

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





Spring registration for most weekly programs opens on a first-come, first-served basis on **Sunday, March 2nd at 6pm.**



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



Families and individuals need to **create a free CAN account** in order to sign up for programs and family experiences. Create an account at canucksautism.ca/register.

Individuals ages 13+ do NOT need a formal autism diagnosis to register. [Learn more.](#)



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



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



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 session for any reason, please let us know by visiting canucksautism.ca/absence.



Families must purchase a **\$25 Family Experience Pass** 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**.

3. Additional Payment Options

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

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

PARTICIPANT SUPPORT

Program Registration Questionnaire

Parents, caregivers, and/or participants are 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 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**.

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

We offer two types of Family Experiences:

1. Exclusive Family Experience

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

2. Community Family Experience

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



Family Experience registration opens on the 15th of each month at 6pm for the following month's events.

ie. If a Family Experience is taking place on May 15, registration will open on April 15.

Programs by Location

Lower Mainland

Abbotsford

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

Burnaby

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

Chilliwack

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

Coquitlam

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

Langley

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

Mission

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

Port Coquitlam

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

Port Moody

- Baseball ([3-6](#), [7-12yrs](#))
- Craft and Connect ([15+yrs](#))

Richmond

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

Surrey

- Baseball ([3-6](#), [7-12yrs](#))
- Gymnastics ([7-12yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13-17](#), [18+yrs](#))

Vancouver

- Baseball ([3-6](#), [7-12](#), [13-17yrs](#))
- Dance ([7-12yrs](#))
- Music ([3-6](#), [7-12yrs](#))
- Ready, Willing & Able career navigation ([16+yrs](#))
- Skills Training Employment Program ([16+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13-17](#), [18+yrs](#))

Virtual Programs

- Early Years ([5-8 yrs](#))
- Children ([7-12yrs](#) & [9-12 yrs](#))
- Youth & Adult Rec Programs ([13+yrs](#))
- Wellness & Mental Health Programs ([13+yrs](#))
- Ready, Willing & Able career navigation ([16+yrs](#))

Questions?

info@canucksautism.ca | 604-685-4049

1788 West 8th Avenue, Vancouver

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

Interior

Vancouver Island

Kamloops

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

Kelowna

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

West Kelowna

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

Nanaimo

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

Victoria

- Baseball ([3-6](#), [7-12yrs](#))
- Fitness ([15+yrs](#))
- Swim ([3-5](#), [6-12](#), [13+yrs](#))
- Walking Club ([13+yrs](#))

Sessions subject to change.

Programs by Age Group

3-6yrs	7-12yrs	13-17yrs	18+yrs
<ul style="list-style-type: none"> • Baseball • Music • Preschool Swim • Skate • Swimmer 1/2/3* • Virtual Early Years Programs 	<ul style="list-style-type: none"> • Baseball • Dance • Gymnastics • Music • Skate • Swimmer 1/2/3* • Virtual Children's Programs 	<ul style="list-style-type: none"> • Baseball • Craft & Connect • Fitness • Movie Club • Outdoor Active • Pop-up Opportunities • Ready, Willing & Able • Skills Training Employment Program (CAN-STEP) • Swim • Walking Club 	<ul style="list-style-type: none"> • Autistic Community Group • Autistic Dating Peer Group • Dungeons & Dragons • Ready, Willing & Able • Skills Training Employment Program (CAN-STEP) • Walking Club • Women's Peer Group 

Swim Levels Overview



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

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



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

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



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

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



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

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

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

If a participant has been registered into the wrong level, our ability to transfer them into the appropriate level once the season has started will be subject to availability.

If no space exists, the participant may have to be withdrawn from the program.



EARLY YEARS PROGRAMS

Ages 3-6



Please note that our virtual programs are offered for ages 5-8.

This spring, Multisport will once again be offered as Baseball!

Funded by Jays Care, the program teaches children fundamental skills, such as throwing, catching, running, and hitting.

The program will be delivered indoors and outdoors (location specific), and welcome up to 15 participants per session. Supported by 7 staff and up to 8 volunteers, sessions will focus on group-based activities to facilitate increased social interaction.

This team-based learning model and reduced staffing ratio align with Challenger Baseball, a community program also supported by Jays Care. By mirroring this format, CAN baseball offers a ‘bridging’ opportunity to practice skills before transitioning to programs outside of CAN.

