

Burnaby Parks, Recreation and Cultural Services believes that people should be treated with dignity and respect and that all people should have a reasonable opportunity to take part in recreation activities of their choice. For information about how to get involved in our activities, contact our Recreation Access Coordinator at 604-297-4576.

Canucks Autism Network

Canucks Autism Network is offering programs this Fall and Winter for children and youth with autism in partnership with Burnaby Parks & Recreation at City of Burnaby facilities. For more information on these programs and to register please visit canucksautism.ca

I CAN Be Active 3-6 yrs

Tuesday, Oct 29-Dec 3 & Feb 4-Mar 10, 6:15-7pm
Edmonds Community Centre

I CAN Play Multisport 7-12 yrs

Tuesday, Oct 29-Dec 3 & Feb 4-Mar 10, 7-8pm
Edmonds Community Centre

I CAN Swim (various levels & ages)

Saturday, Oct 5-Dec 7, 8:30am-1:30pm
Sunday, Oct 6-Dec 8, 5:30-7:45pm
Edmonds Community Centre

Sunday, Oct 6-Dec 8, 9:30-11am
Eileen Daily Leisure Pool

Winter swim dates are not yet confirmed.

*Siblings without autism are welcome

For more information on these programs and to register please visit canucksautism.ca/program or email info@canucksautism.ca

Forms Required

For adapted programs with this symbol, first register in the program. Once registered, all participants must complete an **Adapted Program Support Package**. These forms are required two to three weeks before the program starts in order to arrange necessary support when required. Save time and help ensure a quality experience by taking a moment to complete all forms when registering. Once complete, either fax, mail or drop-off the forms to the appropriate registration site or e-mail to the programmer. Packages are available at Burnaby registration locations, or go to our website, burnaby.ca/forms

Adapted Equipment

Burnaby's commitment to accessibility is reflected in the broad range of special equipment that has been installed in recreation centres and swimming pools across the city. This equipment is designed specifically for easy access and allows people with disabilities to exercise with varying degrees of independence.

Bill Copeland Sports Centre, Burnaby Lake Arena and Kensington Complex have ice sledges during the fall and winter ice season available for people with disabilities.

Bonsor has a handcycle and other equipment suitable for adapted strength training in the weight room. Staff are available for orientations by appointment, call 604-297-4573. The pool has a portable lift.

CG Brown Memorial Pool has an aquatic pool lift and aquatic wheelchair.

Edmonds Community Centre has an adapted weight room equipment for people with physical disabilities available. Two accessible change rooms equipped with shower facilities, adjustable change tables and an overhead lift system. Hot tub and leisure pool are zero-entry. The hot tub has a handrail and the main pool has a water elevator and portable lift.

Eileen Daily Pool has an accessible change room including shower facilities, adjustable change table and an overhead lift system.

Shadbolt Centre for the Arts has one wheelchair accessible pottery wheel available for use in some classes. Please call Rebecca at 604-205-3012 if you would like to use this accessible wheel.

Register Online: burnaby.ca/webreg

Or you can register at any Burnaby recreation centre. Fees must be paid when you register. We accept cash, cheque, VISA, MasterCard, AMEX or your bank debit card. Prices do not include tax.

Youth Centres

All of our drop-in youth centres are accessible for youth with a mental and/or physical disability. We offer a variety of exciting recreational and social activities for preteens ages 10-12 and teens ages 13-18 at our youth centres. Youth have access to pool tables, foosball tables, ping pong tables, card and board games, internet and wifi, video games, cooking nights, and other engaging activities. Please visit burnaby.ca/youth for more information and to find your nearest youth centre!

Program Support for People with Disabilities

We believe in providing inclusive recreational opportunities for everyone in the community. People with disabilities that require additional support in our programs are welcome to bring an attendant, caregiver or family member with them. For winter, spring and summer camps, one-to-one support staff may be available on a first-come, first-serve basis. We are dedicated to helping secure support in order to provide a successful experience for all participants. To help us provide the best service possible, please register for a program and contact the access coordinator (by calling 604-297-4576) at least one month in advance to facilitate support.

Fall 2019 / Winter 2020

ACCESS SERVICES

for people with disabilities



Shall We Dance? 18 years & up

For those with a developmental disability. Join us for a fun time and learn some new dance skills. Learn how to invite someone to dance as well as the basics of the waltz, cha-cha, salsa, foxtrot, tango and merengue. All you need is a pair of flat shoes, comfy clothes, water and a smile!

