



# SPRING 2026 | PROGRAM GUIDE

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



Programs by Location

CAN Registration System



Registration opens on a first-come, first-served basis on **Sunday, March 1, at 6pm!**

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

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## PROGRAMS

### By Location

Lower Mainland

Kamloops

Kelowna

Nanaimo

Victoria

Virtual

### By Age Group

3-6yrs

7-12yrs

13-17 & 18+ yrs



### Questions?

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

1788 West 8th Avenue, Vancouver

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

\*Fri by appointment

# IMPORTANT REMINDERS

Look for the *green icons* throughout the guide to navigate back to this page!



## Registration

**Spring registration** for most weekly programs opens on a first-come, first-served basis on **Sunday, March 1, at 6pm.**



## Other Registration Dates

Registration for family experiences and youth & adult pop-up opportunities is on the **15th of each month at 6pm.**



## FREE CAN Account

Families and individuals\* need to **create a FREE CAN account** in order to sign up for programs and family experiences.



## Max 2 different Weekly Programs

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



## Payment Due Upon Registration

Alternative payment methods, such as **Fee Assistance**, are available. However, requests need to be submitted **prior to registration.**



## Email Confirmation

You will receive a confirmation email with details, including the **schedule and exception dates.**



## Withdraw vs Absence

If you're going to miss one session of a multi-week program, please fill out the form: **canucksautism.ca/absence.** ***To fully withdraw from a program, please visit your CAN account!***



## Family Experience Pass

Families must purchase a **\$25 Family Experience Pass** to register for family events. The pass gives the family access to events for **365 days!**

\*Autistic individuals ages 13+ do NOT need a formal diagnosis to register. **Learn more!**

# PROGRAM FEES

Payment is due upon registration!



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 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 encouraged 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 program staff about ongoing support needs.

## Ratio of Support

1:1



We are committed to providing participants with a high quality of support.

Our swim and skate programs are staffed at a 1:1 ratio for safety reasons, while other programs vary in ratio of support with a focus on group instruction.



# FAMILY EXPERIENCES

Family events require a Family Experience Pass!

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, movies, and more!

## We offer two types of Family Experiences:

### 1 Exclusive

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

### 2 Community

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



### Remember!

Family Experiences **open for registration on the 15th of each month** for the following month's events!

# LOWER MAINLAND

Sessions subject to change.



## Abbotsford

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

## Burnaby

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

## Chilliwack

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

## Coquitlam

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

## Langley

- Baseball ([3-6](#), [7-12yrs](#), [13-17yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))

## Mission

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

## Richmond

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

## Surrey

- Baseball ([7-12](#), [13-17yrs](#))
- Movement to Music ([3-6](#), [7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Rock Climbing ([13-17yrs](#))
- Walking Club ([13-17](#), [18+yrs](#))

## Vancouver

- Baseball ([3-6](#), [7-12](#), [13-17yrs](#))
- Movement to Music ([3-6](#), [7-12yrs](#))
- Music ([7-12yrs](#))
- Skills Training Employment Program ([16+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13-17](#), [18+yrs](#))

## Lower Mainland

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



## Questions?

[info@canucksautism.ca](mailto:info@canucksautism.ca) | 604-685-4049  
1788 West 8th Avenue, Vancouver  
**Mon-Thu, 9:00am-4:00pm**  
\*Fri by appointment

# INTERIOR

Sessions subject to change.



## Kamloops

- Gymnastics (7-12yrs)
- Baseball (3-6, 7-12yrs, 13-17yrs)
- Swim (3-5, 6-12, 13+yrs)

## Kelowna

- Gymnastics (7-12yrs)
- Outdoor Active (13+yrs)
- Skills Training Employment Program (15-30yrs)
- Swim (3-5, 6-12, 13+yrs)

## West Kelowna

- Baseball (3-6, 7-12yrs)



Questions?

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# VANCOUVER ISLAND

Sessions subject to change.



## Nanaimo

- Baseball (3-6, 7-12yrs)
- Swim (3-5, 6-12, 13+yrs)

## Victoria

- Fitness (13+yrs)
- Baseball (3-6, 7-12, 13-17yrs)
- Swim (3-5, 6-12, 13+yrs)



Questions?

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\*Fri by appointment

# VIRTUAL PROGRAMS

Sessions subject to change.



## Weekly

- Autistic Youth and Wellbeing **(13-17yrs)**
- Dungeons and Dragons **(13-17, 18+yrs)**

## Drop-In Year Round

- Autistic Dating Peer Group **(18+yrs)**
- Autistic Community Group **(18+yrs)**
- Movie Club **(13+yrs)**
- Women's Peer Group **(18+yrs)**



## Questions?

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**Mon-Thu, 9:00am-4:00pm**

\*Fri by appointment

# PROGRAMS BY AGE GROUP

Sessions subject to change.



## 3-6yrs

- Baseball
- Family Experiences
- Movement to Music
- Preschool Swim (3-5yrs)
- Skate
- Swimmer 1/2/3 (6-12yrs)

## 7-12yrs

- Baseball
- Gymnastics
- Family Experiences
- Movement to Music
- Music
- Skate
- Swimmer 1/2/3 (6-12yrs)

## 13-17 & 18+ yrs\*

- Autistic Community Group (Virtual)
- Autistic Dating Peer Group (Virtual)
- Autistic Youth and Wellbeing (Virtual)
- Baseball
- Dungeons and Dragons (Virtual)
- Family Experiences
- Fitness
- Movie Club (Virtual)
- Outdoor Active
- Pop-Up Opportunities
- Ready, Willing & Able
- Rock Climbing
- Swim
- Skills Training Employment Program
- Walking Club
- Women's Peer Group (Virtual)

\*Exact age ranges vary among youth & adult programs.



