Mission	Mission Leisure Centre	Sunday	9:00-9:30AM	Jan 11	Mar 1	REGISTER
Nanaimo	Beban Park Pool	Sunday	5:00-5:30PM	Jan 11	Mar 8	REGISTER
Nanaimo	Beban Park Pool	Sunday	5:30-6:00PM	Jan 11	Mar 8	REGISTER
Surrey	Tong Louie YMCA	Saturday	3:00-3:30PM	Jan 10	Mar 7	REGISTER
Surrey	Tong Louie YMCA	Saturday	3:30-4:00PM	Jan 10	Mar 7	REGISTER
Surrey	Guildford Rec Centre	Sunday	1:15-1:45PM	Jan 11	Mar 15	REGISTER
Surrey	Guildford Rec Centre	Sunday	1:45-2:15PM	Jan 11	Mar 15	REGISTER
Surrey	Guildford Rec Centre	Sunday	2:15-2:45PM	Jan 11	Mar 15	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:00-12:30PM	Jan 10	Mar 7	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:00-1:30PM	Jan 10	Mar 7	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:30-2:00PM	Jan 10	Mar 7	REGISTER
Victoria	Esquimalt Rec Centre	Tuesday	4:30-5:00PM	Jan 20	Mar 10	REGISTER
Victoria	Esquimalt Rec Centre	Tuesday	5:00-5:30PM	Jan 20	Mar 10	REGISTER
Victoria	Esquimalt Rec Centre	Saturday	6:00-6:30PM	Jan 10	Mar 7	REGISTER
Victoria	Esquimalt Rec Centre	Saturday	6:30-7:00PM	Jan 10	Mar 7	REGISTER
Victoria	Juan de Fuca Rec Centre	Sunday	4:45-5:15PM	Jan 11	Mar 8	REGISTER
Victoria	Juan de Fuca Rec Centre	Sunday	5:15-5:45PM	Jan 11	Mar 8	REGISTER

Reg. opens: Sunday, November 30th 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 work on endurance, with a target distance of 10 meters. An intro 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



WINTER 2026 SWIMMER 2

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Rec Centre	Wednesday	5:30-6:00PM	Jan 14	Mar 4	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00AM	Jan 10	Mar 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30AM	Jan 10	Mar 7	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30AM	Jan 11	Mar 1	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	2:30-3:00PM	Jan 11	Mar 8	REGISTER
Kamloops	YMCA Kamloops	Tuesday	5:30-6:00PM	Jan 13	Mar 3	REGISTER
Kamloops	YMCA Kamloops	Sunday	5:00-5:30PM	Jan 4	Mar 8	REGISTER
Kelowna	Kelowna Family YMCA	Sunday	1:00-1:30PM	Jan 11	Mar 8	REGISTER
Langley	W.C. Blair Rec Centre	Saturday	11:00-11:30AM	Jan 10	Feb 28	REGISTER
Mission	Mission Leisure Centre	Sunday	9:30-10:00AM	Jan 11	Mar 1	REGISTER
Nanaimo	Beban Park Pool	Sunday	6:00-6:30PM	Jan 11	Mar 8	REGISTER
Surrey	Guildford Rec Centre	Sunday	2:45-3:15PM	Jan 11	Mar 15	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Jan 10	Mar 7	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:00-1:30PM	Jan 10	Mar 7	REGISTER
Victoria	Esquimalt Rec Centre	Tuesday	5:30-6:00PM	Jan 20	Mar 10	REGISTER
Victoria	Esquimalt Rec Centre	Saturday	7:00-7:30PM	Jan 10	Mar 7	REGISTER
Victoria	Juan de Fuca Rec Centre	Sunday	5:45-6:15PM	Jan 11	Mar 8	REGISTER

Reg. opens: Sunday, November 30th at 6:00pm

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

Swimmer 3 expands on Swimmer 2 skills, adding in front/side glide with kicks and increasing front and back crawl distance to 15m. Time will be spent in deep water practicing jumps, dives, and deep water support.

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

It is the parent or guardian’s responsibility to sign up for the correct level. [Refer to our Lifesaving Society guide >](#)

COST: \$70 for 8 weeks



WINTER 2026 SWIM LEVEL 3

City	Facility	Day	Time	Starts	Ends	Register
Kamloops	YMCA Kamloops	Sunday	5:30-6:00PM	Jan 4	Mar 8	REGISTER
Surrey	Tong Louie YMCA	Saturday	4:00-4:30PM	Jan 10	Mar 7	REGISTER
Victoria	Juan de Fuca Rec Centre	Sunday	6:15-6:45PM	Jan 11	Mar 8	REGISTER



“ My son went from hating swimming lessons to having so much fun thanks to the CAN program!

