



# ADAPTED RECREATION DISCOVERY GUIDE 2025



**Calgary**   
**Adapted Hub**  
powered by **Jumpstart**   
**Bon départ**



## The History of the Adapted Recreation Discovery Guide:

Founded in 1985 as a tri-annual publication, the City of Calgary Adapted Recreation Discovery Guide (formerly known as the Recreation Discovery Guide) played a crucial role in providing a comprehensive recreation resource focused on providing opportunities for people of all ages living with disabilities in the Calgary area.

Prior to being a digital resource, the Adapted Recreation Discovery Guide was printed and mailed out to hundreds of Calgarians through the City of Calgary Recreation Services for People with Disabilities, and later, City of Calgary Diversity Services made it available on the City of Calgary website.

For over four decades, the Adapted Recreation Discovery Guide has become an essential communication tool for promoting leisure activities and fostering community awareness about the benefits of recreation and sport programs to enhance the quality of life for individuals living with disabilities. As partners in supporting accessible and inclusive programs in Calgary, the City of Calgary provided the framework for the Calgary Adapted Hub powered by Jumpstart to update the Adapted Recreation Discovery Guide in 2023.

**Calgary Adapted Hub powered by Jumpstart is a collective of Calgary-based organizations committed to providing quality sport and recreation opportunities for children, youth, and families living with disabilities. By working together with our partners, we are pathfinders, travel companions, and motivators on the journey to participation.**

*\*The programs featured in this guide offer a glimpse into the diverse options available in Calgary and surrounding areas. The programs and organizations listed in the guide are independent providers, so please reach out to the providers directly for any specific considerations or to learn more about the activity. The Calgary Adapted Hub powered by Jumpstart encourages you to seek the necessary medical clearance before playing and is here to support your journey towards finding the perfect fit.*



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**Are you a disability-serving  
organization in the Calgary area?**

**Get added to the Adapted Recreation  
Discovery Guide 2026!**



**The Calgary Adapted Hub powered by Jumpstart logo  
denotes a Calgary Adapted Hub partner organization.**

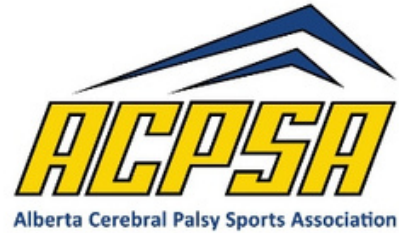


### Alberta Cerebral Palsy Sports Association

**Contact:** [contact@acpsa.ca](mailto:contact@acpsa.ca)

**Participants:** Manual and power wheelchair users

**Participant Age Group:** All ages



**Background:** The Alberta Cerebral Palsy Sports Association is a vibrant community based provincial sport organization that is dedicated to developing and providing sport opportunities for individuals with cerebral palsy and other related conditions. ACPSA is the provincial sport organization for Boccia and Powerchair Soccer, and provides programming in both at Mount Royal University on Sundays.

### Alberta Sports and Recreation Association for the Blind (ASRAB)



Alberta Sports and Recreation  
Association for the Blind

**Contact:** [program.calgary@asrab.ab.ca](mailto:program.calgary@asrab.ab.ca)

**Participants:** Individuals who are blind or visually impaired

**Participant Age Group:** All-ages

**Background:** ASRAB supports active lives for blind and visually impaired Albertans through sport. We offer development and competitive programs, and encourage participation in a variety of sports and recreation activities.

### Alberta Triathlon Association

**Contact:** [info@triathlonalberta.ca](mailto:info@triathlonalberta.ca)

**Participants:** All abilities

**Participant Age Group:** All ages



**Background:** Triathlon Alberta provides introductory camps to provide development opportunities for persons with disabilities to connect, grow and belong.



### Along Dusty Trails

**Contact:** ashleyperryslp@gmail.com

**Participants:** Individuals living with a disability

**Participant Age Group:** 3 - 5 (preschool), 6 - 12 (school-age)

**Background:** Along Dusty Trails offers tailored and engaging private speech-language pathology services through community & nature based social-language groups, as well as more traditional individual assessment/intervention supports. We use an emergent, naturalistic, and client-interest driven approach in providing supports, viewing social connection as the foundation of everything we do.



### Ares Pentathlon & Fencing Club

**Contact:** arespentathlon@gmail.com

**Participants:** Manual and power wheelchair users

**Participant Age Group:** 13 - 17 (Youth), 18+ (Adult)

**Background:** Ares offers a Wheelchair Fencing program, at MNP Community & Sport Centre, for persons with a disability, or able-bodied, who enjoy seated sport. It also provides Wheelchair Fencing 'try-it' opportunities with partners such as WinSport. Ares is a not-for-profit sport club.

### Autism Aspergers Friendship Society of Calgary (AAFS)

**Contact:** info@aafscalgary.com

**Participants:** Individuals with Autism

**Participant Age Group:** All ages



**Background:** AAFS exists so children, youth and adults living with autism have equal opportunities to be their best selves and create a better world for everyone. We promote a safe space so our members can develop and sustain friendships, relationships, learn social skills, and contribute and connect to their greater community.



