

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 Swimming Lessons, and join typical 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
January 13 – February 17	Tuesdays 12:00 – 1:00 PM 235585
Yacht Club	Developmental Disabilities
January 13 – February 17	Tuesdays 1:30 - 2:30 PM 235586

Adapted Swim

Large groups make it hard to concentrate? Noise and splashing distracting? 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	\$51.70
January 10 – March 14	Saturdays 5:00 – 5:30 PM 235594
Canada Games Pool – Intermediate	\$51.70
January 10 – March 14	Saturdays 5:00 – 5:30 PM 235595
Westsyde Pool	\$42.30
January 14 – March 11	Wednesdays 4:00 – 4:30 PM 235593

**Did
You
Know?**

Thanks to the **Kamloops Adapted Sports Association** we have a handcycle in our Spin Studio.

Just one more way we embrace accessibility.



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

Ages: 18+

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		\$70
January 12 – March 9	Mondays 4:30 – 5:45 PM	235322
Tournament Capital Centre		\$94.50
January 15 – March 12	Thursdays 6:00 – 7:30 PM	235323



“Participation, I think, is one of the best methods of educating.”

– Tom Glazer

Adapted Hockey for Kids

\$50

Open to boys and girls with developmental delays. Kids will be taught the basic skating and hockey skills every player needs. Siblings are encouraged to participate if they help make the experience more comfortable for your child. Siblings must register as well.

Minimum equipment required: helmet with full face mask, neck guard, gloves, skates, and stick. Wearing a full set of equipment is recommended.

Ice times may vary.

Interior Savings Centre		Ages: 5 - 16
Jan 10 – Mar 14	Saturdays 8:30 – 9:30 AM	235582

Adapted Skating for Kids

\$30

Learn the basics of skating in a quiet and supportive environment. Kids will learn skating technique and balance.

Caregivers are required to participate.

Interior Savings Centre		Ages: 4 - 12
Jan 10 – Mar 14	Saturdays 7:45 – 8:15 AM	235584



Wheelchair Basketball

\$25

Offered in partnership with **Kamloops Adapted Sports Association**, wheelchair basketball is a fast-paced, incredibly fun workout! Olympic and national level players will teach you chair skills, shooting techniques, and game strategy.

For all ages and abilities. Drop-ins welcome!

Chairs are provided.

Tournament Capital Centre

January 8 – March 12 Thursdays | 7 – 8 PM **235591**



ARCH Affordable Recreation for Community Health

ARCH gives **\$300** credit for adults and **\$150** credit for youth to use for City of Kamloops recreation facilities and Activity Guide programs.

Visit www.kamloops.ca/arch to see if you qualify!

For more information

Phone **250.828.3582**
Email access@kamloops.ca

Visit us on the web at
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



People In Motion

Providing quality programs that promote accessibility and inclusion.

Web | peopleinmotion.org



Kamloops Community YMCA - YWCA

Delivering programs and services designed to enhance and empower lives.

Web | kamloopsy.org



Adaptive Sports at Sun Peaks

Adaptive snow sports and recreation programs at Sun Peaks Resort.

Web | 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!