

Online/In-Person Physical Activity



Strive Centre Vancouver

- **What:** A place for adults and older adults with intellectual disabilities to participate in a variety of physical activities with their peers in-person or via Zoom
 - Dance Fitness
 - Chair Fitness
 - Stretching and Strengthening
 - Tai Chi
- **Equipment:** Device with internet access, chair, light hand-held weights
- **Cost:** None!
- **How to get started:** Call or visit the Strive Centre to complete an intake form and discuss your goals with their recreation coordinator. Your coordinator will inform you of your next steps
 - Call: 778 370 5499
 - Address: 200-3438 Lougheed Hwy, Vancouver



In-Person Year-Round Physical Activity

Power to Be

- **What:** An opportunity to access nature for individuals living with intellectual, physical, financial, and social barriers and their families
 - Hiking
 - Kayaking
 - Surfing
 - Snowshoeing
 - And more!
- **Equipment:** All equipment provided!
- **Cost:** Most Adaptive Recreation Programs start at just **\$10!** Group adventures (of 12 individuals) start at **\$100!** Find more information [here](#)
- **How to get started:** Power to Be will re-launch their programs in Spring 2022. Check [here](#) for updates or email vancouverprograms@powertobe.ca for more information!



FIND WHAT MOVES YOU

Because intellectual disability should not mean physical inactivity



Created by Kanchan Kainth, 4th year
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In-Person Winter Physical Activity

Vancouver Adaptive Snow Sports

- **What:** Adapted ski and snowboard lessons and programs for individuals with intellectual and physical disabilities of all ages and skill levels
- **Equipment:** All equipment provided!
- **Cost:**
 - \$250 for 6 session programs including lift tickets, equipment, and instructors
 - \$53 for BC Adaptive Sport Membership (required)
- **How to access:**
 - Click [here](#) to create an account
 - Registration takes place in **the fall** of each year and fills up **fast!**
 - If you require assistance with technology, perhaps ask a peer for help
 - Hit your selected slopes!



Into Sports?

Special Olympics Vancouver

- **What:** The Special Olympics offer sports training and competition for individuals with intellectual disabilities of various athletic backgrounds
 - Choose from a wide variety of traditional winter and summer sports
- **Equipment:** View activities requiring equipment at cost [here](#)



- **Cost:** \$25 annual payment + [any applicable program fees](#)
- **How to Access:**
 - Complete [SOBC Registration and Medical Form](#)
 - Complete [Participation Waiver](#)
 - Send completed SOBC Registration, Medical Form, and fees to Registration Coordinator (contact information [here](#))
 - Come out to your events!

Looking to Exercise Independently?

Powered to Move

- **What:** A YouTube Channel with various fun and exciting workout videos for individuals with intellectual and physical disabilities! This is a perfect opportunity to learn movements to incorporate into your own workouts!
 - Cardio, strength training, dance, etc!
 - A range of intensity levels!
- **Equipment:**
 - Device with internet access
 - Varies between videos: a chair, yoga mat, and light weights may be useful
- **Cost:** None!
- **How to Access:**
 - Visit [Powered to Move](#) on Youtube and find a video that interests you!