## Between Friends

**Contact:** [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)

**Participants:** Individuals living with a disability, individuals of all abilities

**Participant Age Group:** All ages 3 and up

**Background:** Between Friends is a Calgary-based charitable organization that provides quality social, recreational and self-development opportunities for persons with disabilities to connect, grow and belong. Programs are provided throughout the year during typical leisure hours for people of all ages and disabilities. Programs are based out of Calgary and Red Deer, and run on weekends and evenings year-round, and weekdays during the summer.



## Bloom Wellness Collective

**Contact:** [hello@bloomwell.ca](mailto:hello@bloomwell.ca)

**Participants:** Individuals living with a disability

**Participant Age Group:** All ages

**Background:** Bloom Wellness Collective is a non-profit organization on a journey to make dance and expressive arts accessible to those living with disabilities. Each of our programs is specially designed to meet the needs, goals, and interests of our participants, irrespective of their age or abilities.

## Calgary Dolphins Swim Club

**Contact:** [calgarydolphins@gmail.com](mailto:calgarydolphins@gmail.com)

**Participants:** Youth and adults with Down Syndrome

**Participant Age Group:** 10 years and older

**Background:** Established in 2005, the Calgary Dolphins Swim Club is a training swim club that fosters both competition and spirit. The swimming program increases mobility, endurance, and overall fitness levels, improving quality of life for those involved. The club is designed to teach proficiency in the four basic swimming strokes. The Dolphins yearly program runs from the beginning of September up until the end of May.





### Calgary Gymnastics Centre

**Contact:** [info@calgarygymcentre.com](mailto:info@calgarygymcentre.com)

**Participants:** Children living with a disability

**Participant Age Group:** 3-5 (Preschool), 6-12 (School), 13-17 (Youth)

**Background:** Our Aspiring Abilities program is designed to allow children who require greater attention and adaptation to participate in the captivating sport of gymnastics! Throughout our 1-hour classes, Aspiring Abilities will assist your child in the development of agility, balance, and coordination through the fun, fitness, and fundamentals of a structured gymnastics program. The Calgary Gymnastics Centre also offers inclusive summer camp programming.



**CALGARY**  
Gymnastics Centre



### Calgary Kangaroos Australian Football Club

**Contact:** [www.calgarykangaroos.ca](http://www.calgarykangaroos.ca)

**Participants:** All inclusive

**Participant Age Group:** 3-5 (Kinderkick), 6-9 (Auskick), 9-12 (Kangakick), 13-17 (Youth) and 18+ (Adult)

**Background:** The Calgary Kangaroos Football Club's All Abilities Program offers an opportunity for children with disabilities to participate in the sport of Australian Rules Football. Our inclusive approach uses modified equipment, flexible instruction, and a supportive environment to ensure every participant can engage, have fun, and build confidence on and off the field.

### Calgary PowerHockey League

**Contact:** [info@powerhockey.ca](mailto:info@powerhockey.ca)

**Participants:** Manual and power wheelchair users

**Participant Age Group:** 12 years of age and over

**Background:** The Calgary PowerHockey League (CPHL) is dedicated to providing a quality adaptive hockey program for all persons 12 or older who require the use of an electric wheelchair for daily mobility.





### [Calgary Progressive Lifestyles Foundation](#)

**Contact:** [info@cplf.ca](mailto:info@cplf.ca)

**Participants:** Individuals with all kind of disabilities and senior supports

**Participant Age Group:** All ages, families

**Background:** Calgary Progressive Lifestyles Foundation empowers adults with disabilities to achieve independence, fulfillment, and autonomy through customized support services. CPLF offers day programs, residential support living, employment training and counselling services.

### [Calgary Rotary Challenger Park Society](#)

**Contact:** [rotarychallenger@gmail.com](mailto:rotarychallenger@gmail.com)

**Participants:** All abilities

**Participant Age Group:** All ages



**Where Everyone Can Play**

**Background:** Calgary Rotary Challenger Park is a barrier-free meeting and recreational facility that is accessible to all people regardless of their age or ability - but it is more than that! It is a model of community inclusiveness where persons with disabilities can play next to and with their able-bodied peers and we welcome individuals and organizations to run their programs at Calgary Rotary Challenger Park.



### [Calgary Rowing Club](#)

**Contact:** [office@calgaryrowing.com](mailto:office@calgaryrowing.com)

**Participants:** All abilities

**Participant Age Group:** All ages

**Background:** The Calgary Rowing Club is a non-profit sport for life organization that specializes in offering indoor and outdoor rowing programs for the Calgary and area community. We offer programs for all ages and abilities. Skill levels offered range from beginner to advanced rowing programs.