## Questions?

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**Mon-Thu, 9:00am-4:00pm**

\*Fri by appointment

# 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.



**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.

## 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).

## Youth & Adult (13+ yrs)

Focuses on building water confidence, improving fitness, and developing smooth, recognizable swim strokes. Participants work at their own pace toward personal swimming goals, with skills adapted from the Lifesaving Society Swimmer 1 program.

**Prerequisite:** Suitable for participants who are still developing water entries and exits, floats, glides and front crawl.



# EARLY YEARS PROGRAMS

AGES 3-6



# Movement to Music

3-6yrs

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 with a focus on group instruction.

Cost: \$51 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Surrey

Day

Time

Starts

Ends

DanceWest Studios Surrey

Sun

10:15-11:00am

Apr 19, 2026

May 31, 2026

[Register](#)

## Vancouver

Mount Pleasant Community Centre

Mon

4:45-5:30pm

Apr 20, 2026

Jun 1, 2026

[Register](#)



# Baseball

3-6yrs

Multisport will be delivered as Baseball this spring.

Baseball teaches participants fundamental skills such as **running, throwing, catching and hitting** with a focus on group instruction.

Cost: \$51 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Abbotsford

Day

Time

Starts

Ends

Mt Lehman Community Hall

Mon

5:45-6:30pm

Apr 13, 2026

May 25, 2026

[Register](#)

## Chilliwack

Atchelitz Hall

Wed

5:15-6:00pm

Apr 8, 2026

May 13, 2026

[Register](#)

## Coquitlam

Bettie Allard YMCA

Sat

12:45-1:30pm

Apr 18, 2026

Jun 6, 2026

[Register](#)

## Kamloops

Beattie Elementary

Sun

10:15-11:00am

Apr 12, 2026

May 24, 2026

[Register](#)

## Langley

Timms Community Centre

Mon

5:45pm-6:30pm

Apr 13, 2026

May 25, 2026

[Register](#)

## Nanaimo

Randerson Ridge Elementary

Tue

5:00-5:45pm

Apr 14, 2026

May 19, 2026

[Register](#)

## Richmond

West Richmond Community Centre

Sun

2:15-3:00pm

Apr 19, 2026

May 31, 2026

[Register](#)

CONTINUED ON THE NEXT PAGE!

# Baseball

3-6yrs

Multisport will be delivered as Baseball this spring.

Baseball teaches participants fundamental skills such as **running, throwing, catching and hitting** with a focus on group instruction.

Cost: \$51 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Vancouver

Day

Time

Starts

Ends

Britannia Community Centre

Mon

5:15-6:00pm

Apr 20, 2026

Jun 1, 2026

[Register](#)

## Victoria

Macaulay Elementary

Tue

6:15-7:00pm

Apr 14, 2026

May 19, 2026

[Register](#)

## West Kelowna

Mar Jok Elementary

Mon

5:15-6:00pm

Apr 13, 2026

Jun 1, 2026

[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 staff and volunteers provide 1:1 instruction to participants.

Cost: \$60 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*

1:1



## Burnaby

Day

Time

Starts

Ends

Rosemary Brown Rec Centre	Sun	9:05-9:35am	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>
Rosemary Brown Rec Centre	Sun	9:35-10:05am	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>

## Coquitlam

Poirier Sport & Leisure Complex	Sat	2:15-2:45pm	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>
Poirier Sport & Leisure Complex	Sat	2:45-3:15pm	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>



# Preschool Swim

3-5yrs

Participants work on **entries into the water, buoyancy, bubbles, movement, floats, and front/back swim.** Featuring 1:1 support, games and songs are incorporated into lessons to create a fun environment that encourages comfort in the water!

Cost: \$70 for 8 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
**First-come, first served!** Sessions subject to change.

1:1



## Abbotsford

	Day	Time	Starts	Ends	
Matsqui Recreation Centre	Wed	4:00-4:30pm	Apr 8, 2026	May 27, 2026	<a href="#">Register</a>

## Burnaby

Edmonds Community Centre*	Sat	9:00-9:40am	Apr 25, 2026	Jun 6, 2026	<a href="#">Register</a>
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## Chilliwack

Cheam Leisure Centre	Sun	8:30-9:00am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
Cheam Leisure Centre	Sun	9:00-9:30am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

## Coquitlam

City Centre Aquatic Complex	Sun	8:00-8:30am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
City Centre Aquatic Complex	Sun	8:30-9:00am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
City Centre Aquatic Complex	Sun	9:00-9:30am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
City Centre Aquatic Complex	Sun	9:30-10:00am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
City Centre Aquatic Complex	Sun	10:00-10:30am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

## Kamloops

YMCA Kamloops	Tue	4:00-4:30pm	Apr 14, 2026	Jun 2, 2026	<a href="#">Register</a>
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\*At certain locations, programs run 40 minutes for 6 weeks

# Preschool Swim

3-5yrs



Cost: \$70 for 8 weeks



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Kelowna

	Day	Time	Starts	Ends	
Kelowna Family YMCA	Sun	12:30-1:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

## Langley

W.C. Blair Recreation Centre	Sat	9:00-9:30am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
W.C. Blair Recreation Centre	Sat	9:30-10:00am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Mission

