

# RESOURCES

## LEISURE ACCESS PROGRAM

The LAP program can get you discounts on 3 programs a year at up to 75% off! Also receive free admission to all of the City Rec Centres and Drop-in Programs and Spontaneous Use activities! Visit [edmonton.ca/LAP](http://edmonton.ca/LAP) to see if you qualify.

## DATS

Get to and from our programs with **DATS!** Book subscription Trips for six weeks or more of programs! Visit [edmonton.ca/DATS](http://edmonton.ca/DATS) for more details or call **780-496-4567** to book your ride today!

Call 311 for more information!

*The City of Edmonton welcomes children and adults of all abilities at our facilities and is committed to the inclusion of individuals with disabilities in all of our programs.*

## HOW TO REGISTER

[move.learn.play](http://move.learn.play)

Visit [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) for the most up-to-date information on programs, registration, and drop-in schedules.

311

Call 311 to speak with an agent and register over the phone. Be sure to have your program barcodes ready!

Visit a Rec Centre

Visit your local Rec Centre to register with one of our Customer Service Representatives.

Have questions? Call 780-414-8650

Schedules change seasonally

Programs for Persons With Disabilities PWD

# GUIDE



Edmonton

## PROGRAMS FOR PERSONS WITH DISABILITIES

### PWD

These programs are geared towards Persons with Disabilities providing City Wide opportunities to explore arts, crafts, and recreation while having fun and making new friends! All activities are adaptable!

\*Participants requiring an attendant are to supply their own for the program.

## REGISTERED

### CRAFT N' CREATIONS

A creative program that offers the opportunity to meet new people and experience a variety of crafts projects. This program is geared towards persons with disabilities and all activities are adaptable. Fee includes all materials needed.

### FIT NIGHT

Get fun and physical in Fit Night! Enjoy sports and fitness in the first portion of class then finish your class splashing around in the pool!

### SOCIAL NIGHT

The focus of this program is a variety of recreational activities centered on a principle theme for that evening. This includes seasonal activities, dancing, arts, culture, and games all within the natural beauty of Rundle Park!

## REGISTERED CON'T

### COOKING CLUB

This program will provide the skills needed to prepare and cook food while having fun and making new friends. Learn how to create food that is not only good for you but tastes great too! Enjoy a variety of dishes each week.

### LEARN-TRY-INQUIRE

Do you have a thirst for knowledge and eagerness to try new and exciting things? Learn-Try-Inquire will take you on an educational adventure each week and you'll never know what you'll be learning next! From ooey-goey science experiments to understanding what makes bread rise, the knowledge is limitless!

### PAPER GALORE, SCRAPBOOKING & MORE!

Explore the world of art through the magic of paper! This class will feature a variety of projects including scrapbooking, papier mache, adult colouring, watercolours, silhouettes and more! The possibilities are endless!

### EDMONTON EXCURSIONS

Get ready to explore City of Edmonton attractions and affiliated facilities with Edmonton Excursions! These excursions will be held during a variety of times including weekdays, evenings, and weekends to allow a wider range of opportunities within our beautiful city.

## DROP-IN & SPONTANEOUS USE

### FIT N' FUN

A variety of cardio and resistance exercises specifically designed for Persons with Disabilities.

### ROCKIN IN...

Get out with your friends and hit the dance floor at our PWD Rockin Dances! There are theme dances throughout the year and light refreshments provided. Dances include **Rockin in Rundle**, **Rockin in Terwillegar**, and **Rockin in Commonwealth!**

### ROCKIN IN RUNDLE GOLD

Enjoy an afternoon of toe-tapping music provided by a live band and light refreshments. There is nothing better than sharing a warm beverage with dear friends while enjoying great tunes from across the decades. Our GOLD programs are catered to the Older Adult.

### ADAPTED2YOU

What Skills are you trying to Improve? Running, jumping, throwing, catching? Adapted2You will help you improve your Fundamental Movement Skills, build your confidence, and help you transition into our many City of Edmonton programs! Our instructor will work on different skills each week, adapting the movements to you and finding the best ways to help you be successful.

## SENSORY ROOM

Check out our Multi-Sensory Environment at the ACT Aquatic & Recreation Centre! Contact 311 for more information