He loved the small group setting and how warm the water was. He loved that there were fun breaks between the structured learning.

”

Registration opens Sunday, November 30th at 6:00pm.

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

Virtual Programming is hosted through Zoom. Coaches connect with participants in real-time to teach fun, interactive lessons in a supportive digital environment.

COST: \$30 to \$51 for 6 weeks

Science

Discover science through a range of experiments & activities at home in real-time alongside other participants!

Coding

Develop fundamental skills through “Scratch coding”, a kid-friendly way to learn through colourful blocks instead of text. No coding experience or software required!

App Development

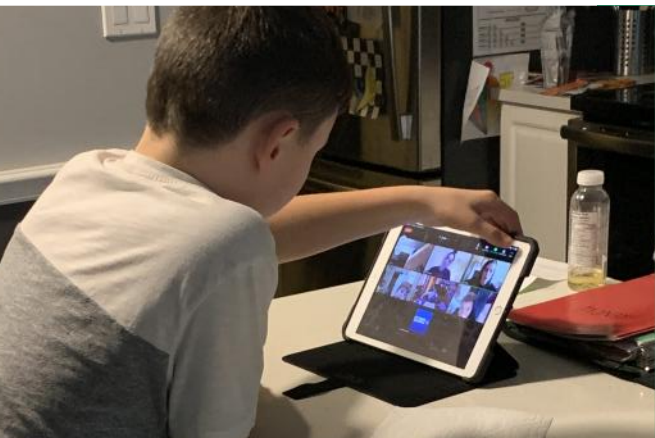
Join us in our Beginner App Development workshops, where you’ll get to design, code, and test your own mobile apps, using a visual, easy-to-use, drag-and-drop app building platform called Thunkable.

Both Coding and App Development are offered in collaboration with C.O.D.E. Initiative. Sessions are led by their instructors and supported by CAN staff.



WINTER 2026 VIRTUAL PROGRAMS

Location	Activity	Day	Time	Starts	Ends	Register
Zoom	Coding	Wednesday	6:00-6:45PM	Jan 21	Feb 25	REGISTER
Zoom	App Development	Wednesday	7:00-7:45PM	Jan 21	Feb 25	REGISTER
Zoom	Science	Saturday	11:00-11:45AM	Jan 17	Feb 28	REGISTER



“ CAN provides a safe space.

The staff & volunteers are always so patient and understanding of our kids' needs and abilities.

”

Registration opens Sunday, November 30th 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.

CAN youth & adult programs are for anyone ages 13+ who self-identifies as Autistic. [A formal diagnosis is not required.](#)



WINTER 2026 YOUTH & ADULT SWIM

City	Facility	Day	Time	Starts	Ends	Register
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00AM	Jan 10	Mar 7	REGISTER
Kamloops	YMCA Kamloops	Sunday	6:00-6:30PM	Jan 4	Mar 8	REGISTER
Kelowna	Kelowna Family YMCA	Sunday	2:00-2:30PM	Jan 11	Mar 8	REGISTER
Langley	W.C. Blair Rec Centre	Saturday	11:30-12:15PM	Jan 10	Feb 28	REGISTER
Surrey	Tong Louie YMCA	Saturday	4:30-5:15PM	Jan 10	Mar 7	REGISTER
Surrey	Guildford Rec Centre	Sunday	3:15-4:00PM	Jan 11	Mar 15	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:30-2:00PM	Jan 10	Mar 7	REGISTER

Registration opens Sunday, November 30th at 6:00pm.

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

Weekly Youth & Adult Rec Programs (13+, 14+, 13-17)

Weekly Youth & Adult Rec Programs range in opportunities from season-to season.

Our team is committed to providing a variety of recreational opportunities year-round.

CAN youth & adult programs are for anyone ages 13+ who self-identifies as Autistic. [A formal diagnosis is not required.](#)

Basketball (13-17yrs)

Learn the basics and play! In collaboration with Night Hoops.

COST: \$51 for 6 weeks

Fitness (13+yrs)

An intro to cardio, free weights, and basic gym etiquette.

COST: \$51 for 6 weeks

Fitness (Els for Autism) (14+yrs)

A program focused on movement, strength, and self-care.

OPTIONAL: Take part in Els for Autism research that assesses the impact of fitness on athletic skills and social communication!

