

Inclusive Physical Activity Options for Those With Sensory Disabilities

Parasport

Description: This organization offers a wide variety of live, online fitness classes. These online classes include activities such as H.I.IT, yoga, Boxercise, Pilates, and Zumba.

Who is this for: Intended for those with sensory disabilities.

Equipment: A device (laptop, phone, tablet) that is compatible with Zoom and Internet access.

Cost: FREE – Pre-registration required.

Access: Registration through the Parasport website @ www.parasport.org.uk [Under Menu / Community / Find an Online Activity]



Spirit Club Fitness

Description: This organization offers virtual fitness classes that are accessible for all ability types. Each session is taught by three instructors intended to support instruction of varying abilities. Online classes include yoga, strength training, Zumba, and boxing.

Who is this for: Appropriate for all abilities and accommodations for people with sensory disabilities.

Equipment: A device (laptop, phone, tablet) that is compatible with Zoom and Internet access.

Cost: \$89.99 USD or a "Pay What You Can" option for low income individuals.

Access: Registration through the Spirit Club Fitness website @ www.spirit-club.com [Under Menu / Member Access]



Connectra – Adaptive Fitness

Description: Connectra offers weekly online workout classes with a certified personal trainer, Megan Williamison, who has extensive experience in teaching exercise with individuals with disabilities. Sessions will be recorded.

Who is this for: Appropriate for individuals with physical or sensory disabilities.

Equipment: A device (laptop, phone, tablet) that is compatible with Zoom and Internet access. Further equipment suggestions will be shared by instructor.

Cost: FREE – Pre-registration required.

Access: Registration through the Connectra website @ www.connectra.org [Under Menu / Participate / Calendar]

British Columbia Blind Sports and Recreation Association

Description: This organization is dedicated in creating physical activity and achievement through various programs, loans, research, and training. Activities include goal ball, hockey, yoga, and fitness classes.

Who is this for: Appropriate for individuals with visual impairment.

Equipment: No equipment needed. Equipment may be loaned if necessary.

Cost: FREE – Pre-registration required.

Access: Registration through the website @ www.bcblindsports.bc.ca [Under Programs] & Telephone: (604) 325-8638

Sirota's Alchemy Martial Art's & Life Skills Centre

Description: This organization provides inclusive therapeutic martial arts and self-defence program with various impairments. They place a significant emphasis on overall physical development to assist in the enhancement of participants' gross motor skills, core strength and balance.

Who is this for: Appropriate for a variety of abilities, including those with sensory disabilities.

Equipment: No equipment needed.

Cost: Fees are dependent on program and term of membership.

Access: Two locations – **Vancouver:** 6647 Victoria Drive Vancouver, British Columbia V5P 3Y2 | Telephone: (604) 569-3395 | & **Richmond:** 3740 Chatham St. Richmond, British Columbia V7E 2Z3 | Telephone: (604) 244-8842

Community Recreational Initiatives Society (CRIS) Adaptive Adventures

Description: This organization provides outdoor programs designed for those with physical, sensory, and cognitive disabilities. Activities include hiking, paddling, skiing, and snowshoeing, to help foster self-confidence, enhance personal growth, and build self-esteem.

Who is this for: Appropriate for individuals with physical, sensory, and cognitive disabilities.

Equipment: Equipment is dependent on activity and can be provided through the organization.

Cost: Annual registration fee of \$45.

Access: Phone: (250) 979-3941

Email: admin@adaptiveadventures.ca

Website: www.adaptiveadventures.ca



People in Motion

Description: People in Motion provides programs for those with physical, sensory, or cognitive disabilities. Adaptive outdoor programs include skiing and sledding, and adaptive indoor programs include wheelchair basketball, curling, and powerchair football.

Who is this for: Appropriate for individuals with physical, sensory, and cognitive disabilities.

Equipment: Equipment can be rented through the program.

Cost: Membership fee of \$10.

Access: Phone: (250) 861-3302

Email: info@pimbc.ca

Website: www.pimbc.ca

Address: #23 – 1720 Ethel Street Kelowna V1Y 2Y7