[Canadian Adaptive Snowsports  
Calgary \(CADS Calgary\)](#)

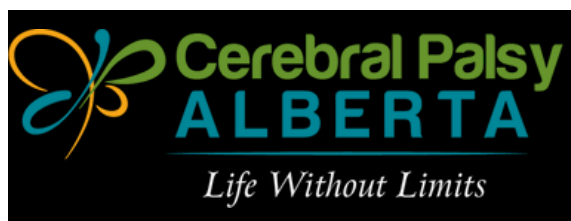
**Contact:** [info@cadscalgary.ca](mailto:info@cadscalgary.ca)



**Participants:** CADS Calgary program is divided into 8 different disciplines to ensure that lessons are available for people with all types of disabilities

**Participant Age Group:** Children 6+ to adults of any age

**Background:** CADS Calgary is a volunteer-driven nonprofit organization that provides individuals with disabilities the opportunity to experience the joy of alpine snowsports. We ensure personalized support and meaningful progress with one-on-one coaching to group lessons. We create the best experience for participants and volunteers by investing in instructor training and research. Our season is highlighted by a Friends & Family Night and a Mountain Day Trip, as well as an annual ski festival for participants across Canada. Lessons take place from 6–9 p.m. on Sunday evenings, January–March.



[Cerebral Palsy Alberta](#)

**Contact:** [programs@cpalberta.com](mailto:programs@cpalberta.com)

**Participants:** Individuals living with a disability

**Participant Age Group:** All-ages

**Background:** Cerebral Palsy Alberta (CPAA) is a registered non-profit organization that supports individuals with all disabilities in the province of Alberta, Canada. The CPAA is an affiliate of United Cerebral Palsy. We enrich and support the lives of children and adults with all disabilities through our programs and services. We also collaborate with other organizations to promote awareness, acceptance and understanding for individuals with disabilities to live, learn and work in the community. Programming in boccia and powerchair soccer also provided.





## City of Calgary Recreation

**Contact:** [311 Request Service](#)

**Participants:** All abilities

**Participant Age Group:** All-ages



**Background:** The City of Calgary offers inclusive and affordable recreation opportunities across all areas of the city. Our programs range from arts and dance to fitness, sports, day camps, preschool and certification courses. Examples of past registered programs include ice sports like sledge hockey and adapted skating, as well as wheelchair basketball, floor curling, golf and adaptive fitness. Drop-in programs have featured Dance Yourself Fit, drum fitness and rhythmic drumming.

All City of Calgary Recreation programs are designed to be inclusive and welcoming, encouraging individuals of all abilities to explore a wide range of interests—from arts and sports to martial arts, climbing and more.



## Challenger Little League Baseball Calgary

**Contact:** [challengerllcalgary@hotmail.ca](mailto:challengerllcalgary@hotmail.ca)

**Participants:** Individuals living with a disability

**Participant Age Group:** Ages 5 + to adults

**Background:** Challenger Little League Baseball was established in 1989 as a separate division of Little League to provide the opportunity for individuals with physical and developmental disabilities to experience the fun of playing baseball. The League stresses basics of ball with the primary purpose of having fun and the experience of being a part of a team regardless of skill level or ability.

## CP Kids & Families



**Contact:** [membersupport@calgarycp.org](mailto:membersupport@calgarycp.org)

**Participants:** Children and families living with physical disabilities, including Cerebral Palsy.

**Participant Age Group:** 0 - 17 years, families, young adults

**Background:** We are a family-focused community leader that provides support, resources and opportunities to children and families living with physical disabilities, including cerebral palsy, throughout their life journey.



**The Calgary Society of Community Opportunities (CSCO)**

**Contact:** [admin@calgarycscoco.ca](mailto:admin@calgarycscoco.ca)

**Participants:** Adults living with a disability

**Participant Age Group:** 18+ Years (adult)

**Background:** We provide community access and recreation to adults living with disabilities.



**Easter Seals Alberta**

**Contact:** [info@easterseals.ab.ca](mailto:info@easterseals.ab.ca)

**Participants:** Anyone living with a disability

**Participant Age Groups:** All ages

**Background:** Easter Seals Alberta is a registered charity that provides services that foster inclusion, independence and recreation for individuals with disabilities and medical conditions. For nearly three quarters of a century, Easter Seals Alberta has grown and established a number of different programs and supports. Throughout the organization's history we have always maintained the same mission; to support the needs of Albertans with disabilities and medical conditions.

***Easter Seals - Camp Horizon***

Easter Seals Camp Horizon provides year-round inclusive camp experiences for individuals of all ages with disabilities and medical conditions. Camp offers a unique opportunity for campers to build self-esteem and independence. Activities challenge their mind and body while creating lasting friendships and lifelong memories.





### Embrace

**Contact:** [comembrace@gmail.com](mailto:comembrace@gmail.com)

**Participants:** Young adults living with a disability

**Participant Age Group:** 18+ Years (adult)

**Background:** Embrace is a Community Support Program for young adults transitioning out of high school. We focus on personal and professional development through work, volunteer, and community activities. Our inclusive approach fosters relationships and builds life skills while engaging with local partners. As contracted family aides, we work in group settings to promote confidence, motivation, and teamwork, tailored to each client's interests and goals.