COST: \$51 for 6 weeks



Sessions may be held indoors or outdoors. This is indicated beside the facility name.

(I) = Indoors

(O) = Outdoors

(IO) = Indoors & outdoors



SPRING 2025 BASEBALL LOCATIONS & TIMES: 3-6 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Village Park - Diamond (O)	Saturday	12:15-1:00PM	Apr 26	June 7	REGISTER
Chilliwack	Chilliwack Central Elementary (IO)	Saturday	1:30-2:15PM	Apr 26	June 7	REGISTER
Coquitlam	Bettie Allard YMCA (I)	Saturday	12:45-1:30PM	Apr 26	June 7	REGISTER
Kamloops	Beattie Elementary School (IO)	Sunday	1:30-2:15PM	Apr 27	June 8	REGISTER
Langley	Timms Community Centre (I)	Monday	5:45-6:30PM	Apr 28	June 9	REGISTER
Nanaimo	Cilaire Elementary (O)	Tuesday	5:00-5:45PM	Apr 15	May 20	REGISTER
Port Coquitlam	Central Community Elementary (IO)	Thursday	5:15-6:00PM	May 1	June 5	REGISTER
Port Moody	Heritage Woods Secondary (O)	Monday	5:15-6:00PM	Apr 28	June 9	REGISTER

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SPRING 2025 BASEBALL LOCATIONS & TIMES: 3-6 YEARS

City	Facility	Day	Time	Start	Ends	Register
Richmond	West Richmond Community Centre (I)	Sunday	1:30-2:15PM	Apr 27	June 8	REGISTER
Surrey	Forsyth Road Elementary School (IO)	Thursday	5:15-6:00PM	May 1	June 5	REGISTER
Surrey	Mary Jane Shannon Elementary (I)	Tuesday	5:15-6:00PM	Apr 29	June 3	REGISTER
Vancouver	Dunbar Community Centre (IO)	Wednesday	5:15-6:00PM	Apr 30	June 4	REGISTER
Vancouver	Mount Pleasant Community Centre (I)	Sunday	1:45-2:30PM	Apr 27	June 8	REGISTER
Victoria	Northridge Elementary School (I)	Monday	6:15-7:00PM	Apr 14	June 16	REGISTER
Victoria	Macaulay Elementary (I)	Tuesday	6:15-7:00PM	Apr 15	May 20	REGISTER
West Kelowna	Mar Jok Elementary (IO)	Monday	5:15-6:00PM	Apr 28	June 9	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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

COST: \$60 for 6 weeks



SPRING 2025 SKATE LOCATIONS & TIMES: 3-6 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Coquitlam	Poirier Sport & Leisure Complex	Saturday	1:00-1:30PM	Apr 26	June 7	REGISTER
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:45-3:15PM	Apr 26	June 7	REGISTER
Nanaimo	Cliff McNabb Arena	Friday	4:15-4:45PM	Apr 11	May 30	REGISTER

Reg. opens: Sunday, March 2nd 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



SPRING 2025 PRESCHOOL SWIM LOCATIONS & TIMES: 3-5 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Recreation Centre	Wednesday	4:00-4:30PM	Apr 16	June 4	REGISTER
Abbotsford	Matsqui Recreation Centre	Wednesday	4:30-5:00PM	Apr 16	June 4	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30AM	Apr 12	June 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00AM	Apr 12	June 7	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	8:30-9:00AM	Apr 13	June 15	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	9:00-9:30AM	Apr 13	June 15	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	8:00-8:30AM	Apr 13	June 15	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	8:30-9:00AM	Apr 13	June 15	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	9:00-9:30AM	Apr 13	June 15	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	9:30-10:00AM	Apr 13	June 15	REGISTER
Coquitlam	City Centre Aquatic Complex	Sunday	10:00-10:30AM	Apr 13	June 15	REGISTER
Kamloops	Tournament Capital Centre	Monday	4:00-4:30PM	Apr 14	June 16	REGISTER

