



access

people with disabilities

Does your child have a disability?

Is your child attending a northvanrec Daycamp this summer?

We can offer up to one week of extra support for your child at no additional cost to you. *

If this service interests you, please contact Jackie Hamm, Recreation Access Programmer, for more information (call 604-982-8331 or email jhamm@jbcc.ca).

*some restrictions apply

We can help your child get active this summer!



schoolage

Adapted Swim Lessons 6-13yrs

Beginner

Program designed specifically for children with motor or developmental disabilities. This class is taught in the shallow tank of the pool.

[Andrews, Tank](#)

239689 W Mar 24-Jun 16 6:45-7:15pm \$60.45

239707 M-F Jul 5-16 12:45-1:15pm

239708 M-F Jul 19-30 12:45-1:15pm \$46

239709 Tu-F,M Aug 3-13 12:45-1:15pm \$41.85

239710 M-F Aug 16-27 12:4-1:15pm \$46

239711 M-F Aug 30-Sep 3 12:45-1:15pm \$23.25

Advanced

Program designed specifically for children with motor or developmental disabilities. This class is taught in the deep end of the pool. Participants should be comfortable in water over their head.

[Andrews, Pool](#)

239694 W Mar 24-Jun 16 6:45-7:30pm \$91

239691 Sa Mar 27-Jun 19 12:45-1:30pm \$55

Adapted Karate 6-13 yrs

A program for children 6-13 years old with a developmental disability. This class will get your muscles & minds moving with karate disciplines & moves. A great way to learn a new sport & have fun too! (Kikai Karate).

[Andrews, Windsor Rm](#)

233722 W Apr 7-28 4:00-5:00pm

233723 W May 5-26 4:00-5:00pm

233724 W Jun 2-23 4:00-5:00pm

235516 W Jul 7-28 4:00-5:00pm

235515 W Aug 4-25 4:00-5:00pm \$100

Adapted Soccer 6-13yrs

This new program is geared towards children with a developmental or physical disability. Participants will learn basic progressive soccer skills. Instructor; participant ratio is 1:6 with volunteer assistance to ensure a positive and supportive learning environment. Come get active with us!

[JBCC, Gym 2](#)

223863 T Apr 13-May 18 3:45-4:45pm

240815 T May 25-June 29 3:45-4:45pm

\$45

youth

Adapted Swim Lessons 13-15yrs

Beginner

Beginner swim lessons designed specifically for youth with motor or developmental disabilities. These lessons are taught in the shallow end.

[Andrews, Tank](#)

239697 M Mar 22-Jun 14 6:45-7:15pm \$55.80

Advanced

Advanced swim lessons designed specifically for youth with motor or developmental disabilities. These lessons are taught in the deep end.

[Andrews, Pool](#)

239700 M Mar 22-Jun 14 6:45-7:30pm \$88





Aquatic Wheelchairs
Griffin, Magnussen
Ron Andrews

**Aquatic Wheelchair
Pool Lift**
Griffin

**Fully Accessible
Change Room**
Magnussen, Griffin

Aquatic Pool Lift
Ron Andrews
Harry Jerome, Griffin

Zero Depth Pool Entry
Magnussen

Personal Transfer Lift
Magnussen

**Wheelchair Accessible
Showers**
Magnussen, Parkgate

**Adapted Weight Room
Equipment**
Griffin, Magnussen
Parkgate

**Extra Wide Parking
Stalls**
(for Ramped Accessible
Vehicles)
Griffin, Harry Jerome
Magnussen, Parkgate

adults

Adapted Fitness-Chair & Pool Exercise

Self-paced chair & /or water exercises for people with mobility, coordination, strength & flexibility limitations due to disabilities or injury.

[Griffin, Edgemont Rm & Pool](#)

Adapted Land 1:00-2:00pm

Adapted Chair 2:00-3:00pm

239236 W,M Apr 7-28 1:00-2:00pm

239235 M,W May 3-26 1:00-2:00pm

239234 W,M Jun 2-23 1:00-2:00pm

\$4 drop-in (registration also available on a monthly basis)

Adapted Move with Ease

Would you like to ease pain & tension, improve posture, flexibility & balance & learn to move with more fluidity? In this one day workshop, comfortable, easy movements are explored to help you learn to move in new ways which place less strain on your body during everyday activities as well as improving your athletic or artistic performance. Instructor will contact you ahead of time to discuss individual requirements.

[Mollie Nye House](#)

239740 Sa Apr 10 10:30-12:30pm

\$21

Adapted Joint Works

Build strength, balance, endurance and flexibility, and improve your range of motion and mobility in this adapted fitness class designed by the Arthritis Society of BC. Various fitness levels can be accommodated. Call 604-805-7727 to register.

Level 1 W,F 12:00-1:00pm

Level 2 Tu, Th 10:15-11:15am

Plus Tu, Th 8:45-9:45am

Adapted Tu 11:30am-12:30pm

\$6/class, but must register for season (no-drop in)

WaterJoints

This program is for clients recovering from lower joint injury &/or replacements or those newly diagnosed with joint degeneration. This program is taught in the Games Pool.

[Magnussen, Games Pool](#)

240164 W,M Apr 7-28 11:30-12:15pm
\$51.45

240165 M,W May 3-31 11:30-12:15pm

240167 M,W Jul 5-28 11:30-12:15pm

\$58.80

240166 W,M Jun 2-30 11:30-12:15pm

240168 W,M Aug 4-1 11:30-12:15pm

\$66.15