

recreationforall...



for people with a disability

Accessible Equipment:

Adapted Weight Room Equipment:

Karen Magnussen,
Parkgate Community Centre,
William Griffin

Adult-Size Change Table:

Karen Magnussen

Aquatic Pool Lifts:

Harry Jerome, Ron Andrews

Aquatic Wheelchairs:

Karen Magnussen, Ron Andrews,
William Griffin

Aquatic Wheelchair Pool Lift:

William Griffin

Extra Wide Parking Stalls:

(For Ramped Accessible Vehicles) Harry Jerome, Karen Magnussen, William Griffin

Handicap Change Rooms:

Karen Magnussen,
William Griffin

Personal Transfer Lift:

Karen Magnussen

Wheelchair Accessible Therapy Pool:

Karen Magnussen

Zero Depth Pool Entry:

Karen Magnussen

Are you living with a disability and require continuous support in order to access recreation programs and services? The NVRC has a great opportunity to share with you.

When you participate at any NVRC facility, your support person is admitted free of charge as long as they are there to assist you. Your support person can be an adult friend, sibling, volunteer or paid Aide.

For more information, please call Jackie Hamm, Recreation Access Programmer, at 604-982-8331 or visit any NVRC front desk. We'd love to chat with you.

adult

Adapted Fitness 16yrs&up

This is a self-paced chair and/or water exercise for people with mobility, coordination, strength and flexibility limitations due to disabilities or injury. Have fun socializing and exercising from a chair or wheelchair. Some standing exercises are incorporated for those who are able. Registration includes access to both Adapted Fitness and Adapted Aquacise if participants want to attend both.

Griffin, Edgemont Rm & Pool

214725 W,M Apr 1-29 1:00-2:00pm

214724 M,W May 4-27 1:00-2:00pm

214726 M,W Jun 1-24 1:00-2:00pm

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

Adapted Aquacise

This pool exercise emphasizes mobility, strength and coordination in a well-supported environment. Participants requiring one-to-one support are asked to bring a caregiver (no charge). Class runs in chest deep water, no swimming ability required. William Griffin has an aquatic lift and wheelchair to facilitate entry and exit from the pool. Registration includes access to both Adapted Fitness and Adapted Aquacise if participants want to attend both.

Griffin, Pool

214725 W,M Apr 1-29 2:00-3:00pm

214724 M,W May 4-27 2:00-3:00pm

214726 M,W Jun 1-24 2:00-3:00pm

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

Mild Aquafit 16yrs&up (adapted program)

Join Jan in the pool. Participants will be introduced to a variety of mild exercises and are encouraged to work at their own pace.

Participants requiring additional assistance are requested to bring own support person.

Magnussen, Games Pool

213599 Tu Apr 14-Jun 2 1:30-2:20pm

\$52.92



youth/adult

Avengers 16-23yrs (adapted program)

Avengers seek individuals who are looking to interact with peers in a safe and supportive environment. The concept behind this program is social networking and recreation participation. Activities for the Avengers program will be based out of the John Braithwaite Community Centre on Tuesday and various sites on the North Shore on Wednesday and Thursday. Please register by calling "The Summit" at 604-904-0842. Individuals may register for each day or all three.

Tu, Wed, Th 3:00-5:30pm
\$60

A partnership between the NVRC, JBCC and North Shore ConneXions Society.

Active Living Club 16-23yrs (adapted program)

This group meets on Thursdays at the John Braithwaite Community Centre and will participate in gym activities providing many opportunities to be active. This is a free program, and is a great addition to those who are attending the Diners Club afterwards.

For more information please call The Summit at 604-904-0842

JBCC, Gym 2

Th 3:30-4:30pm

FREE

A partnership between the NVRC, JBCC, Vancouver Coastal Health and North Shore ConneXions Society.

Drumming Circle 16-23yrs (adapted program)

Join Diana & feel the beat! An awesome program to increase your energy levels, attention span and course rhythm. Please register for this program by calling The Summit at 604-904-0842.

JBCC, Gym 2

Tu Apr 7-Jun 23 3:30-4:30pm

\$54.60

This program is a partnership between NVRC, JBCC & North Shore ConneXions.

family

Yoga 8yrs&up (adapted program)

Join Hetty in this new adapted program and discover the freedom of yoga! Let us introduce you to a new kind of workout for your mind, body and soul. Improve your fitness, balance and well being.

Andrews, Windsor Rm

213600 M Apr 6-May 11 5:00-5:55pm

213601 M May 25-Jun 22 5:00-5:55pm

\$49.88

213696 M Jul 6-27 5:10-5:55pm

\$39.90

schoolage

Karate 6-13yrs (adapted program)

This class will get your muscles and minds moving with karate disciplines and moves. A great way to learn a new sport and have fun too!

(KikaiKarate)

Andrews, Windsor Rm

213603 W Apr 1-29 4:00-5:00pm

\$125

213604 W May 6-27 4:00-5:00pm

213605 W Jun 3-24 4:00-5:00pm

213699 W Jul 8-29 4:00-5:00pm

213700 W Aug 5-26 4:00-5:00pm

\$100

Swim Lessons- Beginner 6yrs&up (adapted program)

Small class sizes and additional support allow for greater one to one attention for each participant. This program is designed for children with motor or developmental disabilities.

Andrews, Pool

213607 Sa Apr 4-May 16 12:00-12:30pm

213606 Sa May 23-Jun 27 12:00-12:30pm

\$42