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SPRING 2025 PRESCHOOL SWIM LOCATIONS & TIMES: 3-5 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Kelowna	Rutland YMCA	Sunday	12:00-12:30PM	Apr 13	June 15	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	9:30-10:00AM	Apr 12	June 14	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	10:00-10:30AM	Apr 12	June 14	REGISTER
Mission	Mission Leisure Centre	Sunday	8:00-8:30AM	Apr 13	June 22	REGISTER
Nanaimo	Beban Park Pool	Sunday	4:30-5:00PM	Apr 13	June 15	REGISTER
Nanaimo	Beban Park Pool	Sunday	5:00-5:30PM	Apr 13	June 15	REGISTER
Surrey	Tong Louie YMCA	Saturday	2:00-2:30PM	Apr 12	June 14	REGISTER
Surrey	Tong Louie YMCA	Saturday	2:30-3:00PM	Apr 12	June 14	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:00-12:30PM	Apr 26	June 21	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:30-1:00PM	Apr 26	June 21	REGISTER
Victoria	Esquimalt Recreation Centre	Thursday	4:00-4:30PM	Apr 17	June 5	REGISTER
Victoria	Esquimalt Recreation Centre	Saturday	5:00-5:30PM	Apr 12	June 14	REGISTER
Victoria	Juan de Fuca Recreation Centre	Sunday	4:15-4:45PM	Apr 27	June 22	REGISTER
Victoria	Juan de Fuca Recreation Centre	Sunday	4:45-5:15PM	Apr 27	June 22	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

[Virtual Programming](#) is hosted through the online video platform, Zoom. Basic household items may be needed to participate in certain activities. Coaches connect with participants in real-time to teach new, fun, interactive lessons in a digital environment.

COST: \$30 for 6 weeks

- **Coding:** Learn fundamental coding skills. No experience or software required.
- **Science:** Discover science through a range of experiments & activities.



SPRING 2025 VIRTUAL PROGRAMS DATES & TIMES: 5-8 YRS

Location	Activity	Day	Time	Starts	Ends	Register
Zoom	Coding	Wednesday	4:30-5:15PM	Apr 16	May 21	REGISTER
Zoom	Science	Saturday	10:15-10:45AM	Apr 26	June 7	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

Caregiver & Child Music (3-6yrs)

The [Caregiver & Child 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

SPRING 2025 MUSIC LOCATIONS & TIMES: 3-6 YRS

City	Facility	Day	Time	Starts	Ends	Register
Vancouver	Vancouver Academy of Music	Thursday	3:45-4:30PM	Apr 17	May 29	REGISTER
Vancouver	Vancouver Academy of Music	Thursday	4:40-5:25PM	Apr 17	May 29	REGISTER
Vancouver	Vancouver Academy of Music	Thursday	5:35-6:20PM	Apr 17	May 29	REGISTER



Reg. opens: Sunday, March 2nd at 6:00pm

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

CHILDREN'S PROGRAMS

Ages 7-12



Please note that swim programs in this age range are offered for 6-12yrs.

This spring, Multisport will once again be offered as Baseball!

Funded by Jays Care, the program teaches children fundamental skills, such as throwing, catching, running, and hitting.

The program will be delivered indoors and outdoors (location specific), and welcome up to 15 participants per session. Supported by 7 staff and up to 8 volunteers, sessions will focus on group-based activities to facilitate increased social interaction.

This team-based learning model and reduced staffing ratio align with Challenger Baseball, a community program also supported by Jays Care. By mirroring this format, CAN baseball offers a 'bridging' opportunity to practice skills before transitioning to programs outside of CAN.

COST: \$51 for 6 weeks



Sessions may be held indoors or outdoors. This is indicated beside the facility name.

(I) = Indoors

(O) = Outdoors

(IO) = Indoors & outdoors



SPRING 2025 BASEBALL LOCATIONS & TIMES: 7-12 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Village Park - Diamond (O)	Saturday	1:00-2:00PM	Apr 26	June 7	REGISTER
Chilliwack	Chilliwack Central Elementary (IO)	Saturday	2:15-3:15PM	Apr 26	June 7	REGISTER
Chilliwack	Chilliwack Central Elementary (IO)	Saturday	3:15-4:15PM	Apr 26	June 7	REGISTER
Coquitlam	Winslow Centre (IO)	Tuesday	6:00-7:00PM	Apr 29	June 3	REGISTER
Kamloops	Beattie Elementary School (IO)	Sunday	2:15-3:15PM	Apr 27	June 8	REGISTER
Langley	Timms Community Centre (I)	Monday	6:30-7:30PM	Apr 28	June 9	REGISTER

