

How can I, or my child with Autism Spectrum Disorder (ASD), participate in recreational activities in the community?

You want to explore activities that interest you, or that interest your child. In addition, you want to gently expand your or your child's range of interests and increase functional skills. Recreation can provide an opportunity for individuals with ASD to learn and practice social skills, improve fine motor coordination, creativity, and develop physical/sporting skills. Engaging in a fun and enjoyable activity can also increase self-esteem and confidence.

- Explore organizations that offer recreational activities that interest you or your child.
- Integrating into a community recreation program may require additional planning. As well, instructors may not be familiar with ASD. Phone ahead and discuss your, or your child's, access needs and how to prevent or manage sensory overload and meltdowns.
- Ask other individuals or parents about successful recreational experiences. Consider collaborating on creating new ones.
- If you have FSCD or PDD funding, a developmental aide or support worker can assist you or your child with participation in community recreation.
- If community recreation has not been successful previously, explore programs specifically designed for individuals with ASD and/or disabilities.
- Explore new recreational options. Trying new experiences, or helping your child to try new things, can support the use of new skills as well as to be more comfortable exploring unfamiliar social situations.
- Manage anxiety by planning for new activities that are based on personal interests and include people that you and/or your child are comfortable with, in environments that are familiar. If socialization itself isn't rewarding, set up a specific reward for following through with trying something new and pushing yourself outside your comfort zone.
- If you or your child has a special interest in video games, the Wii, Xbox, and Playstation gaming systems can provide games that focus on promoting physical activity (exergaming), sports, and fitness exercises that simulate real world activities. After practicing on any of the various consoles, trying the real thing may be a lot easier.
- For sporting activities and fitness, see the Tip Sheet, "Sports and Fitness."

RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

Autism Asperger's Friendship Society of Calgary (AAFS)

Various social programs for individuals of all abilities including the GoGroup for autistic adults who are not eligible for PDD funding which meets twice weekly. They also have some vocational-style programs as well.

Phone: 403.246.7383

Address: **Main location:** 7220 – D Fairmount Drive SE, Calgary, AB T2H 0X7

North location: Autism Calgary - 3639 26 St NE, Calgary, AB, T1Y 5E1

Website: aafscalgary.com/aafsprograms



Autism Calgary – Recreational Programs

Autism Calgary offers recreational programs such as the Pokémon club, free swimming at Vecova, and a choir. Autism Calgary also offers general family support and a variety of educational workshops.

Phone: 403.250.5033
Address: 3639 – 26th Street NE, Calgary, AB T1Y 5E1
Email: info@autismcalgary.com
Website: autismcalgary.com

Board Games Night

This club provides a great opportunity for youth to socialize with others who share a common interest in chess and/or board games! For youth and young adults between the ages of 14 and 30.

Contact: Katie Hewitt and Natalia Czarnecki
Address: The Child Development Centre, 1st Floor, 3820 - 24th Avenue NW, Calgary, AB T3B 2X9
Email: boardgamesgroup2017@gmail.com
Website: sinneavefoundation.org/sinneave_work_item/board-games-group/

Calgary Between Friends Club

Provides unique opportunities for individuals with disabilities to have social interaction with peers who may or may not have a disability. Weekly activities, camps, etc.

Phone: 403.269.9133
Address: 205, 8989 Macleod Trail SE, Calgary, AB T2H 0M2
Website: betweenfriends.ab.ca

City of Calgary Recreational Resource Directory for People with Disabilities

A great downloadable resource guide with programming and events around Calgary that are disability sensitive.

Phone: 311
Website: calgary.ca/CSPS/Recreation/Documents/Registration/Recreation-discovery.pdf?noredirect=1

Calgary Recreation Program Guide

Searchable online database of registered and drop-in programs around Calgary. Able to filter by category (of activity), location and age group; and includes map of locations:

Phone: 311
Website: <http://recguide.calgary.ca/>



Dubasov Dance & Wellness

Provides small class sizes for individualized attention. In addition, they provide inclusive programming for individuals with special needs. Offers classes in dance, movement, yoga, and creative & performing arts. They also offer movement programs designed for participants diagnosed with ASD, ADD/ADHD and various cognitive and development delays. Costs associated and financial supports available for individuals and families facing financial barriers.

Phone: 403.452.7600

Address: 12, 6325 - 12 Street SE, Calgary, AB T2H 2K1

Email: dubasovdw@gmail.com

Website: dubdw.com

In-Definite Arts (Adults)

A non-profit visual arts centre where artists (18 years old +) with developmental disabilities come together to create, exhibit and sell artwork. They are provided with a workspace, instruction and opportunities to explore diverse art media in a supported studio environment.

Phone: 403.253.3174

Address: 8038 Fairmount Drive SE, Calgary, AB T2H 0Y1

Email: info@ourIAC.ca

Website: indefinitearts.com

MoMo Mixed Ability Dance Theatre

For all abilities - weekly classes at the community level as well as more experienced performance levels. Community classes work with creative movement and theatre games to provide a morning or afternoon full of physical activity, creative expression and plenty of fun.

Phone: 403.452.1220

Email: info@momodancetheatre.org

Website: momodancetheatre.org

The Sinneave Family Foundation – Launch + Skills

Launch + Skills is an individualized, one-to-one skills coaching program for individuals with autism aged 15 years and older. The focus of the program is to help individuals build skills in the areas of employment, post-secondary education, and independent living. As part of the program, participants are able to attend weekly café-style meet ups to grow their social networks as well as to research and participate in new community-based social groups.

Website: sinneavefoundation.org



Sentry Box

It is “the place” for those interested in fantasy, science fiction, or military games, books and miniatures. This is a store that also has a packed schedule of events to attend and a massive game’s room.

Phone: 403.245.2121
Toll-Free: 1.888.220.2121
Address: 1835 - 10th Avenue SW, Calgary, AB T3C 0K2
Website: sentrybox.com

Vecova Recreation Centre

A public facility that provides recreation and leisure opportunities to Calgarians of all ages and abilities. They have a warmer salt-water swimming pool that is suited to individuals with sensory processing issues. They also offer a variety of programs and services and provide a welcoming environment for individuals with special needs.

Phone: 403.284.2231
Address: 3304-33rd Street NW, Calgary, AB T2L 2A6
Email: recinfo@vecova.ca
Website: vecova.ca

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