

# CITY OF KAMLOOPS ACCESSIBLE RECREATION



Everyone *wins* when we get out and *participate!*

The City of Kamloops wants you to be active, and we'll support you every step of the way.

Take part in an adapted program or sign-up for one of the many activities found in our Activity Guide, and we'll work with you to help meet your needs.

*People who need additional support to take part are encouraged to bring an attendant, caregiver or family member with them.*

*There is no charge for assistants!*



*Get comfortable in the water with Adapted Swim, and join regular lessons when you're ready!*

## Adapted Yoga AGES: 13+

**\$48**

Enjoy basic yoga exercises in a safe and supported environment. Move at your own pace and learn the joys of mindful exercise.

**Caregivers are required to join in when needed.**

Yacht Club	Physical Disabilities
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April 7 – May 5	Tuesdays   12:00 – 1:00 PM	<b>239882</b>
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May 12 – June 9		<b>239884</b>
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Yacht Club	Developmental Disabilities
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April 7 – May 5	Tuesdays   1:30 - 2:30 PM	<b>239883</b>
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May 12 – June 9		<b>239885</b>
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## Adapted Swim

**\$37.60**

Large groups make it hard to concentrate? Distracted by noise and splashing? Adapted Swim offers smaller class sizes and more individual instruction that makes learning to swim a blast!

**Caregivers are required to ensure a fun and safe environment.**

**Beginner** – just learning how to swim

**Intermediate** – more comfortable swimming unassisted

Canada Games Pool –	Beginner
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March 28 – May 16	Saturdays   5:00 – 5:30 PM	<b>239888</b>
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Canada Games Pool –	Intermediate
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March 28 – May 16	Saturdays   5:00 – 5:30 PM	<b>239889</b>
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**Did  
You  
Know?**

Thanks to the  
**Kamloops Adapted  
Sports Association**  
our Spin Studio has a handcycle!  
**Just one more way we are  
ACCESSIBLE.**



## Party at the Pool!

Join us for a party in the pool! Book your own private swim party at the Canada Games or Westsyde Pool.

Enjoy relay races, find sunken treasures, and much more. Then the party moves to the activity room for more fun and games.

Contact us at 250-828-3500 for more information.

## Spin To Win

**\$96.25**

This spin class will progress weekly in both intensity and interval times, and combine drills with speed intervals and hill climbing.

In partnership with **Kamloops Adapted Sports Association**, a handcycle is available.



**Tournament Capital Centre**

**Ages: 18+**

March 30 – June 22

Mondays | 4:30 – 5:45 PM

**236194**

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**“Participation, I think, is one of the best methods of educating”  
- Tom Glazer**

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## Adapted Floor Hockey

**\$36**

Open to boys and girls with developmental delays. This program will help build your child’s skills through games and play. Our instructors provide support to make sure their experience is safe and fun!

**Dufferin Elementary School**

**Ages: 5 - 10**

Apr 9 – May 28

Thursdays | 5:30 – 6:15 PM

**239890**

**Dufferin Elementary School**

**Ages: 11 - 16**

Apr 9 – May 28

Thursdays | 5:30 – 6:15 PM

**239891**

## Adapted Zumba

**\$50**

Try the fitness dance party sensation - **ZUMBA®!**

Learn easy-to-follow moves set to Latin and international music, improve muscle tone and coordination. The ZUMBA® formula will be modified to fit your needs in a fun and supportive space.

**Caregivers must support participants when needed.**

**Yacht Club**

April 9 – June 10

Thursdays | 10:30 – 11:30 AM

**239894**



## Wheelchair Tennis

**Kamloops Adapted Sports Association** and the Kamloops Tennis Club present wheelchair tennis. Speed, power, and a ton of fun – wheelchair tennis has it all!

All ages and abilities are welcome! Space is limited, so sign up early.

Chairs are provided.

For more information:

**Email:** [kamloopsasa@gmail.com](mailto:kamloopsasa@gmail.com)

**Web:** [www.kamloopsadaptedsport.com](http://www.kamloopsadaptedsport.com)



## ARCH Affordable Recreation for Community Health

Get **ACTIVE** with City the Kamloops!

**\$300** for adults (credit)

**\$150** for youth (credit)

Learn more at [www.kamloops.ca/arch](http://www.kamloops.ca/arch)

## For more information

**Phone** 250.828.3582

**Email** [access@kamloops.ca](mailto:access@kamloops.ca)

Visit us on the web at

[www.kamloops.ca/accessrec](http://www.kamloops.ca/accessrec)

## Did You Know?

*Kamloops is home to many groups  
providing high-quality  
active programming for people  
of all abilities!*



### **Kamloops Adapted Sports Association**

A leader in Kamloops for providing adapted and integrated sport opportunities.

**Web |** [kamloopsadaptedsport.com](http://kamloopsadaptedsport.com)



### **People In Motion**

Providing quality programs that promote accessibility and inclusion.

**Web |** [peopleinmotion.org](http://peopleinmotion.org)



### **Kamloops Community YMCA - YWCA**

Delivering programs and services designed to enhance and empower lives.

**Web |** [kamloopsy.org](http://kamloopsy.org)



### **Adaptive Sports at Sun Peaks**

Adaptive snow sports and recreation programs at Sun Peaks Resort.

**Web |** [adaptivesportsatsunpeaks.org](http://adaptivesportsatsunpeaks.org)

## **Adapted Programming**

Adapted programming can help you get comfortable with an activity before registering in one of our many other programs.

**The choice is  
yours!**