Offered in cooperation with Burnaby Association for Community Inclusion.

Bonsor			
W, Sep 18, 12noon-1pm	\$16.80, 7 sessions	518364	
W, Nov 6, 12noon-1pm	\$16.80, 7 sessions	518413	
W, Jan 8, 12noon-1pm	\$24.00, 10 sessions	518365	

Social Club 19 years & up

Persons with developmental disabilities enjoy this fun and social night out. Activities may include crafts, movies, baking, bingo, karaoke or games. Sorry, no drop-ins.

Willingdon			
Th, Sep 12, 6:30-8pm	\$87.36, 12 sessions	511089	
Th, Jan 16, 6:30-8pm	\$65.52, 9 sessions	511090	

Sports Mania 18 years & up

Adults with developmental disabilities engage in a variety of gym sports like soccer, basketball, floor hockey, badminton, etc. Includes skill development and playing time in a social environment.

Bonsor			
Th, Sep 19, 12noon-1pm	\$16.80, 7 sessions	518366	
Th, Nov 7, 12noon-1pm	\$16.80, 7 sessions	518414	
Th, Jan 9, 12noon-1pm	\$24.00, 10 sessions	518367	

Theatre Time 18 years & up

For those with developmental disabilities. Enjoy interactive theatre games, storytelling and role-playing.

Participants learn leadership skills, teamwork and confidence-building in a fun and friendly environment. The objective of this course is to have fun and get to know one another. The group works towards a presentation at the end of the course.

Bonsor			
Tu, Sep 17, 12noon-1pm	\$16.80, 7 sessions	518362	
Tu, Nov 5, 12noon-1pm	\$16.80, 7 sessions	518412	
Tu, Jan 7, 12noon-1pm	\$24.00, 10 sessions	518363	

Stepping Out on the Town 18 years & up

For those with a developmental disability help plan activities and outings such as going bowling, out for dinner, seeing a movie or dancing. Some additional costs for outings and refreshments.

Bonsor			
F, Sep 20, 6:30-9pm	\$66.00, 11 sessions	518368	
F, Jan 10, 6:30-9pm	\$54.00, 9 sessions	518369	

Specialized Swimming

For students with a developmental or physical disability. Parents are welcome and encouraged to join as their child begins to explore and enjoy the water. Instructors demonstrate how to be safe around the water and introduce basic swimming skills such as blowing bubbles and floats. The beginner level class is for children with developmental or physical disabilities who haven't yet learned to swim. The intermediate level is for children with disabilities who can swim one length of the pool unassisted.

CG Brown			
3-5 years			
M, W, Sep 23, 7-7:30pm	\$44.28, 9 sessions	517714	
M, W, Feb 10, 7-7:30pm	\$44.28, 9 sessions	517806	
M, W, Oct 28, 7-7:30pm	\$34.44, 7 sessions	517715	
M, W, Nov 25, 7-7:30pm	\$39.36, 8 sessions	517716	
M, W, Jan 6, 7-7:30pm	\$49.20, 10 sessions	517721	

6-14 years Beginner			
M, W, Sep 23, 7:30-8pm	\$44.28, 9 sessions	515555	
M, W, Feb 10, 7:30-8pm	\$44.28, 9 sessions	517804	
M, W, Oct 28, 7:30-8pm	\$34.44, 7 sessions	517004	
M, W, Nov 25, 7:30-8pm	\$39.36, 8 sessions	517626	
M, W, Jan 6, 7:30-8pm	\$49.20, 10 sessions	517719	

6-14 years Intermediate			
M, W, Sep 23, 7:30-8pm	\$44.28, 9 sessions	515556	
M, W, Feb 10, 7:30-8pm	\$44.28, 9 sessions	517805	
M, W, Oct 28, 7:30-8pm	\$34.44, 7 sessions	517005	
M, W, Nov 25, 7:30-8pm	\$39.36, 8 sessions	517627	
M, W, Jan 6, 7:30-8pm	\$49.20, 10 sessions	517720	

Music Explorations

For those with a developmental disability. Everyone enjoys music in their own special way. A music therapist helps students sing along, dance or keep the beat with a variety of instruments.

