

How can I, or my my son or daughter 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 you, or your son's or daughter's, special needs and how to prevent or manage sensory and behavioural issues.
- 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 special needs.
- 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.
- If you or your child has a special interest in video games, the Wii system provides games, sports, and exercises that simulate real world activities. After practicing on the Wii, 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 Calgary – Recreational Programs

Autism Calgary offers recreational programs such as the Pokémon club, free swimming at Vecova, and a choir. They run the Go Group which is for PDD ineligible adults. Once a week the group meets and heads off to engage in archery, golf, art, sports, billiards, outdoor parks, etc. 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 21.

Contact: Amanda Aitken

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/

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.

Phone: 403.452.7600

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

Email: dubasovdw@gmail.com

Website: dubdw.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.

Email: info@momodancetheatre.org

Website: momodancetheatre.org

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



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

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: recguide.cocnmp.com

AAFS: Autism Asperger’s Friendship Society of Calgary

Various social programs for individuals of all abilities. They also have some vocational-style programs as well.

Phone: 403.246.7383

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

Website: aafscalgary.com/aafsprograms



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

Last updated January 2019