### Foothills Academy Society

**Contact:** [intake@foothillsacademy.org](mailto:intake@foothillsacademy.org)



**Participants:**

Individuals with diagnosed Learning Disabilities and/or ADHD

**Participant Age Group:** Ages 8-18

**Background:** Camp Amicus and Recreation Programs provide fun, experiential education programs focused on social skill development for children and teens with Learning Disabilities and/or ADHD. Amicus programs offer activities that kids and teens enjoy while supporting their social skill development, independence and friendship.

### Genesis Centre

**Contact:** [info@genesis-centre.ca](mailto:info@genesis-centre.ca)

**Participants:** All abilities

**Participant Age Group:** All ages



**Background:** The Genesis Centre is dedicated to enriching the health, wellness, and unity of Northeast Calgary. The Genesis Centre offers everything from drop in sports and registered programs to multi-purpose rooms and spaces for conferences and cultural events.



### Glenmore Gymnastics Club

**Contact:**

[adaptive@glenmoregymnastics.ca](mailto:adaptive@glenmoregymnastics.ca)

**Participants:** Individuals living with a disability

**Participant Age Group:** All ages

**Background:** Glenmore Gymnastics' Adapted Gymnastics program offers an opportunity for persons with disabilities to participate in the sport of gymnastics. We offer small class sizes with a flexible expectation approach to ensure all our participants are supported and successful during their time in the gym.

### Goodlife Kids Foundation

**Contact:** [move@goodlifekids.com](mailto:move@goodlifekids.com)

**Participants:**

Youth with Autism and intellectual disabilities



**Participant Age Group:** 12-21 Years

**Background:** MOVE by GoodLife Kids is a free fitness and physical activity program designed specifically for youth ages 12 to 21 with autism and intellectual disabilities. This program addresses the many barriers youth with autism and intellectual disabilities often encounter when accessing fitness, including high costs, limited support for individual needs, and inaccessible environments. Classes are led by MOVE Coaches; fitness professionals trained to support individuals with autism and intellectual disabilities. Virtual classes are also supported by MOVE Support Agents who enhance the experience with music, visual aids, and more.

### Hispir Care



**Contact:** [support@hispir.com](mailto:support@hispir.com)

**Participants:** Individuals living with a disability

**Participant Age Group:** Children, youth, and families

**Background:** At Hispir Care, our mission is to enrich families' lives through consistent, compassionate, and evidence-based care for children. We are dedicated advocates, ensuring every family has a voice and receives the support they need. Hispir Care provides respite and aide services both in community and in-home settings. Our team offers direct billing to FSCD, and are well-versed in working within FSCD guidelines and delivering personalized care.



### Inside Out Theatre

**Contact:** [col@insideouttheatre.com](mailto:col@insideouttheatre.com)

**Participants:** Individuals living with developmental disabilities, deaf individuals, blind individuals, and people living with dementia

**Participant Age Group:** All ages

**Background:** Our mission is to produce and present plays that showcase the vibrancy of disability culture. To host community-based drama programs that nurture a sense of belonging and provide an antidote to social isolation. To deepen cultural accessibility for audience members and to ensure their agency and dignity.

### JB Music Therapy

**Contact:** [info@jbmusictherapy.com](mailto:info@jbmusictherapy.com)

**Participants:** Individuals living with a disability

**Participant Age Group:** All ages

**Background:** Online and in-person programs are thoughtfully designed by certified music therapists, specifically tailored to support persons with disabilities in championing their unique musical expressions. Each session echoes the distinct experiences and personal rhythms of its participants. We are dedicated to creating a safe space where everyone feels connected and has the opportunity to shine.



### Kids Cancer Care



**Contact:** [staff@kidscancercare.ab.ca](mailto:staff@kidscancercare.ab.ca)

**Participants:** Children affected by cancer and their families

**Participant Age Group:** Up to 18 years

**Background:** The Kids Cancer Care Foundation of Alberta is a registered Canadian charity that provides a healing and supportive community for families facing a child's cancer diagnosis. Our free programs are designed to meet the needs of the whole family at each stage in the cancer journey — from diagnosis through treatment and beyond.



## Lacrossing Barriers

**Contact:** [scott@lacrossingbarriers.org](mailto:scott@lacrossingbarriers.org)

**Participants:** All abilities

**Participant Age Group:** All ages

**Background:** Lacrossing Barriers is a Not For Profit Organization dedicated to providing opportunities to play sport, move and learn skills to those in marginalized communities who have not always been given a choice. We provide year-round Adaptive and Inclusive Sport Programming that welcome everyone and provide choice for all.



## MNP Community & Sport Centre



**Contact:**

[drylandregisteredprograms@mnpcentre.com](mailto:drylandregisteredprograms@mnpcentre.com)

**Participants:** All abilities

**Participant Age Group:** 3 - 5 (preschool),  
6 - 12 (school-age)

**Background:** We are passionate about ensuring that every child can embark on a journey of physical activity, enriching their physical literacy in ways that resonate with them. What sets us apart is our collaboration with community sport partners, bringing adaptive recreational activities and sports to the forefront.