COST: \$51 for 6 weeks (12 Sessions)

Skate (13-17yrs)

Learn to skate! Skate teaches basic skating skills such as moving forward, gliding, and stopping in a safe and supportive environment.

COST: \$60 for 6 weeks



WINTER 2026 YOUTH & ADULT WEEKLY REC

Program	Age	City	Day	Time	Starts	Ends	Register
Basketball	13-17	Vancouver	Sunday	1:30-2:30PM	Jan 25	Mar 8	REGISTER
Fitness	13+	Nanaimo	Saturday	10:15-11:15AM	Jan 17	Feb 28	REGISTER
Fitness	14+	Vancouver	Wednesday & Friday	8:15-9:00PM	Jan 28	Mar 12	REGISTER
Fitness	14+	Victoria	Wednesday & Saturday	Wed: 6:30-7:15PM Sat: 1:00-1:45PM	Jan 14	Feb 28	REGISTER
Skate	13-17	Surrey	Saturday	10:45-11:15AM	Jan 10	Feb 28	REGISTER

Registration opens Sunday, November 30th at 6:00pm.

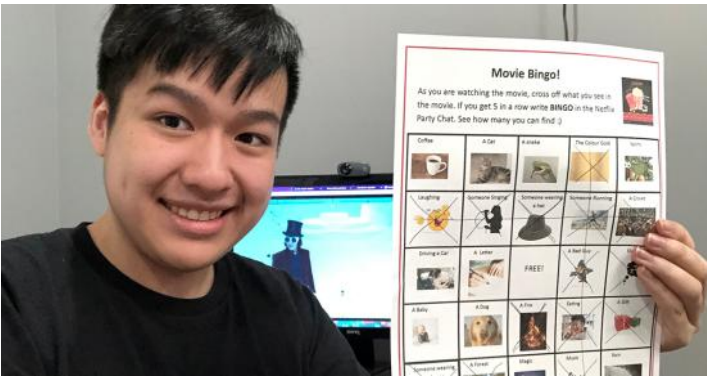
Registration is first-come, first served. Sessions subject to change.

Virtual Youth & Adult Rec Programs (13+yrs)

Movie Club (13+yrs)

Watch movies and discuss together in real-time!
Movies selected with input from CAN participants.
Participants must have their own Netflix account & Teleparty installed on their computer or tablet (free to download).

COST: FREE drop-in every 2nd & 4th Tuesday



WINTER 2026 DROP-IN RECREATION PROGRAMS

Program	Age	Location	Day	Time	Starts	Ends	Register
Movie Club	13+	Online	Tuesday	6:00-8:15PM	Oct 14	Aug 25	REGISTER

Registration is open year-round.
Drop-in programs only require one registration for the entire 2025-26 program year.

Pop-Up Opportunities (13+ yrs)

In addition to weekly & drop-in programs, we offer one-day workshops and events.

Youth & adult pop-ups are available both in-person across the Lower Mainland, Kamloops, Kelowna, Nanaimo, and Victoria, as well as virtually via Zoom.

Pop-ups explore rec, wellness & mental health, while encouraging social connection.

Past rec pop-ups have included birding, bowling, board game nights, and more.

Past wellness & mental health programs and workshops have been developed and led by Autistic Facilitators, CAN staff, and clinicians on topics such as healthy sleeping habits, setting boundaries, yoga, arts & crafts and more!



Registration for pop-ups opens on the 15th of each month at 6pm.
Subscribe to the monthly newsletter to be kept in the loop!

Weekly Wellness & Mental Health Programs (15+, 16+, 18+)

Wellness & Mental Health programs range in opportunities from season-to season.

Our team is committed to providing a variety of opportunities to Autistic youth & adults year-round.

CAN youth & adult programs are for anyone ages 13+ who self-identifies as Autistic.

A formal diagnosis is not required.



DROP IN

Autistic Community Group (18+yrs)

Led by Autistic peer facilitators, join a group that builds community and empowers, while fostering support and connections.

Explore various topics about the Autistic experience through group discussion. [Learn more >](#)

COST: FREE monthly drop-in sessions

Women’s Peer Group ♀️ (18yrs+)

Led by Autistic peer facilitators, this group is for Autistic women, gender non-conforming, and gender diverse adults.

Come together to build meaningful connections, share stories, support, and validate each other. Group discussion topics rotate monthly. [Learn more >](#)

COST: FREE bi-monthly drop-in sessions

WEEKLY

Craft & Connect (15yrs+)

Led by an Autistic peer facilitator, follow along with group crafts or work on your own project with the supplies provided.