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SPRING 2025 BASEBALL LOCATIONS & TIMES: 7-12 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Nanaimo	Cilaire Elementary (O)	Tuesday	5:45-6:45PM	Apr 15	May 20	REGISTER
Port Coquitlam	Central Community Elementary (IO)	Thursday	6:00-7:00PM	May 1	June 5	REGISTER
Port Moody	Heritage Woods Secondary (O)	Monday	6:00-7:00PM	Apr 28	June 9	REGISTER
Richmond	West Richmond Community Centre (IO)	Sunday	2:15-3:00PM	Apr 27	June 8	REGISTER
Richmond	West Richmond Community Centre (IO)	Sunday	3:00-4:00PM	Apr 27	June 8	REGISTER
Surrey	Forsyth Road Elementary (IO)	Thursday	6:00-7:00PM	May 1	June 5	REGISTER
Surrey	Mary Jane Shannon Elementary (I)	Tuesday	6:00-7:00PM	Apr 29	June 3	REGISTER
Vancouver	Britannia Community Centre (IO)	Monday	5:15-6:00PM	May 5	June 16	REGISTER
Vancouver	Mount Pleasant Community Centre (I)	Sunday	2:30-3:30PM	Apr 27	June 8	REGISTER
Vancouver	Dunbar Community Centre (IO)	Wednesday	6:00-7:00PM	Apr 30	June 4	REGISTER
Victoria	Northridge Elementary (I)	Monday	7:00-8:00PM	Apr 14	June 16	REGISTER
Victoria	Macaulay Elementary (I)	Tuesday	7:00-8:00PM	Apr 15	May 20	REGISTER
West Kelowna	Mar Jok Elementary (IO)	Monday	6:00-7:00PM	Apr 28	June 9	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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

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

COST: \$102* for 6 weeks

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



SPRING 2025 GYMNASTICS LOCATIONS & TIMES: 7-12 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Twisters Gymnastics	Sunday	9:15-10:15AM	Apr 27	June 8	REGISTER
Chilliwack	Chilliwack Gymnastics Club	Thursday	7:00-8:00PM	May 1	June 5	REGISTER
Kamloops	Tournament Capital Centre	Saturday	1:00-2:00PM	Apr 26	June 7	REGISTER
Kamloops	Tournament Capital Centre	Saturday	2:00-3:00PM	Apr 26	June 7	REGISTER
Kelowna	Okanagan Gymnastics	Saturday	2:30-3:30PM	Apr 26	June 7	REGISTER
Kelowna	Okanagan Gymnastics	Saturday	3:30-4:30PM	Apr 26	June 7	REGISTER
Richmond	TumbleTown Ironwood	Saturday	4:00-5:00PM	Apr 26	June 7	REGISTER
Richmond	TumbleTown Ironwood	Saturday	5:00-6:00PM	Apr 26	June 7	REGISTER
Surrey	Splitz Gymnastics	Sunday	6:45-7:45PM	May 4	June 15	REGISTER
Surrey	White Rock Gymnastics	Saturday	4:00-5:00PM	Apr 26	June 7	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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

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

COST: \$51 for 6 weeks



SPRING 2025 DANCE LOCATIONS & TIMES: 7-12 YRS

City	Facility	Day	Time	Starts	Ends	Register
Vancouver	Arts Umbrella (Granville Island)	Tuesday	5:15-6:00PM	Apr 29	June 3	REGISTER
Vancouver	Arts Umbrella (Granville Island)	Tuesday	6:15-7:00PM	Apr 29	June 3	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

Music (7-12yrs)

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

Participants will enjoy music games and drills that work on a variety of rhythms. Lessons are taught by SoM instructors alongside CAN staff and volunteers.

COST: \$51 for 6 weeks

SoM has generously donated the use of their facility and instructors.



SPRING 2025 MUSIC LOCATIONS & TIMES: 7-12 YRS

City	Facility	Day	Time	Starts	Ends	Register
Vancouver	Sarah McLachlan School of Music	Friday	5:00-5:45PM	Apr 11	May 30	REGISTER
Vancouver	Sarah McLachlan School of Music	Friday	6:00-6:45PM	Apr 11	May 30	REGISTER

Reg. opens: Sunday, March 2nd 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 CAN staff and volunteers work with participants to provide individualized instruction.

