

### *How can I help my son or daughter with ASD participate in recreational activities in the community?*

You want to help your child explore activities that they are interested in. In addition, you want to gently help them to expand their range of interests and increase their 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 your child is interested in.
- Integrating your child into a community recreation program may require additional planning and instructors may not be familiar with ASD. Phone ahead and discuss your son or daughter's special needs and how to prevent or manage sensory and behavioural issues.
- Ask other parents about successful recreational experiences and collaborate on creating new ones.
- If you have FSCD or PDD funding, a developmental aide or support worker can assist your child integrate into community recreation.
- If community recreation has not been successful previously, explore programs specifically designed for individuals with ASD and/or special needs.
- Encourage your child to try new things as recreational options. Helping them try new experiences can support the use of new skills or being in unfamiliar social situations.
- If 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, they may then be more willing to try the real thing.
- 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](mailto:info@autismcalgary.com)  
**Website:** [autismcalgary.com](http://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:** Laura Purdon  
**Email:** [laura.purdon@ucalgary.ca](mailto:laura.purdon@ucalgary.ca)  
**Address:** The Child Development Centre, 1st Floor, 3820 - 24th Avenue NW, Calgary, AB T3B 2X9  
**Website:** [theabilityhub.org/initiatives/clubs-and-support-groups/chess-and-board-games-club](http://theabilityhub.org/initiatives/clubs-and-support-groups/chess-and-board-games-club)

### 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 Autism, ADD/ADHD and various cognitive and development delays.

**Phone:** 403.452.7600  
**Email:** [dubasovdw@gmail.com](mailto:dubasovdw@gmail.com)  
**Address:** 12, 6325 - 12 Street SE, Calgary, AB T2H 2K1  
**Website:** [dubdw.com](http://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.

**Phone:** 403.472.0748  
**Email:** [info@momodancetheatre.org](mailto:info@momodancetheatre.org)  
**Website:** [momodancetheatre.org](http://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:** [ida@indefinitearts.com](mailto:ida@indefinitearts.com)  
**Website:** [indefinitearts.com](http://indefinitearts.com)

### Sentry Box

A Mecca 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](http://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  
**Email:** [recinfo@vecova.ca](mailto:recinfo@vecova.ca)  
**Address:** 3304-33<sup>rd</sup> Street NW, Calgary, AB T2L 2A6  
**Website:** [vecova.ca](http://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](http://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 & Age Group, and includes map of locations:

**Phone:** 311  
**Website:** [recguide.cocnmp.com](http://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](http://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](http://betweenfriends.ab.ca)

### Southern Alberta LEGO Users Group (SALUG)

The Southern Alberta Lego User's Group or SALUG is a group of likeminded adults in the Southern Alberta region who share an interest in Lego. The members all have a wide variety of interests and tastes in Lego and themes. Once a month meetings to talk about LEGO and often people will bring things they've made to show the group. All members are 18 and up.

**Contact:** Dave Ware  
**Email:** [daveware@shaw.ca](mailto:daveware@shaw.ca) or [admin@salugcalgary.com](mailto:admin@salugcalgary.com)  
**Website:** [salugcalgary.com/about-2](http://salugcalgary.com/about-2)

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