Mission Leisure Centre	Sun	9:30-10:00am	Apr 12, 2026	Jun 14, 2026	<a href="#">Register</a>
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## Nanaimo

Beban Park Pool	Sun	4:30-5:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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## Surrey

Tong Louie YMCA	Sat	2:00-2:30pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Tong Louie YMCA	Sat	2:30-3:00pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Vancouver

Jewish Community Centre	Sat	12:00-12:30pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>
Jewish Community Centre	Sat	12:30-1:00pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>

## Victoria

Esquimalt Recreation Centre	Thu	4:00-4:30pm	Apr 9, 2026	May 28, 2026	<a href="#">Register</a>
Esquimalt Recreation Centre	Sat	5:00-5:30pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Esquimalt Recreation Centre	Sat	5:30-6:00pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Juan de Fuca Recreation Centre	Sun	4:15-4:45pm	Apr 26, 2026	Jun 21, 2026	<a href="#">Register</a>
Juan de Fuca Recreation Centre	Sun	4:45-5:15pm	Apr 26, 2026	Jun 21, 2026	<a href="#">Register</a>

# CHILDREN'S PROGRAMS

AGES 7-12



# Gymnastics

7-12yrs

This program provides an introduction to skills such as **jumping, moving in different directions, balancing,** and **gym safety** in a group instruction format.

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: \$102\* for 6 weeks**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
**First-come, first served!** Sessions subject to change.



## Chilliwack

	Day	Time	Starts	Ends	
Chilliwack Gymnastics Club	Thu	7:00-8:00pm	Apr 16, 2026	May 21, 2026	<a href="#">Register</a>

## Kamloops

Tournament Capital Centre	Sat	1:00-2:00pm	Apr 11, 2026	May 23, 2026	<a href="#">Register</a>
Tournament Capital Centre	Sat	2:00-3:00pm	Apr 11, 2026	May 23, 2026	<a href="#">Register</a>

## Kelowna

Okanagan Gymnastics	Sat	1:30-2:30pm	Apr 11, 2026	May 23, 2026	<a href="#">Register</a>
Okanagan Gymnastics	Sat	2:30-3:30pm	Apr 11, 2026	May 23, 2026	<a href="#">Register</a>

## Richmond

TumbleTown Ironwood	Sat	4:00-5:00pm	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>
TumbleTown Ironwood	Sat	5:00-6:00pm	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>

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

# Movement to Music

7-12yrs

Participants will enjoy games and activities that focus on **coordination**, **flexibility**, and **spatial awareness** in a group instruction format.

Taught by instructors from *DanceWest*, or *Arts Umbrella* (varies by location) and supported by CAN staff and volunteers.

Cost: \$51 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Surrey

Day

Time

Starts

Ends

DanceWest Studios Surrey

Sun

11:15am-12:00pm

Apr 19, 2026

May 31, 2026

[Register](#)

## Vancouver

Mount Pleasant Community Centre

Mon

5:40-6:25pm

Apr 20, 2026

Jun 1, 2026

[Register](#)



# Music

7-12yrs

This program, in collaboration with *the 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**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Vancouver

Day

Time

Starts

Ends

Sarah McLachlan School of Music	Fri	5:00-5:45pm	Apr 17, 2026	May 29, 2026	<a href="#">Register</a>
Sarah McLachlan School of Music	Fri	6:00-6:45pm	Apr 17, 2026	May 29, 2026	<a href="#">Register</a>



# Baseball

7-12yrs

Multisport will be delivered as Baseball this spring.

Baseball teaches participants fundamental skills such as **running, throwing, catching and hitting** with a focus on group instruction.

Cost: \$51 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Abbotsford

	Day	Time	Starts	Ends	
Mt Lehman Community Hall	Mon	6:30-7:30pm	Apr 13, 2026	May 25, 2026	<a href="#">Register</a>

## Chilliwack

Atchelitz Hall	Wed	6:00-7:00pm	Apr 8, 2026	May 13, 2026	<a href="#">Register</a>
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## Coquitlam

Bettie Allard YMCA	Sat	1:30-2:30	Apr 18, 2026	Jun 6, 2026	<a href="#">Register</a>
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## Kamloops

Beattie Elementary	Sun	11:00am-12:00pm	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>
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## Langley

Timms Community Centre	Mon	6:30-7:30pm	Apr 13, 2026	May 25, 2026	<a href="#">Register</a>
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## Nanaimo

Randerson Ridge Elementary	Tue	5:45-6:45pm	Apr 14, 2026	May 19, 2026	<a href="#">Register</a>
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## Richmond

West Richmond Community Centre	Sun	3:00-4:00pm	Apr 19, 2026	May 31, 2026	<a href="#">Register</a>
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# Baseball

7-12yrs

Multisport will be delivered as Baseball this spring.

Baseball teaches participants fundamental skills such as **running, throwing, catching and hitting** with a focus on group instruction.

Cost: \$51 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Surrey

	Day	Time	Starts	Ends	
Mary Jane Shannon Elementary	Tue	5:00-6:00pm	Apr 21, 2026	May 26, 2026	<a href="#">Register</a>
Mary Jane Shannon Elementary	Tue	6:00-7:00pm	Apr 21, 2026	May 26, 2026	<a href="#">Register</a>

## Victoria

Macaulay Elementary	Tue	7:00-8:00pm	Apr 14, 2026	May 19, 2026	<a href="#">Register</a>
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## Vancouver

Britannia Community Centre	Mon	6:00-7:00pm	Apr 20, 2026	Jun 1, 2026	<a href="#">Register</a>
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## West Kelowna

Mar Jok Elementary	Mon	6:00-7:00pm	Apr 13, 2026	Jun 1, 2026	<a href="#">Register</a>
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# Skate

7-12yrs

The program teaches basic skating skills such as **moving forward, gliding, and stopping** with 1:1 support.