COST: \$60 for 6 weeks



SPRING 2025 SKATE LOCATIONS & TIMES: 7-12 YRS

City	Facility	Day	Time	Starts	Ends	Register
Coquitlam	Poirier Sport & Leisure Complex	Saturday	1:30-2:00PM	Apr 26	June 7	REGISTER
Coquitlam	Poirier Sport & Leisure Complex	Saturday	2:00-2:30PM	Apr 26	June 7	REGISTER
Nanaimo	Cliff McNabb Arena	Friday	4:45-5:15PM	Apr 11	May 30	REGISTER



“ My son had never been on the ice rink before enrolling in the CAN Skating program.

I truly believe that the patient and encouraging support from the CAN staff he was paired with helped him to feel more confident in his own abilities to learn this new activity and it also boosted his interest in skating as well. ”

Reg. opens: Sunday, March 2nd 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



SPRING 2025 SWIMMER 1: LOCATIONS & TIMES: 6-12 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Recreation Centre	Wednesday	5:00-5:30PM	Apr 16	June 4	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:00-9:30AM	Apr 12	June 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30AM	Apr 12	June 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00AM	Apr 12	June 7	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	9:30-10:00AM	Apr 13	June 15	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	1:00-1:30PM	Apr 13	June 15	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	1:30-2:00PM	Apr 13	June 15	REGISTER
Kamloops	Tournament Capital Centre	Monday	4:30-5:00PM	Apr 14	June 16	REGISTER
Kamloops	Tournament Capital Centre	Monday	5:00-5:30PM	Apr 14	June 16	REGISTER
Kamloops	YMCA Kamloops	Sunday	4:00-4:30PM	Apr 13	June 15	REGISTER
Kamloops	YMCA Kamloops	Sunday	4:30-5:00PM	Apr 13	June 15	REGISTER
Kelowna	Rutland YMCA	Sunday	12:30-1:00PM	Apr 13	June 15	REGISTER
Kelowna	Rutland YMCA	Sunday	1:00-1:30PM	Apr 13	June 15	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	10:30-11:00AM	Apr 12	June 14	REGISTER

SPRING 2025 SWIMMER 1: LOCATIONS & TIMES: 6-12 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Mission	Mission Leisure Centre	Sunday	8:30-9:00AM	Apr 13	June 15	REGISTER
Mission	Mission Leisure Centre	Sunday	9:00-9:30AM	Apr 13	June 15	REGISTER
Nanaimo	Beban Park Pool	Sunday	5:30-6:00PM	Apr 13	June 15	REGISTER
Nanaimo	Beban Park Pool	Sunday	6:00-6:30PM	Apr 13	June 15	REGISTER
Surrey	Tong Louie YMCA	Saturday	3:45-4:15PM	Apr 12	June 14	REGISTER
Surrey	Tong Louie YMCA	Saturday	4:15-4:45PM	Apr 12	June 14	REGISTER
Surrey	Guildford Recreation Centre	Sunday	1:15-1:45PM	Apr 13	June 22	REGISTER
Surrey	Guildford Recreation Centre	Sunday	1:45-2:15PM	Apr 13	June 22	REGISTER
Surrey	Guildford Recreation Centre	Sunday	2:15-2:45PM	Apr 13	June 22	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:00-12:30PM	Apr 26	June 21	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:00-1:30PM	Apr 26	June 21	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:30-2:00PM	Apr 26	June 21	REGISTER
Victoria	Esquimalt Recreation Centre	Thursday	4:30-5:00PM	Apr 17	June 5	REGISTER
Victoria	Esquimalt Recreation Centre	Thursday	5:00-5:30PM	Apr 17	June 5	REGISTER
Victoria	Esquimalt Recreation Centre	Saturday	5:30-6:00PM	Apr 12	June 14	REGISTER
Victoria	Esquimalt Recreation Centre	Saturday	6:00-6:30PM	Apr 12	June 14	REGISTER
Victoria	Juan de Fuca Recreation Centre	Sunday	5:15-5:45PM	Apr 27	June 22	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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

Participants will continue to work on 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



