



ADAPTED RECREATION DISCOVERY GUIDE 2026



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.*



Table of Contents



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

Able Sail Association of Alberta	Kids Cancer Care
Alberta Cerebral Palsy Sport Association	Lacrossing Barriers
Alberta Sports and Recreation Association for the Blind (ASRAB)	LIGHT Gymnastics Centre
Alberta Triathlon Association	MNP Community & Sport Centre
Along Dusty Trails	Mount Royal University
Ares Pentathlon & Fencing Club	MS Canada
Autism Aspergers Friendship Society of Calgary (AAFS)	National accessArts Centre
Between Friends	Nature Play Ltd
Bloom Wellness Collective	NCFC Limitless Kickers
Calgary Dolphins Swim Club	Opening Gaits Therapeutic Riding Society
Calgary Gymnastics Centre	Osten and Victor, Alberta Tennis Centre
Calgary Kangaroos Australian Football Club	Parkinson's Association of Alberta
Calgary PowerHockey League	Recreational Respite Inc.
Calgary Progressive Lifestyle Foundation	Renegade Cheer Abilities
Calgary Rotary Challenger Park Society	Resilient Hearts
Calgary Rowing Club	Rocky Mountain Adaptive
Calgary Sledge Hockey Association	Ringette for All
Canadian Adaptive Snowsports Calgary (CADS Calgary)	Seven Chiefs Sportsplex
Cerebral Palsy Alberta	Siksika Health Services
City of Calgary	Soccability
Challenger Little League Baseball Calgary	Special Olympics Alberta - Calgary
CP Kids & Families	Taking Strides Children's Foundation
CSCO (The Calgary Society of Community Opportunities)	The Ability Workshop
Easter Seals Alberta	Trico Centre for Family Wellness
Embrace	Ultimate Para Sports Association
FACES	University of Calgary
Foothills Academy Society	Ups and Downs - Calgary Down Syndrome Association
Freedom Adapted Scuba Program	Variety - the Children's Charity of Alberta
Families of Alberta for Conductive Education (FACE)	Vecova
Genesis Cen	Vivo for Healthier Generations
Glenmore Gymnastics Club	Water Ski and Wake Alberta Adaptive Program
GoodLife Kids Foundation	Westside Recreation Centre
Hispir Care	Winsport
Inside Out Theatre	YMCA
JB Music Therapy	Youth Singers of Calgary
Just Keep Swimming Calgary	Calgary Adapted Hub powered by Jumpstart Program Navigation

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

Get added to the Adapted Recreation Discovery Guide 2027!



[Able Sail Association of Alberta](#)

Contact: programs@ablesailalberta.org

Participants: Individuals of all ages living with all kinds of disabilities

Participant Age Group: All ages

Background: The Able Sail Association of Alberta was formed with the goal of establishing permanent sailing programs for children and adults with disabilities in Alberta. Our programs provide inclusive adaptive sailing experiences so everyone can have the opportunity to experience the freedom and exhilaration of sailing.



[Alberta Cerebral Palsy Sports Association](#)

Contact: 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 \(ASRAB\)](#)

Contact: 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

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.



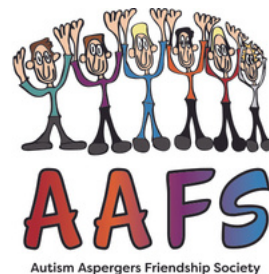
Autism Aspergers Friendship Society of Calgary (AAFS)

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

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

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

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

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 Kangaroos Australian Football Club

Contact: 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

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

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

Participants: All abilities

Participant Age Group: All ages

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
Rotary
Challenger
Park®**

Where Everyone Can Play

Calgary Rowing Club

Contact: 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.



Calgary Sledge Hockey Association

Contact: spencer.castle@calgarysledgehockey.ca

Participants: All abilities

Participant Age Group: All ages



Background: The Calgary Sledge Hockey Association (CSHA) is a registered charity that provides inclusive para ice hockey opportunities for children, youth, and adults living with physical disabilities and mobility challenges. Through programs ranging from introductory to advanced competitive levels, along with development camps, tournaments, and try-it events, CSHA removes barriers to participation by providing specialized equipment, experienced coaching, and a welcoming community where athletes build skills, confidence, friendships, and a lifelong love of sport.