It is led by a skills coach, while additional staff and volunteers work with participants to provide individualized instruction.

Cost: \$60 for 6 weeks



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Burnaby

	Day	Time	Starts	Ends	
Rosemary Brown Rec Centre	Sun	10:05-10:35am	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>
Rosemary Brown Rec Centre	Sun	10:35-11:05am	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>

## Coquitlam

Poirier Sport & Leisure Complex	Sat	3:15-3:45pm	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>
Poirier Sport & Leisure Complex	Sat	3:45-4:15pm	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>



# Swimmer 1

6-12yrs

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 with 1:1 support.

**\*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**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**

**First-come, first served!** Sessions subject to change.



## Abbotsford

	Day	Time	Starts	Ends	
Matsqui Rec Centre	Wed	4:30-5:00pm	Apr 8, 2026	May 27, 2026	<a href="#">Register</a>
Matsqui Rec Centre	Wed	5:00-5:30pm	Apr 8, 2026	May 27, 2026	<a href="#">Register</a>

## Burnaby

Edmonds Community Centre*	Sat	9:00-9:40am	Apr 25, 2026	Jun 6, 2026	<a href="#">Register</a>
Edmonds Community Centre*	Sat	9:40-10:20am	Apr 25, 2026	Jun 6, 2026	<a href="#">Register</a>
Edmonds Community Centre*	Sat	9:40-10:20am	Apr 25, 2026	Jun 6, 2026	<a href="#">Register</a>
Edmonds Community Centre*	Sat	10:20-11:00am	Apr 25, 2026	Jun 6, 2026	<a href="#">Register</a>

## Chilliwack

Cheam Leisure Centre	Sun	9:30-10:00am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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## Coquitlam

Bettie Allard YMCA	Sun	1:00-1:30pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
Bettie Allard YMCA	Sun	1:30-2:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

# Swimmer 1

6-12yrs

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 with 1:1 support.

**\*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**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
**First-come, first served!** Sessions subject to change.



## Kamloops

	Day	Time	Starts	Ends	
YMCA Kamloops	Tue	4:30-5:00pm	Apr 14, 2026	Jun 2, 2026	<a href="#">Register</a>
YMCA Kamloops	Tue	5:00-5:30pm	Apr 14, 2026	Jun 2, 2026	<a href="#">Register</a>
YMCA Kamloops	Sun	4:00-4:30pm	Apr 19, 2026	Jun 14, 2026	<a href="#">Register</a>
YMCA Kamloops	Sun	4:30-5:00pm	Apr 19, 2026	Jun 14, 2026	<a href="#">Register</a>

## Kelowna

Kelowna Family YMCA	Sun	1:00-1:30pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
Kelowna Family YMCA	Sun	1:30-2:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

## Langley

W.C Blair Rec Centre	Sat	10:00-10:30am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
W.C Blair Rec Centre	Sat	10:30-11:00am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Mission

Mission Leisure Centre	Sun	8:00-8:30am	Apr 12, 2026	Jun 14, 2026	<a href="#">Register</a>
Mission Leisure Centre	Sun	8:30-9:00am	Apr 12, 2026	Jun 14, 2026	<a href="#">Register</a>

## Nanaimo

Beban Park Pool	Sun	5:00-5:30pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
Beban Park Pool	Sun	5:30-6:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

CONTINUED ON THE NEXT PAGE!

\*At certain locations, programs run 40 minutes for 6 weeks

# Swimmer 1

6-12yrs

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 with 1:1 support.

**\*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**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
**First-come, first served!** Sessions subject to change.



## Surrey

	Day	Time	Starts	Ends	
Tong Louie YMCA	Sat	3:00-3:30pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Tong Louie YMCA	Sat	3:30-4:00pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Guildford Rec Centre*	Sun	1:15-1:55pm	Apr 19, 2026	Jun 7, 2026	<a href="#">Register</a>
Guildford Rec Centre*	Sun	1:55-2:35pm	Apr 19, 2026	Jun 7, 2026	<a href="#">Register</a>
Guildford Rec Centre*	Sun	2:35-3:15pm	Apr 19, 2026	Jun 7, 2026	<a href="#">Register</a>
South Surrey Indoor Pool	Sat	9:30-10:00am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
South Surrey Indoor Pool	Sat	10:00-10:30am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Vancouver

Jewish Community Centre	Sat	12:00-12:30pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>
Jewish Community Centre	Sat	1:00-1:30pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>
Jewish Community Centre	Sat	1:30-2:00pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>

# Swimmer 1

6-12yrs

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 with 1:1 support.

**\*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**



[Learn more!](#)



Registration opens **Sunday, March 1, at 6:00pm.**  
**First-come, first served!** Sessions subject to change.



## Victoria

	Day	Time	Starts	Ends	
Esquimalt Rec Centre	Thu	4:30-5:00pm	Apr 9, 2026	May 28, 2026	<a href="#">Register</a>
Esquimalt Rec Centre	Thu	5:00-5:30pm	Apr 9, 2026	May 28, 2026	<a href="#">Register</a>
Esquimalt Rec Centre	Sat	6:00-6:30pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Esquimalt Rec Centre	Sat	6:30-7:00pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Juan de Fuca Rec Centre	Sun	5:15-5:45pm	Apr 26, 2026	Jun 21, 2026	<a href="#">Register</a>



\*At certain locations, programs run 40 minutes for 6 weeks

# Swimmer 2

6-12yrs

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** with 1:1 support.