SPRING 2025 SWIMMER 2: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends	Register
Abbotsford	Matsqui Recreation Centre	Wednesday	5:30-6:00PM	Apr 16	June 4	REGISTER
Burnaby	Edmonds Community Centre	Saturday	9:30-10:00AM	Apr 12	June 7	REGISTER
Burnaby	Edmonds Community Centre	Saturday	10:00-10:30AM	Apr 12	June 7	REGISTER
Chilliwack	Cheam Leisure Centre	Sunday	10:00-10:30AM	Apr 13	June 15	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	2:00-2:30PM	Apr 13	June 15	REGISTER
Coquitlam	Bettie Allard YMCA	Sunday	2:30-3:00PM	Apr 13	June 15	REGISTER
Kamloops	YMCA Kamloops	Sunday	5:00-5:30PM	Apr 13	June 15	REGISTER
Kamloops	YMCA Kamloops	Sunday	5:30-6:00PM	Apr 13	June 15	REGISTER
Kelowna	Rutland YMCA	Sunday	1:30-2:00PM	Apr 13	June 15	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	11:00-11:30AM	Apr 12	June 14	REGISTER
Mission	Mission Leisure Centre	Sunday	9:30-10:00AM	Apr 13	June 15	REGISTER
Nanaimo	Beban Park Pool	Sunday	6:30-7:00PM	Apr 13	June 15	REGISTER

Continued on next page.

SPRING 2025 SWIM LEVEL 2: LOCATIONS & TIMES

City	Facility	Day	Time	Starts	Ends	Register
Surrey	Guildford Rec Centre	Sunday	2:45-3:15PM	Apr 13	June 22	REGISTER
Vancouver	Jewish Community Centre	Saturday	12:30-1:00pm	Apr 26	June 21	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:00-1:30PM	Apr 26	June 21	REGISTER
Victoria	Esquimalt Rec Centre	Thursday	5:30-6:00PM	Apr 17	June 5	REGISTER
Victoria	Esquimalt Rec Centre	Saturday	6:30-7:00PM	Apr 12	June 14	REGISTER
Victoria	Juan de Fuca Rec Centre	Sunday	5:45-6:15PM	Apr 27	June 22	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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. 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 >](#)



SPRING 2025 SWIM LEVEL 3: LOCATIONS & TIMES: 6-12 YEARS

City	Facility	Day	Time	Starts	Ends	Register
Surrey	Tong Louie YMCA	Saturday	4:45-5:15PM	Apr 12	June 14	REGISTER
Victoria	Juan de Fuca Rec Centre	Sunday	6:15-6:45PM	Apr 27	June 22	REGISTER

Reg. opens: Sunday, March 2nd 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 for 6 weeks

Advanced Coding

For those comfortable with coding or have completed CAN Coding.

Coding

Learn fundamental coding skills. No experience or software required.

Coding App Development

Learn how to make your own app!. No experience or software required.

Science

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



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

COST: Free for 10 weeks

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

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



SPRING 2025 GENERATION HEALTH COMMUNITY DATES & TIMES: 7-12 YEARS

Location	Activity	Day	Time	Starts	Ends	Register
Zoom	Generation Health Community	Tue & Thu	6:30-7:30PM	Apr 15	May 29	REGISTER

SPRING 2025 VIRTUAL PROGRAMS DATES & TIMES: 7-12 & 9-12 YEARS

Location	Activity	Day	Time	Starts	Ends	Register
Zoom	Advanced Coding	Monday	4:30-5:15PM	Apr 14	June 2	REGISTER
Zoom	App Development	Monday	5:30-6:15PM	Apr 14	June 2	REGISTER
Zoom	Coding	Wednesday	5:30-6:15PM	Apr 16	May 21	REGISTER
Zoom	Science	Saturday	11:00-11:45AM	Apr 26	June 7	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

YOUTH & ADULT PROGRAMS

13-17, 18+



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

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

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

COST: \$70 for 8 weeks

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

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



SPRING 2025 YOUTH & ADULT SWIM LOCATIONS & TIMES: 13+ YEARS

City	Facility	Day	Time	Starts	Ends	Register
Burnaby	Edmonds Community Centre	Saturday	10:30-11:00AM	Apr 12	June 7	REGISTER
Langley	W.C. Blair Recreation Centre	Saturday	11:30-12:15PM	Apr 12	June 14	REGISTER
Surrey	Tong Louie YMCA	Saturday	3:00-3:45PM	Apr 12	June 14	REGISTER
Surrey	Guildford Recreation Centre	Sunday	3:15-4:00PM	Apr 13	June 22	REGISTER
Vancouver	Jewish Community Centre	Saturday	1:30-2:00PM	Apr 26	June 21	REGISTER
Victoria	Esquimalt Recreation Centre	Saturday	7:00-7:30PM	Apr 12	June 14	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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

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

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

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

IN-PERSON

Baseball (13+yrs)

Learn to run, throw, catch, and hit! This introductory program is offered thanks to the Jays Care Foundation.