### **MNP Community and Sport Centre - Active Energizers**

*A 10-week program designed with inclusivity in mind for children of all abilities. We truly believe that all children should have access to discover and explore physical activity to enrich their physical literacy through activities they find meaningful. We will include collaborations with community sport partners to showcase adapted recreational activities and sports for all to enjoy! Separate programs will be run for children ages 5-7 and ages 8-12.*

### **MNP Community and Sport Centre - SwimAbilities**

*SwimAbilities® is a community-based, levelled swimming program geared towards children aged 3-16 with potential physical needs, cognitive delays, developmental delays, behavioural concerns, and/or anyone who may find it difficult to learn in regular lessons (e.g. because of challenges with maintaining focus). It is a learn-to-swim program with the skills broken down into small, achievable steps. A caregiver or aide must be in the water with each participant, which means that all participants receive supervision and one-on-one attention while under the direction of a certified SwimAbilities® instructor.*





## Mount Royal University - Cougars Athletics and Recreation

**Contact:** recreation@mtroyal.ca

**Participants:** Individuals living with a disability

**Participant Age Group:** All-ages

**Background:** Cougars Athletics and Recreation at Mount Royal University offers a variety of accessible spaces, equipment, and programs for persons with disabilities. We are committed to creating accessible and inclusive places, spaces, and programs where people can show up as their authentic selves.



**MOUNT ROYAL**  
UNIVERSITY  
1910

### **Children's Adapted Physical Activity (CAPA) Program**

*The CAPA program pairs student volunteers one-on-one with children who are experiencing disability (of any type, physical, sensory, developmental and or intellectual, ages 4-10 years). Activities include organized games and sports, obstacle courses, craft-making, and story-telling in both the gym and swimming pool settings.*

### **H2Able Swim**

*H2Able is a one-on-one adapted swimming lesson program that provides critical life skills for those with disabilities in aquatic emergency situations. The goal of the program is to gain confidence and comfort in the aquatic environment and to learn aquatic survival skills while having fun.*

### **Inclusive Boccia Learn 2 Play**

*Whether you are new to the game and want to learn to play, or a seasoned player just looking for a few tips and tricks, L2P Inclusive Boccia is a great choice for you. In our skill development workshops, you will learn and develop specific skills that will help you to be a better player.*

### **Junior Achievers**

*Junior Achievers is a program that is tailor-made for children with disabilities, giving them the opportunity to participate in a fun and safe summer camp experience. Campers will take part in various recreational activities, including adapted climbing, soccer, yoga, and more. This camp will also feature art and STEM-based lessons to foster creativity, imagination, and critical thinking, making for a holistic experience.*



### **Senior Achievers**

*Come one, come all! This camp exposes campers with physical disabilities to a variety of experiences and encourages participation in adaptive games and activities. S.T.E.M. challenges, art projects, and crafts allows campers to try something new.*

### **Resistance Intensive Personal Training (RIPT) Program**

*The “Resistance Intensive Personal Training” (RIPT) program is an innovative strengthening program for youth experiencing Cerebral Palsy. The project is led by Clinician Researchers and Physical Therapists from the Alberta Children's Hospital and hosted at Mount Royal University with support from personal trainers with Cougar Athletics and Recreation.*

### **Learn 2 Plays**

*Learn 2 Play (L2P) is meant to offer participants the chance to improve their sport-specific skills through facilitated instructional sessions. L2P serves as a physical literacy entry point for participants by allowing them to build their physical competence, knowledge, and understanding of various physical actions in the sport of their choice, allowing them to engage in sport and physical activity with a greater degree of confidence in their abilities. It is hoped that by making participants feel more confident and comfortable in sport and physical activity, they will be more likely to remain active for life. [Click here to request a Learn 2 Play session.](#)*

### **Learn2Ride Junior Adapted Cycling**

Offered by CP Kids and Families with support from the Ultimate Para Sports Association, this [indoor cycling program](#) provides the opportunity for children experiencing cerebral palsy to learn how to ride adapted bikes in a controlled and supportive environment.

### **Drop-in Wheelchair Basketball**

Bring your game with Drop-in Wheelchair Basketball! Come drop in to learn about the sport or take part in one of our scrimmage matches. No registration or experience is required!





### [MS Canada](#)

**Contact:** [msnavigators@mscanada.ca](mailto:msnavigators@mscanada.ca)

**Participants:** Individuals living with Multiple Sclerosis and allied diseases.

**Participant Age Group:** 18+ Years (adult)

**Background:** Whether you're looking for more information on MS or are looking to connect with the MS community, MS Canada is here to help. We offer a variety of programs: From our Quality of Life Equipment Grant, to Community support with our Peer Support programs and Support Groups as well as a variety of wellness programs. General programs include: Self-help groups, wellness programs, advocacy, education, initiatives, and equipment funding program. For more information, please reached out to an MS Navigator: 1-844-859-6789 (8am-8pm ET Mon-Fri)

### [National accessArts Centre](#)

**Contact:** [info@accessarts.ca](mailto:info@accessarts.ca)

**Participants:** Individuals living with a disability

**Participant Age Group:** 18+ Years (adult)

**Background:** The NaAC supports artists living with developmental and/or physical disabilities through on-site studio supports and workshops, and an even broader community of Canadian artists with disabilities through immersive programs delivered online.