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**



[Learn more!](#)



Registration opens **Sunday, March 1, at 6:00pm**.  
*First-come, first served! Sessions subject to change.*



## Abbotsford

	Day	Time	Starts	Ends	
Matsqui Rec Centre	Wed	5:30-6:00pm	Apr 8, 2026	May 27, 2026	<a href="#">Register</a>

## Burnaby

Edmonds Community Centre*	Sat	10:20-11:00am	Apr 25, 2026	Jun 6, 2026	<a href="#">Register</a>
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## Chilliwack

Cheam Leisure Centre	Sun	10:00-10:30am	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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## Coquitlam

Bettie Allard YMCA	Sun	2:00-2:30pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
Bettie Allard YMCA	Sun	2:30-3:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>

## Kamloops

YMCA Kamloops	Tue	5:30-6:00pm	Apr 14, 2026	Jun 2, 2026	<a href="#">Register</a>
YMCA Kamloops	Sun	5:00-5:30pm	Apr 19, 2026	Jun 14, 2026	<a href="#">Register</a>

## Kelowna

Kelowna Family YMCA	Sun	2:00-2:30	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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**CONTINUED ON THE NEXT PAGE!**

\*At certain locations, programs run 40 minutes for 6 weeks

# Swimmer 2

6-12yrs

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** with 1:1 support.

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



Learn more!



Registration opens **Sunday, March 1, at 6:00pm**.  
*First-come, first served! Sessions subject to change.*



## Langley

	Day	Time	Starts	Ends	
W.C. Blair Rec Centre	Sat	11:00-11:30am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Mission

Mission Leisure Centre	Sun	9:00-9:30am	Apr 12, 2026	Jun 14, 2026	<a href="#">Register</a>
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## Nanaimo

Beban Park Pool	Sun	6:00-6:30pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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## Surrey

Guildford Rec Centre*	Sun	3:15-4:00pm	Apr 19, 2026	Jun 7, 2026	<a href="#">Register</a>
South Surrey Indoor Pool	Sat	10:30-11:00am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Vancouver

Jewish Community Centre	Sat	12:30-1:00pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>
Jewish Community Centre	Sat	1:00-1:30pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>

CONTINUED ON THE NEXT PAGE!

\*At certain locations, programs run 40 minutes for 6 weeks

# Swimmer 2

6-12yrs

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** with 1:1 support.

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**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Victoria

	Day	Time	Starts	Ends	
Esquimalt Rec Centre	Thu	5:30-6:00pm	Apr 9, 2026	May 28, 2026	<a href="#">Register</a>
Esquimalt Rec Centre	Sat	7:00-7:30pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
Juan de Fuca Rec Centre	Sun	5:45-6:15pm	Apr 26, 2026	Jun 21, 2026	<a href="#">Register</a>



# Swimmer 3

6-12yrs

**Swimmer 3** expands on Swimmer 2 skills, adding in front/side glide with kicks and **increasing front and back crawl distance to 15m** with 1:1 support. 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**



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
*First-come, first served! Sessions subject to change.*



## Kamloops

	Day	Time	Starts	Ends	
YMCA Kamloops	Sun	5:30-6:00pm	Apr 19, 2026	Jun 14, 2026	<a href="#">Register</a>

## Surrey

Tong Louie YMCA	Sat	4:00-4:30pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
South Surrey Indoor Pool	Sat	11:00-11:30am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

## Victoria

Juan de Fuca Rec Centre	Sun	6:15-6:45pm	Apr 26, 2026	Jun 21, 2026	<a href="#">Register</a>
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# YOUTH & ADULT PROGRAMS

AGES 13-17, 18+



# Youth & Adult Swim

13+yrs

Participants set their own goals to develop water confidence and smooth, recognizable strokes with 1:1 support.

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



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**  
***First-come, first served!*** Sessions subject to change.



## Kamloops

	Day	Time	Starts	Ends	
YMCA Kamloops	Sun	6:00-6:30pm	Apr 19, 2026	Jun 14, 2026	<a href="#">Register</a>

## Kelowna

Kelowna Family YMCA	Sun	2:30-3:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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## Langley

W.C. Blair Rec Centre	Sat	11:30-12:15am	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
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## Nanaimo

Beban Park Pool	Sun	6:30-7:00pm	Apr 12, 2026	Jun 7, 2026	<a href="#">Register</a>
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## Surrey

Guildford Rec Centre*	Sun	4:00-4:45pm	Apr 19, 2026	Jun 7, 2026	<a href="#">Register</a>
Tong Louie YMCA	Sat	4:30-5:15pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>

CONTINUED ON THE NEXT PAGE!

\*Guildford YA swim runs 45 minutes for 6 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.

# Youth & Adult Swim

13+yrs



Participants set their own goals to **develop water confidence and smooth, recognizable strokes** with 1:1 support.

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.***



Learn more!

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



Registration opens **Sunday, March 1, at 6:00pm.**

**First-come, first served!** Sessions subject to change.

1:1



## Vancouver

Day

Time

Starts

Ends

Jewish Community Centre	Sat	1:30-2:00pm	Apr 11, 2026	Jun 13, 2026	<a href="#">Register</a>
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## Victoria

Esquimalt Rec Centre	Sat	7:30-8:00pm	Apr 11, 2026	Jun 6, 2026	<a href="#">Register</a>
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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.