COST: \$51 for 6 weeks

Fitness (15+yrs)

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

COST: \$51 for 6 weeks

Outdoor Active (13+yrs)

Enjoy guided hikes and the opportunity to connect with nature and fellow outdoor enthusiasts. Held in partnership with Community Recreation Initiatives Society (CRIS).

COST: \$51 for 6 weeks

Walking Club (13+, 13-17 & 18+yrs)

Get outside and connect with a group of peers!

COST: \$51 for 6 weeks

VIRTUAL

Dungeons & Dragons (18+yrs)

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

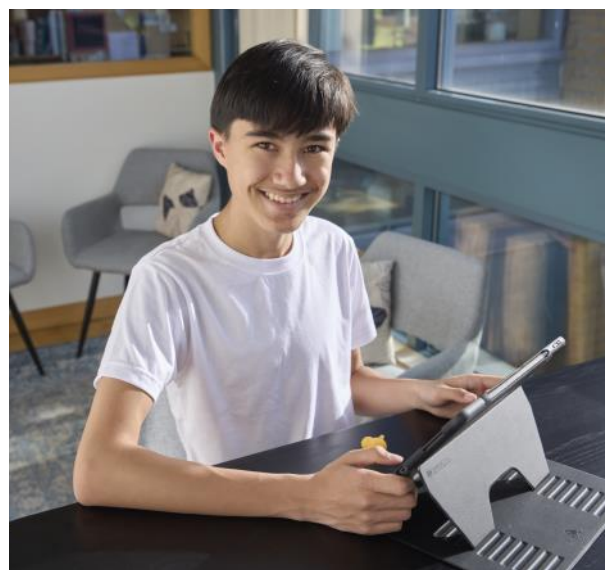
COST: \$30 for 6 weeks

Movie Club (13+yrs)

Watch movies together! Meet every 2nd and 4th Tuesday of the month. Movies selected with input from CAN participants.

Participants require their own Netflix account with Teleparty installed. [Register](#) once for access to all sessions until Aug 2025.

COST: FREE



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

SPRING 2025 YOUTH AND ADULT DROP IN RECREATION PROGRAMS

Program	Age	Location	Day	Time	Starts	Ends	Register
Movie Club	13+	Online	Tues	6:00-8:15PM	Apr 8	June 24	REGISTER

Registration is open year-round.

Drop-in programs only require one registration for the entire 2024-25 program year.

SPRING 2025 YOUTH AND ADULT WEEKLY PROGRAMS

Program	Age	City	Day	Time	Starts	Ends	Register
Baseball	13-17	Coquitlam	Tues	5:00-6:00PM	Apr 29	June 3	REGISTER
Baseball	13+	Kamloops	Thurs	6:00-7:00PM	Apr 24	May 29	REGISTER
Baseball	13-17	Vancouver	Mon	6:00-7:00PM	Apr 28	June 9	REGISTER
Outdoor Active	13+	Kelowna	Wed	6:00-7:45PM	Apr 30	June 4	REGISTER
Walking Club	13+	Nanaimo	Sat	10:00-11:30AM	Apr 12	May 31	REGISTER
Walking Club - Youth	13-17	Surrey	Sun	11:00-12:00PM	Apr 27	June 8	REGISTER
Walking Club - Adult	18+	Surrey	Sun	9:45-10:45AM	Apr 27	June 8	REGISTER
Walking Club - Youth	13-17	Vancouver	Sun	11:00-12:00PM	Apr 27	June 8	REGISTER
Walking Club - Adult	18+	Vancouver	Sun	9:45-10:45AM	Apr 27	June 8	REGISTER
Walking Club	13+	Victoria	Wed	5:00-6:30PM	Apr 16	May 21	REGISTER
Fitness	15+	Victoria	Sat	2:15-3:15PM	Apr 12	May 31	REGISTER
Dungeons & Dragons	18+	Online	Tues	6:30-8:30PM	Apr 22	May 27	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

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

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

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

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

IN-PERSON

Craft and Connect (15+yrs)

Working on group activities or a personal project, while taking part in group discussions. Offered on the 2nd and 4th Monday of the month, participants can sign up for the entire season or join on a drop-in basis. Art supplies provided.