**National  
accessArts  
Centre**



### [Opening Gaits Therapeutic Riding Society](#)

**Contact:** [openinggaitssociety@gmail.com](mailto:openinggaitssociety@gmail.com)

**Participants:** Individuals living with a disability

**Participant Age Group:** 5+ Years

**Background:** We provide therapeutic horse riding lessons for persons of disability, be it physical, mental or social. We have been providing this service for 25 years in the Calgary area. We are a non profit society that relies on grants and donations.



## Parkinson Association of Alberta

**Contact:** [info@parkinsonassociation.ca](mailto:info@parkinsonassociation.ca)  
Toll free line: 1-800-561-1911



**Participants:** People living with and affected by Parkinson disease and Parkinson's Plus Syndromes

**Participant Age Group:** 18+ Years (adult)

**Background:** Parkinson Association of Alberta is pleased to offer a wide range of educational, emotional, physical, and practical supports and services tailored to the individual/family needs to provide the right support, at the right time throughout the entire Parkinson's journey. Our no and low-cost services are offered and can be accessed via a variety of platforms, ensuring that no matter where people with Parkinson's live, we are here to help!



## Recreational Respite Inc.

**Contact:** [info@recrespite.com](mailto:info@recrespite.com)

**Participants:** Individuals living with a disability and/or other barrier to participation. No diagnosis is required to access supports.

**Participant Age Group:** All-ages, Families

**Background:** Recreational Respite promotes inclusion and nurtures social health for children, youth, adults and older adults with disabilities, mental health experiences, and other barriers to participation across Canada, since 2008. Services include one-to-one respite supports (in-home or in the community), group programs (virtual and in-person), and community partnerships.





## Rocky Mountain Adaptive

**Contact:** [info@rockymountainadaptive.com](mailto:info@rockymountainadaptive.com)

**Participants:** All abilities

**Participant Age Group:** All-ages



**Background:** Rocky Mountain Adaptive (RMA) is a charity offering inclusive mountain sports for diverse ages and abilities in the Bow Valley area. With over 20 adaptive adventure programs like skiing, snowboarding, paddle sports, and adaptive mountain biking, RMA provides private lessons, guided experiences, camps, and equipment rentals at minimal or no cost. Committed to promoting accessible outdoor experiences, RMA fosters participation, learning, and skill development for disability groups.



## Ringette for All

**Contact:** [rfa@ringettecalgary.ca](mailto:rfa@ringettecalgary.ca)

**Participants:** Physical and/or developmental disabilities

**Participant Age Group:** 5 - 18 years

**Background:** Ringette for All (RFA) program for children with cognitive and/or physical challenges. Through an inclusive, safe, and fun environment, RFA players will learn the fundamentals of the sport as well as develop life skills that will benefit them in and out of the rink.

## Seven Chiefs Sportsplex

**Contact:** [7CSales@tsuutina.com](mailto:7CSales@tsuutina.com)

**Participants:** All abilities

**Participant Age Group:** All-ages



**Background:** The 7 Chiefs Sportsplex & Chief Jim Starlight Centre is a world-class sports facility and events centre founded on the rich heritage and principles of the Tsuut'ina Nation that borders Calgary, Alberta for all to enjoy. As the largest sporting and fitness facility in western Canada, we offer a multi-discipline environment where teams and individuals from beginners to professionals can thrive.

### Siksika Health Services

**Contact:** 403-734-5600

**Participants:** Members of Siksika Nation

**Participant Age Group:** All-ages

**Background:** Siksika Health Services offers a variety of health and welfare services to the Siksika Nation population. Siksika Parks & Recreation offers recreational programs and services to Siksika Nation members of all ages, with the aim of promoting and encouraging healthy lifestyles, especially through the SN7 program, which promotes healthy lifestyles, including support and skill-building in physical fitness and physical literacy, recreational activities, essential skills, mental wellness, and culture.



### Soccability

**Contact:** office@eastsidememorialfc.com

**Participants:** Individuals living with a disability

**Participant Age Group:** All ages

**Background:** Soccability provides inclusive and adaptive soccer programming within Calgary. The program has two locations and is supported by a great team of passionate coaches who have received training and support on meeting players where they are at.

### Special Olympics Alberta - Calgary

**Contact:** info@specialolympicscalgary.ca

**Participants:** Individuals with an intellectual disability

**Participant Age Group:** All-ages



**Background:** Special Olympics Calgary is a charitable sports organization that provides sport opportunities for individuals with an intellectual disability. Weekly sport programs are provided throughout the year at various locations throughout the city.



### Taking Strides Children's Foundation



**Contact:** [info@takingstrides.org](mailto:info@takingstrides.org)

**Participants:** Children living with a disability

**Participant Age Group:** 3 - 5 (preschool), 6 - 12 (school-age), 13 - 17 (youth)

**Background:** Taking Strides is a student-run initiative that emphasizes refining and promoting physical literacy for children with mental and physical disabilities. Our inclusive program features 1-on-1 pairing with a passionate student volunteer that spends one day every week working on fine and gross locomotor movements with your child – including an emphasis on social interaction and development of sports skills.