# Weekly Rec Programs

13-17yrs

Our Recreation Programs range in opportunities from season to season.

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

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



**Learn more!**



Registration opens **Sunday, March 1, at 6:00pm.**

*First-come, first served! Sessions subject to change.*



## Baseball

*Let's run the bases!*

Learn fundamental baseball skills, such as running, throwing, catching, and hitting with a focus on group instruction.

### Kamloops

	Day	Time	Starts	Ends	
Beattie Elementary School	Thu	5:30-6:30pm	Apr 16, 2026	May 21, 2026	<a href="#">Register</a>

### Langley

Al Anderson Memorial	Thu	5:00-6:00pm	Apr 16, 2026	May 21, 2026	<a href="#">Register</a>
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### Surrey

Newton Elementary School	Wed	6:00-7:00pm	Apr 22, 2026	May 27, 2026	<a href="#">Register</a>
Newton Elementary School	Wed	7:00-8:00pm	Apr 22, 2026	May 27, 2026	<a href="#">Register</a>

### Vancouver

Sir Winston Churchill School	Sun	3:00-4:00pm	Apr 19, 2026	May 31, 2026	<a href="#">Register</a>
Sir Winston Churchill School	Sun	4:00-5:00pm	Apr 19, 2026	May 31, 2026	<a href="#">Register</a>

### Victoria

Campus View Elementary	Wed	6:15-7:15pm	Apr 15, 2026	May 27, 2026	<a href="#">Register</a>
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**CONTINUED ON THE NEXT PAGE!**

# Weekly Rec Programs

13+yrs

Our Recreation Programs range in opportunities from season to season.

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

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



**Learn more!**



Registration opens **Sunday, March 1, at 6:00pm.**

***First-come, first served!*** Sessions subject to change.



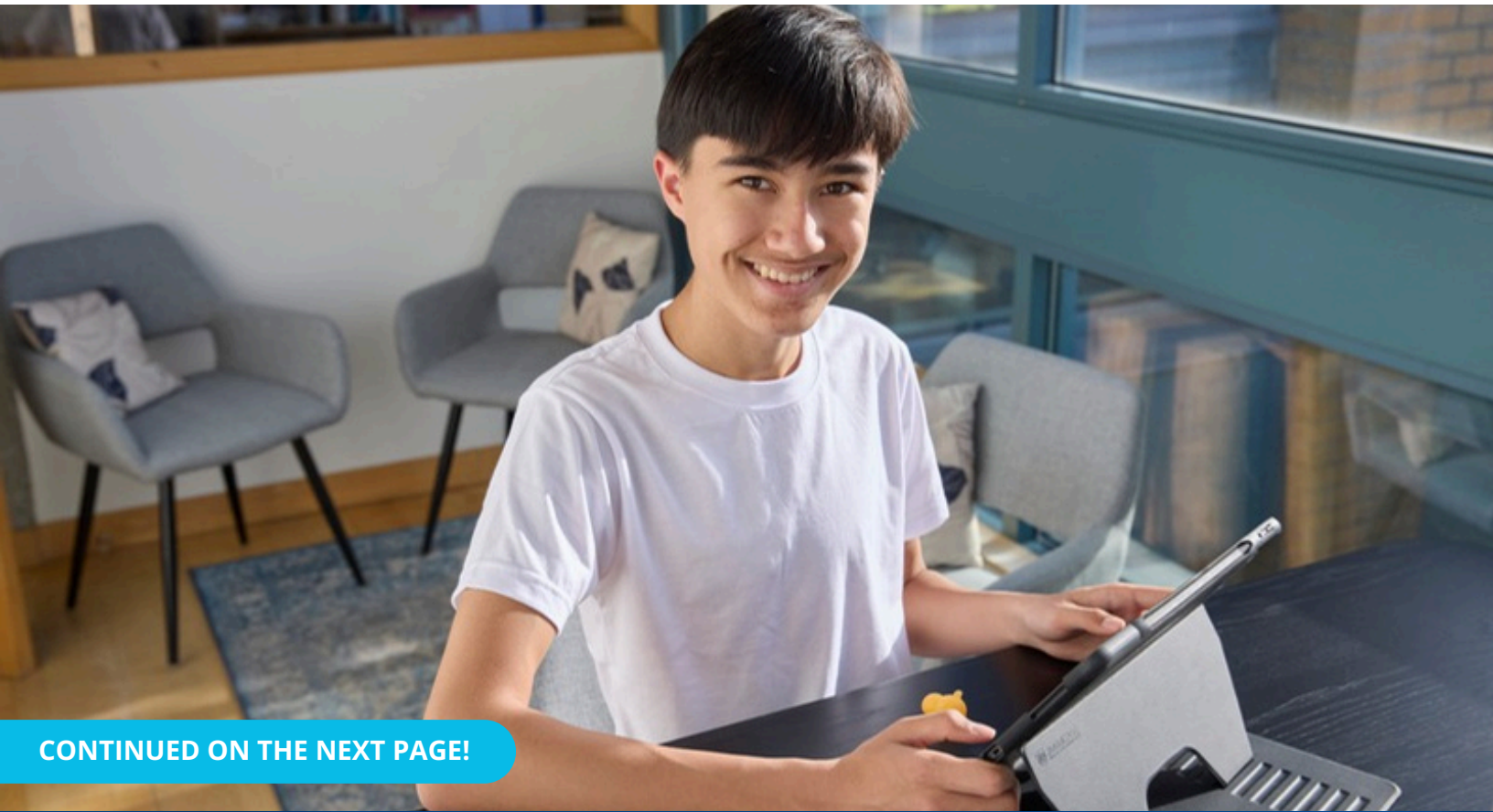
## Dungeons and Dragons

***Enjoy the fantasy role-playing game!***

An introduction to the popular role playing game; led by a Dungeon Master and supported by additional CAN staff.