Developed and led by an Autistic facilitator.

COST: \$51 for 6 sessions OR \$10 for drop in



VIRTUAL

Autistic Community Group (18+yrs)

Join a monthly discussion group seeking to build a community that empowers, supports, and connects Autistic individuals. Offered on the first Tuesday of each month, participants register once to gain access to each session on a drop-in basis.

Developed and led by Autistic facilitators.

COST: FREE drop-in sessions

Autistic Dating Peer Group (18yrs+)

Share your relationship struggles and successes. Support one another as this small group navigates dating goals and relationship milestones in this 8-week program.

Led by a trained educator; supported by Autistic facilitators.

COST: FREE for 8 weeks

Women's Peer Group (18yrs+)

A space for Autistic women, gender non-conforming & gender-diverse individuals. Validate, inform & support each other in areas of mutual interest, while fostering friendships. Register once to gain access to each session on a drop-in basis.

Developed and led by Autistic facilitators.

COST: FREE drop-in sessions



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

SPRING 2025 WELLNESS & MENTAL HEALTH PROGRAMS

Program	Age	Location	Day	Time	Starts	Ends	Register
Autistic Community Group	18+	Online	Tuesday	6:00-7:30PM	Apr 1	June 3	REGISTER
Autistic Dating Peer Group	18+	Online	Wed	6:30-8:00PM	Apr 16	June 4	REGISTER
Women's Peer Group ♀	18+	Online	Tue	6:30-8:30PM	Ongoing	June 24	REGISTER

Registration is open year-round.

Drop-in programs only require one registration for the entire 2024-25 program year.

SPRING 2025 WELLNESS & MENTAL HEALTH PROGRAMS

Program	Age	Location	Day	Time	Starts	Ends	Register
Craft and Connect	15+	Port Moody	Mon	6:30-8:00PM	Apr 14	June 23	REGISTER

Reg. opens: Sunday, March 2nd at 6:00pm

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

Pop-Up Opportunities (13+ yrs)

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

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

Past rec pop-ups have included birding, bowling, cooking, 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!



Reg. opens: The 15th of each month at 6:00pm.

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

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

Get certified in First Aid, FOODSAFE, SUPERHOST customer service, and more, while developing skills like resume writing, interviewing, and more. Work placements will take place in restaurants, cafes, grocery stores, and more.

Eligibility Requirements

- 16+ (Lower Mainland) or 15-30yrs (Kelowna)
- Self-identify as being on the autism spectrum
- Not registered in secondary or post-secondary school
- Unemployed or precariously employed
- Not receiving Employment Insurance (EI) benefits
- Canadian citizen, permanent resident, or granted refugee status; legally entitled to work in Canada

Classroom Training

- Up to five days in-person at the CAN Office
- Up to eight participants for five weeks
- Workshops, discussions, group & individual work
- Participants will get a lunch stipend



Paid Work Experience

- 120 hours over 6 weeks* in an entry level position
*Assuming 20 hours per week. Length may vary depending on weekly schedule.
- Placements across the Lower Mainland and Kelowna
- Onsite support provided by CAN staff

UPCOMING CAN-STEP COHORTS

Season	Start	Location	Work Experience	Apply
Spring	March 24	Vancouver CAN office, Mon-Fri, 9:30am-3:30pm	Lower Mainland (Location & Hours Vary)	REGISTER
Summer	June 9	Vancouver CAN office, Mon-Fri, 9:30am-3:30pm	Lower Mainland (Location & Hours Vary)	REGISTER
Spring/Summer	May 12	Kelowna CAN office, Mon-Fri, 9:30am-3:30pm	Kelowna (Location & Hours Vary)	REGISTER

Application windows vary. Please visit the registration page for each cohort for details.

CAN-STEP follows an intake process. Applicants will be contacted for an interview.

Questions? Email step@canucksautism.ca



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

Reach your career goals!

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 for individualized support.



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 Spring 2025 Program Funders