### Trico Centre for Family Wellness



**Contact:** [guestservices@tricocentre.ca](mailto:guestservices@tricocentre.ca)

**Participants:** Children living with a disability

**Participant Age Group:** All ages



**Background:** Trico Centre for Family Wellness is a not-for-profit, community-operated fitness and wellness facility located in south Calgary. The SwimAbilities program SwimAbilities is a 4-level swimming program geared towards children ages 3-16, with special needs, who need additional support to achieve their beginning swimmer goals and to increase their safety, independence, and enjoyment in and around the water.



### Ultimate Para Sports Association

**Contact:** [info@ultimateparasports.com](mailto:info@ultimateparasports.com)

**Participants:** Individuals living with a disability

**Participant Age Group:** All ages

**Background:** Ultimate Para Sports Association (UPSA) is a charitable organization providing sport opportunities for people with disabilities in Calgary and surrounding areas for the last 30 years. We have a variety of programs in 4 core sports; para cycling, para nordic skiing, wheelchair racing and para alpine skiing. We provide scheduled training sessions, specialized adaptive equipment, coaching and instruction for all programs in a motivating and supportive environment.





**Background:** Active Living at the University of Calgary offers diverse Adaptive Programs designed to promote physical activity, build community, and foster personal growth for individuals with varying abilities. From adaptive classes to recreational sports and one-on-one programming, participants find a supportive environment to explore movement, connect with others, and achieve wellness goals. With a focus on accessibility and innovation, these programs aim to inspire and transform lives, ensuring everyone enjoys an active and fulfilling lifestyle.

### **Adaptive Physical Activity for Kids**

*At the Adaptive Physical Activity for Kids program, youth will be guided through various activities and experiences that are personalized for them over a series of classes where they will develop fundamental movement skills and participate in a variety of sport-related skills. All abilities are welcome, and all skills will be adapted and modified as needed by our volunteers, who will be partnered with a participant for the term.*

### **Adaptive Gymnastics**

*1:1 Coaching, 2:6 Group Coaching and Drop In programs designed to introduce children with disabilities to the sport of artistic gymnastics.*

### **Adaptive Paddling**

*These sessions are centered upon giving participants with physical and/or cognitive disabilities the experience to participate in various adaptive watersports. Participants and their friend, family member, or aide will learn the basics of paddling with one of our trained instructors while building their skills and confidence on the water.*

### **Beast Mode**

*"Beast Mode Fitness" is an exercise program for autistic teens/young adults who want to learn how to become more physically active in their lives. Participants will have the opportunity to learn about personal fitness, health and well-being by building self-confidence through goal development and achievement.*

### **Rehab and Fitness for Persons with Physical Disabilities**

*A group fitness class for people 17yrs and older with a chronic physical limitation. Exercises are designed to fit each individual's goals with a personally tailored program. A great chance to socialize while working on independence or quality of life goals with a variety of wheelchair accessible and adapted equipment.*



**Ups and Downs - Calgary Down Syndrome Association**



**Contact:** [director@upsdowns.org](mailto:director@upsdowns.org)

**Participants:** Individuals living with a Down Syndrome

**Participant Age Group:** All ages

**Background:** Ups & Downs has supported individuals with Down syndrome, their parents, families, and friends in the Calgary area for over 30 years. An annual Christmas Party, Teen and Young Adult Conference, and regular events/workshops for children, youth, and adults are just some of the more than 70 programs a year that Ups & Downs runs, offering many opportunities to connect, discuss, and learn from each other and from professionals.



**Variety - the Children's Charity of Alberta**

**Contact:** [info@varietyalberta.ca](mailto:info@varietyalberta.ca)

**Participants:** Individuals living with a disability

**Participant Age Group:** All ages

**Background:** We are non disability specific and our means for existence is to create inclusive healthy communities. The initiatives we engage in work to create supportive, ability diverse communities that address safety, inclusive and accessible environments and supports the growth and development of children with specialized needs to gain greater independence and positive life experiences.

**Vecova**

**Contact:** [info@vecova.ca](mailto:info@vecova.ca)

**Participants:** All abilities

**Participant Age Group:** All ages



**Background:** Vecova is a registered charity serving the Calgary area for nearly 60 years. We provide recreation, housing services, wellness services, and employment services for persons with disabilities as well as serving the greater community with recreational opportunities for people of all abilities.