**Online (13-17yrs & 18+)**

Youth (13-17yrs) *Runs on one Tuesday (April 6)	Mon*	5:30-7:30pm	Mar 30, 2026	May 4, 2026	<a href="#">Register</a>
Adult (18+yrs)	Wed	5:30-7:30pm	Apr 1, 2026	May 6, 2026	<a href="#">Register</a>



**CONTINUED ON THE NEXT PAGE!**



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

# Weekly Rec Programs

13+ yrs

Our Recreation Programs range in opportunities from season to season.

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

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



**Learn more!**



Registration opens **Sunday, March 1, at 6:00pm.**

***First-come, first served!*** Sessions subject to change.



## Fitness

An intro to cardio, free weights, and basic gym etiquette with a focus on group instruction.

### Victoria (13+yrs)

	Day	Time	Starts	Ends	
Crystal Pool & Fitness Centre	Sat	10:30-11:30am	Apr 18, 2026	May 30, 2026	<a href="#">Register</a>

## Outdoor Active

Try new activities, while meeting new friends. Offered in collaboration with CRIS Adaptive Adventures. Join us for hiking, biking, and paddling in a group format.

### Kelowna (13+yrs)

Multiple Locations	Wed	6:00-7:30pm	Apr 15, 2026	May 20, 2026	<a href="#">Register</a>
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## Rock Climbing

Try bouldering! Led by instructors from The Hive and supported by additional CAN staff and volunteers in a group format.

### Surrey (13-17yrs)

The Hive	Tue	6:15-7:30pm	Mar 24, 2026	Apr 28, 2026	<a href="#">Register</a>
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**CONTINUED ON THE NEXT PAGE!**



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

# Weekly Rec Programs

13+ yrs

Our Recreation Programs range in opportunities from season to season.

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

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



Learn more!



Registration opens **Sunday, March 1, at 6:00pm.**

***First-come, first served!*** Sessions subject to change.



## Walking Club

Get outside and get active with a group of peers!

### Vancouver

	Day	Time	Starts	Ends	
Stanley Park Second Beach (13-17yrs)	Sun	9:00-10:00am	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>
Stanley Park Second Beach (18+yrs)	Sun	10:15-11:15am	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>

### Surrey

Green Timbers Urban Forest Park (13-17yrs)	Sun	5:30-6:30pm	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>
Green Timbers Urban Forest Park (18+yrs)	Sun	6:45-7:45pm	Apr 12, 2026	May 24, 2026	<a href="#">Register</a>



**i** CAN youth & adult programs are for **anyone ages 13+ who self-identifies as Autistic.**  
*A formal diagnosis is not required.*