Bonsor			
5-12 years			
M, Sep 16, 6:15-7pm	\$32.40, 6 sessions	518358	
M, Nov 4, 6:15-7pm	\$32.40, 6 sessions	518398	
M, Jan 6, 6:15-7pm	\$48.60, 9 sessions	518360	
13 years & up			
M, Sep 16, 7-7:45pm	\$32.40, 6 sessions	518359	
M, Nov 4, 7-7:45pm	\$32.40, 6 sessions	518411	
M, Jan 6, 7-7:45pm	\$48.60, 9 sessions	518361	

Piano - Private Lessons 6 years & up

Adapted piano lessons are geared towards those with developmental or physical disabilities who want to learn piano, but are unsure where to start. Taught by instructors with experience working with a diverse range of abilities. Children explore music foundations in supportive and guided private lessons. A variety of techniques (movement, colour, props) are used to develop a learning strategy for each student. Instructor: Michael Klein

Edmonds			
Th, Sep 26, 5:15-5:45pm	\$318.00, 12 sessions	519118	
Th, Jan 9, 5:15-5:45pm	\$265.00, 10 sessions	519119	

Adapted Yoga 18 years & up

Persons with a developmental disability enjoy basic yoga exercises in a well-supported environment at each student's own pace. Caregivers are required to join in where needed.

Edmonds			
F, Sep 27, 10:30am-12noon	\$94.05, 11 sessions	519688	
F, Jan 31, 10:30am-12noon	\$59.85, 7 sessions	519795	

Fitness Challenge 16 years & up

All levels of ability are welcome in this class, which emphasizes flexibility, mobility and strengthening. Suited to people with Parkinson's disease, multiple sclerosis or head injuries.

Bonsor			
W, Sep 18, 12noon-1pm	\$49.80, 12 sessions	515177	
W, Jan 15, 12noon-1pm	\$37.35, 9 sessions	515202	

Skating Lessons

For those with developmental and/or physical disabilities who haven't yet learned to skate or for skaters who need some extra support. Children are exposed to a wide variety of skills based on their ability. Ratio is one instructor per child. Ratio is one instructor per child (3-12 yrs) and ratio is two instructors to three participants (13 yrs +). A CSA-approved hockey or snow-sports helmet is mandatory for all skate lesson programs. Participants may only be registered in one lesson set at a time.

Bill Copeland			
3-12 years			
Sep 22 Su, 10:20-10:50am	\$70.25, 10 sessions	509743	
Sep 22 Su, 11:15-11:45am	\$70.25, 10 sessions	513162	
Jan 5 Su, 10:20-10:50am	\$70.25, 10 sessions	509756	
Jan 5 Su, 11:15-11:45am	\$70.25, 10 sessions	513949	
Jan 6 M, W, 4:45-5:15pm	\$70.25, 10 sessions	509757	
Sep 23 M, W, 4:45-5:15pm	\$49.17, 7 sessions	509739	
Oct 21 M, W, 4:45-5:15pm	\$49.17, 7 sessions	513851	
Sep 28 Sa, 10:35-11:05am	\$63.22, 9 sessions	509737	
Sep 28 Sa, 11:45am-12:15pm	\$63.22, 9 sessions	513111	
Feb 10 M, W, 4:45-5:15pm	\$63.22, 9 sessions	514343	
Nov 18 M, W, 4:45-5:15pm	\$56.20, 8 sessions	514232	
Jan 18 Sa, 10:35-11:05am	\$56.20, 8 sessions	509755	
Jan 18 Sa, 11:45am-12:15pm	\$56.20, 8 sessions	513126	
13 years & up			
Sep 23 M, W, 5:35-6:05pm	\$49.17, 7 sessions	509764	
Oct 21 M, W, 5:35-6:05pm	\$49.17, 7 sessions	513853	
Nov 18 M, W, 5:35-6:05pm	\$56.20, 8 sessions	514234	
Jan 6 M, W, 5:35-6:05pm	\$70.25, 10 sessions	509774	
Feb 10 M, W, 5:35-6:05pm	\$63.22, 9 sessions	514344	
Kensington			
3-12 years			
Sep 24 Tu, Th, 5:35-6:05pm	\$56.20, 8 sessions	516117	
Nov 19 Tu, Th, 5:35-6:05pm	\$56.20, 8 sessions	516119	
Oct 22 Tu, Th, 5:35-6:05pm	\$49.17, 7 sessions	516118	
Jan 7 Tu, Th, 5:35-6:05pm	\$70.25, 10 sessions	516143	
Feb 11 Tu, Th, 5:35-6:05pm	\$70.25, 10 sessions	516146	



Extra support may be available for people with disabilities to participate in our swimming programs including Swim Kids and adult levels. Please contact the pool of your choice and speak with an aquatic leader for options.