Canadian Adaptive Snowsports Calgary (CADS Calgary)

Contact: 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

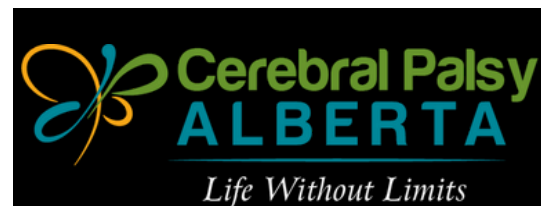
Background: CADS Calgary is a volunteer-driven nonprofit organization that provides individuals with disabilities the opportunity to experience the joy of alpine snowsports. We ensure personalized support and meaningful progress with one-on-one coaching to group lessons. We create the best experience 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

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.

Challenger Little League Baseball Calgary

Contact: 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

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@calgarycsco.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

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

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

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.



Families of Alberta for Conductive Education (FACE)

Contact: info@facealberta.ca

Participants: FACE's target audience is children and young adults with moderate-to-severe neuromotor conditions, including cerebral palsy and related disabilities that affect movement, coordination, and independence.



Participant Age Group: All ages

Background: FACE fills a critical gap in Calgary by providing specialized, individualized programs for people with moderate to severe neuromotor conditions, including those with complex and degenerative disabilities. Combining physical rehabilitation with cognitive learning, FACE supports participants from preschool through adulthood, helping them build independence, maintain function, and improve their quality of life through continuous, specialized care.

Freedom Adapted Scuba Program

Contact: sdfehr@gmail.com

Participants: All abilities

Participant Age Group: Ages 10+



Background: Freedom Adapted Scuba is offering scuba experiences and training for people with disabilities. We offer three levels of scuba experiences for people of all abilities that range from an opportunity to briefly try scuba diving in a pool for free (Try Dive) to full open water scuba certification that will allow you to scuba dive anywhere in the world (OW Certification). Our instructors are certified by both the Professional Association of Diving Instructors (PADI), and by the Handicapped Scuba Association (HSA). The pool training for the program takes place at the SLS Centre in Cochrane. Freedom Adaptive Scuba is also offering scuba trips to tropical locations for small groups of disabled divers.

Genesis Centre

Contact: 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

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

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

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

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

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.



Just Keep Swimming Calgary

Contact: justkeepswimmingcalgary@gmail.com

Participants: children and adolescents with neurological or developmental disabilities

Participant Age Group: Children age 5-14

Background: Just Keep Swimming is dedicated to teaching children and adolescents with neurological or developmental disabilities to swim confidently and comfortably, play safely and exercise in the water.



Kids Cancer Care

Contact: 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

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.



LIGHT Gymnastics Centre

Contact: adapt@lightacrogyim.ca

Participants: All abilities

Participant Age Group: All ages, Families

Background: LIGHT Gymnastics Centre is a new gym in Calgary offering high quality gymnastics and dance programs for persons with disabilities of all ages. LIGHT Gymnastics is commitment to creating a safe and supportive environment for every body. Our programs encourage and assist with developing physical literacy skills, confidence, social skills, and independence. Program hours are daytime, weeknight evenings, and weekend daytime throughout the year.



MNP Community & Sport Centre

Contact:

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.



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.



[MS Canada](#)

Contact: msnavigators@mscanada.ca

The logo for MS Canada, featuring the letters "MS" in a large, bold, black font, followed by the word "Canada" in a slightly smaller, bold, black font.

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



**National
accessArts
Centre**

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.

[Nature Play Ltd](#)

Contact: devonkarchut@natureplaykids.ca

The logo for Nature Play, featuring the words "NATURE" and "PLAY" in a light blue, sans-serif font, with "PLAY" in a slightly larger font size.

Participants: All children! Kids who thrive in smaller group settings with a bit more support are a great fit for our programs. We also have an adapted group for kids who use mobility devices such as wheelchairs and walkers.

Participant Age Group: 0 - 2 Years (infant/small child), 3 - 5 Years (preschool), 6 - 12 Years (school-age), Families

Background: Nature Play is all about enhancing and promoting healthy child development. We use the inherently therapeutic qualities of nature to support children of all abilities to engage in meaningful outdoor play experiences. Programs range from therapy-based offerings to recreation and adapted recreation programs.



NCFC Limitless Kickers

Contact: wendy@northcalgaryfc.com

Participants: Children experiencing disability

Participant Age Group: 6 - 9 years

Background: The Limitless Kickers soccer program is specifically designed for children with additional needs, providing a safe and inclusive environment where they can explore their love for the game. Through specialized coaching techniques and adaptive equipment, our program aims to empower these young athletes, build their confidence, and foster teamwork and sportsmanship.