# 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!**



**Learn more!**



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



## Online

### Day

### Time

### Starts

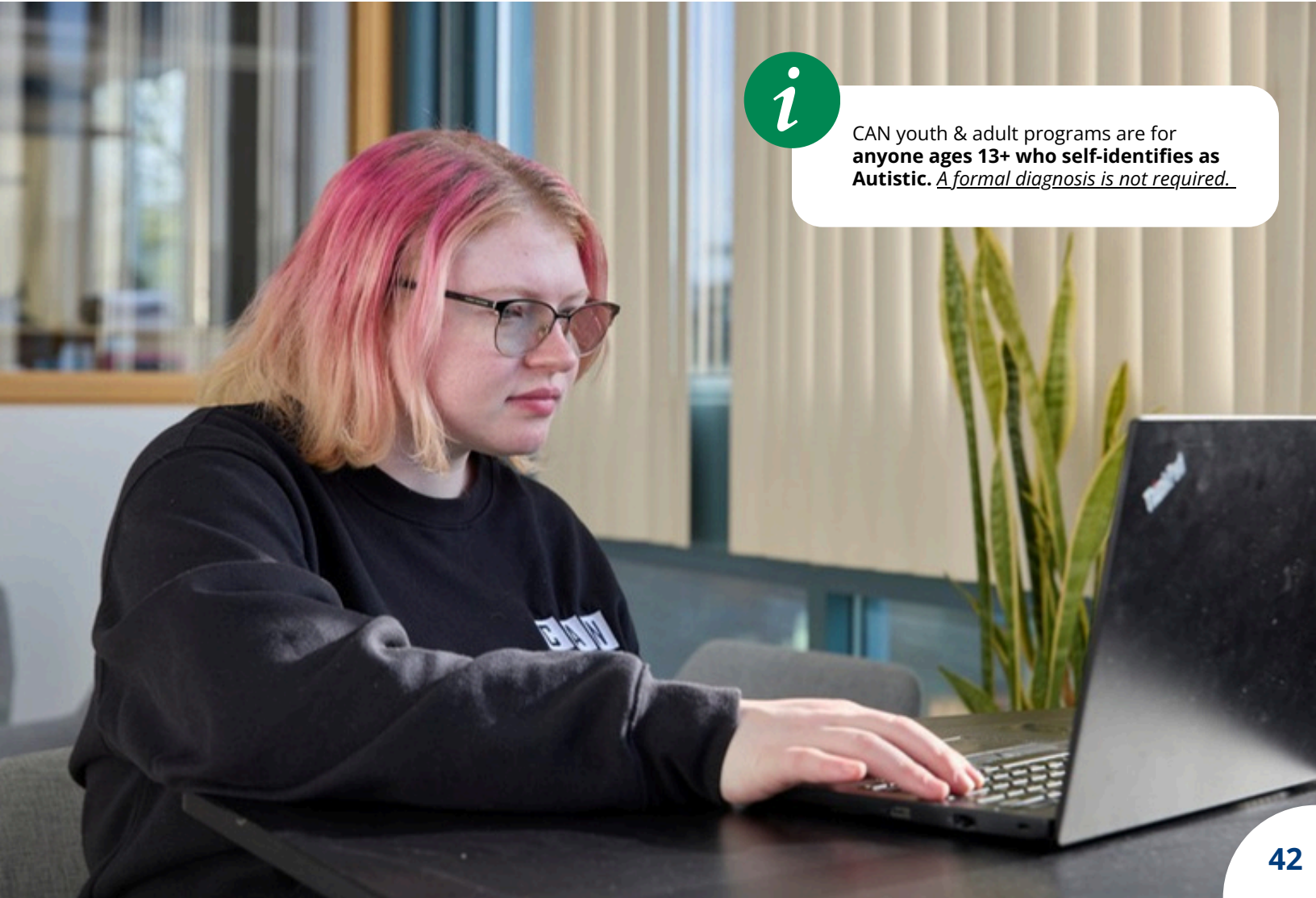
### Ends

Join via Zoom	Tue*	6:00-8:15pm	Oct 14, 2025	Aug 17, 2026	<a href="#">Register</a>
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*\*Bi-monthly sessions, 2nd and 4th Tuesday of the month.*



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



# 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 recreation, wellness & mental health, while encouraging social connection. Past recreation 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!

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



Learn more!



Registration for pop-ups **opens on the 15th of each month at 6pm.**



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



# Wellness & Mental Health (Drop-In)

18+yrs

Drop-in 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.

Cost: FREE!



Learn more!



Registration varies per program. **Drop-ins only require one registration for the duration of the program.**



## Autistic Community Group

**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 >](#)

Online

Day

Time

Starts

Ends

Join via Zoom	Tue*	6:00-7:30pm	Sep 2, 2025	Aug 4, 2026	<a href="#">Register**</a>
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\*Monthly sessions \*\*Registration is open year-round.

## Autistic Dating Peer Group

**Led by Autistic peer facilitators**, this group navigates dating goals and relationship milestones. This program provides a safe space for Autistic adults to share their relationship struggles and successes. [Learn more >](#)

Online

Join via Zoom	Wed*	6:30-8:00pm	Apr 29, 2026	Jul 29, 2026	<a href="#">Register**</a>
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\*Monthly sessions \*\*Registration opens on Sun, Mar 1 at 6pm.

## Women's Peer Group

**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 >](#)

Online

Join via Zoom	Tue*	6:30-8:00pm	Sep 2, 2025	Jun 23, 2026	<a href="#">Register**</a>
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\*Bi-monthly sessions \*\*Registration is open year-round.



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

# Wellness & Mental Health (Weekly)

13-17yrs

Weekly 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.



Learn more!

Cost: FREE! 10 weeks



Registration opens **Sunday, March 1, at 6:00pm.**

**Participants interested in these programs will need to apply.** Registration is *NOT* first-come, first-served.



## Autistic Youth & Wellbeing

**Led by Autistic peer facilitators,** learn about the intersection of autism and mental health. Explore topics, like Autistic identity, masking & camouflaging, and friendships & relationships. [Learn more >](#)

Online

Day

Time

Starts

Ends

Join via Zoom

Thu

6:30-8:00pm

Apr 16, 2026

Jun 25, 2026

[Apply](#)



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

# CAN-STEP

Skills Training Employment Program

15-30yrs, 16+yrs



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

The CAN-STEP 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.



Learn more!

CAN youth & adult programs are for individuals who self-identify as Autistic. **Official diagnosis not required!** Eligibility requirements apply. [Learn more >](#)

## Kelowna

### Age

### Classroom Dates

### Work Experience\*

CAN office	15-30	Mar 30, 2026	May 5, 2026	Expected start in May	<a href="#">Apply</a>
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## Vancouver

CAN office	16+	May 25, 2026	Jun 26, 2026	Expected start in July	<a href="#">Apply</a>
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\*Up to 120hrs; approx. 6 weeks.



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.



Registration is open now!

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



Questions?

Email the team at [step@canucksautism.ca](mailto:step@canucksautism.ca)

# READY, WILLING & ABLE

Reach your career goals!

16+ yrs




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

 Our Navigator will follow up with you by phone or email to arrange a time to meet (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!

\*Those who fill out our intake questionnaire will be contacted!



 Learn more!

READY

PRÊTS

WILLING

DISPONIBLES

& ABLE

& CAPABLES

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.



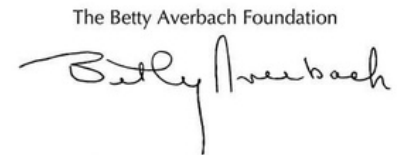
Intake for RWA career navigation services is open year-round!



Questions?

Contact our Navigator directly:  
[navigator@canucksautism.ca](mailto:navigator@canucksautism.ca)

# THANK YOU TO OUR PROGRAM FUNDERS



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