Past activities have included collage-making, painting, group mosaics, clay sculpting, and more. [Learn more >](#)

COST: \$51 for 6 weeks

Creative Writing (16yrs+)

Discover your voice and express your ideas through writing. Explore creativity, imagination, and the art of storytelling in a supportive group setting. [Learn more >](#)

COST: \$30 for 6 weeks

WINTER 2026 WELLNESS & MENTAL HEALTH: **FIRST-COME, FIRST-SERVE REGISTRATION**

Program	Age	Location	Day	Time	Starts	Ends	Register
Craft & Connect	15+	Vancouver	Thursday	7:00-8:00PM	Jan 29	Mar 5	REGISTER
Creative Writing	16+	Online	Wednesday	7:00-8:00PM	Jan 28	Mar 4	REGISTER

WINTER 2026 WELLNESS & MENTAL HEALTH: **DROP-IN REGISTRATION**

Program	Age	Location	Day	Time	Starts	Ends	Register
Autistic Community Group	18+	Online	Tuesday	6:00-7:30PM	Oct 7	Aug 4	REGISTER
Women’s Peer Group	18+	Online	Tuesday	6:30-8:00PM	Sept 2	June 23	REGISTER

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

The [CAN Skills Training Employment Program](#) begins with up to five days per week of in-person classroom training in the CAN office.

Get certified in First Aid, FOODSAFE, SUPERHOST customer service, and more, while developing skills like resume writing, interviewing, and more.

After classroom training, participants will receive work placements of up to 120 hours over the course of approximately 6 weeks.

Placements will take place in restaurants, cafes, grocery stores, and more. Onsite support is provided by CAN staff.



CAN youth & adult programs are for individuals who self-identify as Autistic. [Official diagnosis not required.](#)

Eligibility requirements apply. [Learn more >](#)


CAN-STEP WINTER COHORTS **INTAKE REGISTRATION**

Location	Classroom Dates	Classroom Location	Work Experience Dates	Apply
Kelowna (15-30yrs)	Mon-Fri, Jan 12 - Feb 13	CAN office, Kelowna	Starts late Feb (up to 120h; approx. 6 weeks)	APPLY
Vancouver (16+yrs)	Mon-Fri, Feb 17 - Mar 20	CAN office, Vancouver	Starts late March (up to 120h; approx. 6 weeks)	APPLY

Registration is open now!

All applicants must apply to the program. Applicants will be contacted for an interview.

Questions? Email step@canucksautism.ca



This project in Vancouver is funded in part by the Government of Canada’s Opportunities Fund for Persons with Disabilities. This project in Kelowna is funded by the Government of Canada’s Youth Employment Skills Strategy (YESS) program.

*Our navigational services are currently taking a short break in the Lower Mainland.
We will resume in February 2026!*

Reach your career goals with [Ready, Willing & Able!](#)

Are you looking for employment or need extra support in your post-secondary studies within the Lower Mainland? We can help.

Our Navigator can connect you with community agencies and services that:

- provide pre-employment and on-the-job supports
- have connections to employment opportunities in a variety of industries
- provide mental health, life skills, and housing service referrals
- help with post-secondary studies (e.g. coursework and accommodations needed to complete an internship or field placement)

The first step is to complete [The Compass questionnaire](#).

1. Tell us about your employment, education, and experience with community services. It only takes 10 minutes to complete!
2. Review the [Terms of Use for The Compass](#).
3. Fill out the [Compass Questionnaire](#).



Our Navigator will follow up with you by phone or email to arrange a time to meet (either in-person or virtually).

In your meeting, we will learn more about your support needs and connect you to supports and/or employment opportunities in your community.

Or contact our Navigator directly:
navigator@canucksautism.ca

Intake for RWA career navigation services is open year-round.

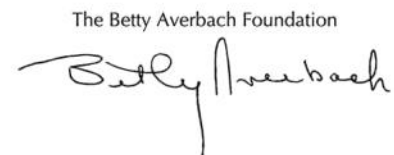
Those who fill out our intake questionnaire will be contacted when we resume in February 2026.



Funded by the Government of Canada's Opportunities Fund for Persons with Disabilities, Ready, Willing & Able (RWA) is a national partnership initiative of Inclusion Canada and Autism Alliance of Canada and their member organizations.

CAN is an RWA partner, co-delivering the program provincially with Inclusion BC.

Thank You to our Winter 2026 Program Funders



Foundation