### **Vecova - SwimAbilities**

*SwimAbilities is designed for children and youth with physical, mental and/or cognitive exceptionalities. It is a 4-level swimming program where instructors break down swimming skills into small, manageable components with logical progressions that support opportunities for success for the participants. This program is for children and youth that require additional support while in the water and when learning to swim*

### **Vecova - Children's Adapted Recreation, Youth Adapted Recreation**

*The Children's and Youth Adapted Recreation program gives participants the opportunity to gain and grow fundamental motor skills while working 1:1 with a volunteer.*

### **Vecova - Mixed Ability Sport**

*With the help of professional coaches and certified Mixed Abilities trained staff, the two intro sessions will touch on the basics of the chosen sport and get a diverse group of people aged 6-20 together to try something new.*

### **Vivo for Healthier Generations**

**Contact:** [guestservices@vivo.ca](mailto:guestservices@vivo.ca)

**Participants:** All abilities

**Participant Age Group:** All ages

**Background:** At Vivo, we're committed to creating accessible, inclusive spaces for all ages and abilities. Our SwimAbilities program offers adapted swimming lessons in warm, accessible pools, and our fitness areas are wheelchair-friendly with modified exercises and equipment for all abilities. With accessible entrances, and washrooms, Vivo is designed to make everyone feel welcome as they pursue healthier living.

### **Vivo - Sensory Time**

*During Sensory Time, Vivo Centre will be operating public spaces at 50% capacity with reduced noise and lighting. A specially designed Sensory Room offers tranquility for those overwhelmed.*

*Sensory backpacks are available to rent with a refundable \$10 deposit at our guest services desk! These backpacks are filled with tools designed to help children with self-regulation difficulties navigate new experiences and overwhelming feelings.*

*Sensory Time is free for Vivo members, available for drop in passes and ensures accessibility for all!*



## Water Ski and Wake Alberta Adaptive

**Contact:** [adaptiveski.wswa@gmail.com](mailto:adaptiveski.wswa@gmail.com)

**Participants:** Individuals living with a disability

**Participant Age Group:** All-ages

**Background:** We bring the joy of water skiing to any participant with a disability. We run our programs from June through August every year. For the Calgary area we operate at Predator Bay Water Ski Club.



## Westside Recreation Centre

**Contact:** [info@westsiderec.com](mailto:info@westsiderec.com)

**Participants:** Everyone

**Participant Age Group:** All ages

**Background:** Westside Recreation Centre is a recreation and community hub located in southwest Calgary who are dedicated to promoting community through exceptional and accessible recreation facilities, programs, and services, enhancing a sense of belonging through connections between community members.

## WinSport

**Contact:** [info@winsport.ca](mailto:info@winsport.ca)

**Participants:** All abilities

**Participant Age Group:** All ages

**Background:** WinSport is a not-for-profit facility and hub for recreation activities and athlete development that prides itself on breaking down barriers, fostering inclusivity, and building a community where anyone, regardless of their background or ability level, can discover and pursue their passion for sport. WinSport's core programming, including ski and snowboard lessons, biking, mountain biking, hockey, multisport, and wilderness-based summer camps, are delivered with provided adaptations to promote continued participation.



## YMCA Calgary

**Contact:** rockyridge@ymcacalgary.org

**Participants:** All abilities

**Participant Age Group:** All ages



**Background:** YMCA Calgary is a vibrant charity offering health and wellness programs, leadership and community outreach programs, child care, and day and overnight camps. We offers six health and wellness facilities, six child development centres with licensed child care, two outdoor camp sites and dozens of community program sites across the city. We deliver programs, services and opportunities to help Calgarians connect, build life-long skills, and keep active and healthy.



## Youth Singers of Calgary

**Contact:** yscadmin@youthsingers.org

**Participants:** Individuals with cognitive disabilities

**Participant Age Group:** 6 - 12 Years (school-age), 13 - 17 Years (youth), 18+ Years (adult)

**Background:** We offer performing groups for all ages and abilities, including STAR, which is our performing group for youth and young adults with cognitive disabilities.

### **Youth Singers of Calgary STAR Program**

*STAR, a division of Youth Singers, is an interactive experience that allows youth aged 9 to Young Adult with cognitive delays to participate in a tailored program that uses music, movement, and instruments to benefit their abilities and strengths in the performing arts. Classes encourage young people to grow and gain confidence, build friendships, and develop leadership and teamwork skills. STAR performers receive multiple opportunities throughout the year to share their talents and skills with friends and family through musical performances.*

*To determine if STAR is the right fit for your singer, please contact Youth Singers to arrange a one-on-one interview with the STAR Director.*

*Families can apply to our YYC (Yes You Can!) Bursary Fund for tuition assistance. Please contact the office for more information.*



## RECREATION COMES IN MANY FORMS

Calgary Adapted Hub powered by Jumpstart (CAH) is here to help find the right program for you. We'll navigate inclusive and accessible sport and recreation programming in the city of Calgary and help you find programs and activities that are a good fit.

Book a free consultation with an experienced member of our team to discuss your interests and abilities.



GET STARTED



SCAN ME



### STEP 1: Get in Touch

Get in touch by filling out the 'Get to Know You' form or contacting a member of our team by phone or email.



### STEP 2: Meet with Us

Meet one-on-one with our program manager to discuss your interests and abilities.



### STEP 3: Action Plan

We will create an action plan and put together a list of resources that meet your needs. We'll introduce you to the right people and organizations.



### STEP 4: Follow Up

We'll follow up with you to see if you have any questions or need additional support and resources. We'll also continue to share resources with you as they arise.



@yycadaptedhub

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

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