Opening Gaits Therapeutic Riding Society

Contact: openinggaitsociety@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.



Osten and Victor, Alberta Tennis Centre

Contact: AChartier@albertatenniscentre.ca

Participants: Open to everyone — from permanent disabilities and temporary injuries to able-bodied players.

Participant Age Group: All ages

Background: This is a community-driven Adapted Wheelchair tennis program built to welcome everyone — regardless of ability — offering structured learning, play, and social connection through accessible sessions. With a clear progression pathway designed to develop skills, build confidence, and inspire a lifelong love of the sport.



Parkinson Association of Alberta

Contact: 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

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.

Renegade Cheer Abilities

Contact: info@renegadecheer.com

Participants: Children and youth experiencing disability

Participant Age Group: Up to 16 Years

Background: Renegade has come from the need for change and choice. Cheer is a place that can be amazing and challenging. We are here to listen, learn and grow with our athletes to ensure they are in the best place for the athletes and their families. With a diverse team of passionate athletes and coaches, Renegade Cheer aim to shine a spotlight on the grit, determination, and unwavering team spirit that will drive us to pursue our dreams. Get ready to join us on this exciting journey as we push boundaries, defy stereotypes, and elevate the sport of cheerleading to new heights.

Resilient Hearts

Contact: communications@resilienthearts.ca

Participants: Individuals with developmental disabilities

Participant Age Group: 13 - 17 Years (youth), 18+ Years (adult)

Background: Resilient Hearts is a social enterprise that empowers young adults with developmental disabilities while employing equity-deserving groups, including youth, newcomers, and people with disabilities. We provide community access services, Day Programs, and Respite Services that help participants build essential life skills for independent living and challenge stereotypes. Our goal is to create a supportive, inclusive, and welcoming environment where individuals can learn, grow, and thrive.



Rocky Mountain Adaptive

Contact: info@rockymountainadaptive.com

Participants: All abilities

Participant Age Group: All-ages



Background: Rocky Mountain Adaptive (RMA) is a charity that provides year-round accessible and inclusive sport and recreation opportunities for individuals living with disability, physical and developmental challenges and/or neurodiversity. Over 20 summer and winter adaptive activities are offered, including alpine skiing, snowboarding, Nordic skiing, hiking, paddle sports, leisure biking, mountain biking, and more. Programs primarily take place throughout the Bow Valley area, including Canmore, Kananaskis, Banff, and Lake Louise.

Ringette for All

Contact: 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

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 Disability Services

Contact: 403-734-5600

Participants: Members of the 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

Contact: calgary@takingstrides.org

Participants: All Abilities

Participant Age Group: All ages

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.



The Ability Workshop

Contact: ed.marchand@abilityworkshop.ca

Participants: Individuals with mobility problems, motor skill deficiencies, as well as autistic individuals who need specific sensory situations.

Participant Age Group: All ages

Background: The Ability Workshop builds assistive devices for people living with disabilities. This includes modifications and accessories for mobility aids, furniture, toys, and bathroom fixtures. Our team of metal fabricators, woodworkers, designers, and other handy people volunteer their time to promote independent living, healthy recreation, inclusive play and self-sufficiency through their innovative solutions to the problems that come to us.



Trico Centre for Family Wellness

Contact: 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 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

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.

University of Calgary

Contact: active@ucalgary.ca

Participants: All abilities

Participant Age Group: All ages

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.

Ups and Downs - Calgary Down Syndrome Association

Contact: 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

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

Participants: All abilities

Participant Age Group: All ages

Background: Vecova is a Canadian charity providing inclusive, people-centred services that help individuals live with dignity, purpose, and independence. From housing to employment to wellness, we support people with disabilities across their entire lifespan. Through every interaction, we enhance quality of life and lead our community toward equity, accessibility, and meaningful inclusion. By building deep relationships and fostering inclusive communities, we ensure that individuals and their families are not navigating life alone and are connected to a supportive network that empowers them to thrive.



Vivo for Healthier Generations

Contact: 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.



Water Ski and Wake Alberta Adaptive

Contact: 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

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

Participants: All abilities

Participant Age Group: All ages

Background: WinSport is a non-profit facility and hub for recreation activities and athlete development. It 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, which includes skiing and snowboarding, mountain biking, skating, hockey, multisport, and wilderness-based programs, is designed with tailored adaptations (which vary by sport) to promote accessibility.

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.



westside



winSPORT™



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



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

Special thanks to the Calgary Adapted Hub practicum students from Mount Royal University and University of Calgary who supported the redevelopment of this resource.