

Adapted Sports Opportunities in Abbotsford and Surroundings

This list is provided as a courtesy and may not be complete nor should it be considered as an endorsement of the therapist or agencies.

Abbotsford Minor Baseball Challenger Baseball

Challenger Baseball is an adaptive baseball program, specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities.

The program teaches athletes living with disabilities the core life skills inherent to baseball, including: teamwork, communication, determination, resiliency, inclusion, support and courage.

Challenger Baseball ensures every athlete has the opportunity to play in a fun and safe environment.

Website: <https://abbotsfordbaseball.ca/challenger-baseball/>

Facebook: <https://www.facebook.com/abbotsfordchallenger>

Contact Tim at: challenger@abbotsfordbaseball.ca

When: Every Saturday from April 20th - June 15th

Where: Grant Park Diamond # 3 - artificial surface

Time: 10am-11am

BC Wheelchair basketball (BCWB)

Let's play

Let's Play is an initiative of the BC Wheelchair Basketball Society that helps children with mobility related physical disabilities across British Columbia become physically active early in life and encourages them to stay that way. Let's Play provides an age appropriate size sport wheelchair and resources to develop physical literacy skills so that children can confidently participate in play, sport and physical education with their peers. The Let's Play Vision is that every child in BC with a mobility related physical disability has a healthy and happy start to being physically active.

All programs and links to register are on BCWB website calendar:

<https://www.bcwbs.ca/calendar/calendar>

For more information:

Website: <https://www.bcwbs.ca/>

Email: nadine@bcwbs.ca

Phone: 604 916 2445



Abbotsford Recreation Centre BCWB Wheelchair basketball

Drop in sessions

When: Every Tuesday 7.30pm - 9.30pm until June 30th 2025

Where: Abbotsford Recreation Centre

Ages: 7 and up

Abbotsford Recreation Centre Adapted Sports Zone

Youth between 4-18 years old have the opportunity to try various adapted sport activities, guided by staff. Activities available include adapted badminton, basketball, pickleball, volleyball and soccer.

When: Tues/Thurs 11.45-12.45 now until June 30th

Where: Abbotsford Recreation Centre

Ages: Co-ed ages 4-18

For more information please contact Abbotsford Recreation Centre by calling 604 853 4221

Abbotsford Soccer Association Adaptive Soccer Program

This program is adapted for children with physical impairments, ADHD, FASD, OCD, Autism, Downs Syndrome, and other cognitive and sensory challenges. The Adaptive Program is open to participants that would not otherwise be comfortable in a traditional soccer program setting due to a variety of diverse abilities

Website: <https://www.abbotsfordsoccer.com/adaptive-soccer-program/>

Email: info@abbotsfordsoccer.com

Phone: 604 859 3033

MayDay Youth Choir - Abbotsford

The Mayday Club Youth Choir is an inclusive rock music team made up of children, youth, and young adults with and without autism. The choir program allows for members to make friends with like-minded individuals while building confidence, gaining memorable experiences, and being mentored by young adults who face similar obstacles to their own. The choir also provides volunteer hours to counselling and psychology students, and to young adults on the autism spectrum. This summer, the choir will put on public concerts for audiences throughout the Lower Mainland to teach them about acceptance and diversity.

Website: <https://maydayclub.ca/about-the-choir/>

Phone: 604 807 1018

Chilliwack

Chilliwack FC Adaptive Soccer program

Chilliwack FC is proud to offer an Adaptive Program for children and youth (U6-U14) to experience soccer in a barrier-free environment.

This program is designed for players with diverse abilities who would benefit from an adapted setting. Their goal is to help players develop basic soccer and motor skills in a supported, small-scale environment while fostering new friendships. Staff coaches will focus on meaningful participation rather than competition.

Website: <https://chilliwackfc.ca/chilliwack-football-club-cfc-programs-registration/>

Email: info@chilliwackfc.com

Phone: 604 792 0090

info@chilliwackfc.com

Chilliwack Cheetahs Wheelchair Basketball

A youth basketball program, welcoming elementary-aged children as well.

When: 12 week programs running in Fall (Sept-Dec) and Spring (Jan-April)

Where: Cheam Leisure Centre, 45501 Market Way, Chilliwack BC

Ages: 16 and under and all abilities welcome, the wheels will be provided!

For more information, please email Brad Hagkull at bradhagkull@gmail.com



Little Heroes Hockey Academy - Chilliwack

Little Heroes Hockey Academy is a program specifically designed to offer an opportunity for children with developmental delays to participate in ice hockey. Their goal is inclusion. A place where all kids feel welcome and encouraged to pursue the game they love.

Due to the nature of the costs of ice hockey, this program is for kids that are serious about playing ice hockey. All of the equipment is provided at no cost to the families.

For more information:

Website: <https://www.littleheroeshockeyacademy.com/contact-us>

Contact: Ben Champagne

Phone: 604 799 7970

Email: littleheroeshockeyacademy@gmail.com

Where: Chilliwack Coliseum, 45323 Hodgins Ave, Chilliwack

When: Typically every Sunday from 10-12am from October to February.

Mission

Adapted Gym

Adapted Gym is an accessible recreation time for participants and their support workers. Basketballs, soccer balls, badminton, bowling, skipping ropes and more!

When: Thursdays 11.30am - 1pm

Where: Mission Leisure Centre

Ages: Must be 13+, support workers are free

Note: Max 20 participants and pre-registration required

Website: <https://www.mission.ca/gym-sports>

Email: info@mission.ca

Phone: 604 820 5350

Other Organizations Offering Various Local Events

BC Blind Sports and Recreation Association (BCBSRA)

BCBSRA has several programs that are designed to encourage all British Columbians who are blind/visually impaired to enjoy taking part in fitness and health programs in their communities or compete and strive to reach the international and Paralympic level in their chosen sport.

For more information on available programs please visit website at <https://bcblindsports.bc.ca/>

SportAbility BC

SportAbility offers programs in four sports including Para Ice Hockey, Boccia, Power Soccer at both recreational and competitive levels.

SportAbility is a non-profit, volunteer-driven association whose goal is to create a fun and safe social environment for athletes with a disability, who are either being introduced to an activity for the first time, or competing at an international level. Their programs promote inclusive participation, physical literacy and disability awareness.

For more information please visit website:

Website: <https://sportabilitybc.ca/contact-us/>

Email: info@sportabilitybc.ca

Junior Boccia

When: Tuesdays 3.30-4.45pm starting October 15th

Where: GW Graham Secondary School, Chilliwack

(Other programs also available in Surrey and Vancouver)

Power Soccer

When: Saturdays 1.15-2.45pm

Where: Maple Ridge Leisure Centre

(Other programs also available in Vancouver)

ParaHockey

When/where:

Saturdays 12-1.30pm @ North Surrey Sport and Ice Complex

Wednesdays 7-8.15pm @ Surrey Sport and Leisure Centre

Sundays 9.30-10.45am @ Surrey Sport and Leisure Centre

Fridays 5.15-6.30pm @ Hillcrest Rink, Vancouver

Canuck's Autism Network (CAN)

CAN's programs range in focus from sports & rec for children to social, arts, employment, and mental health for youth and adults. While CAN has grown and evolved dramatically over the years, one thing has never changed: The dream of a brighter future for people on the autism spectrum. A future where every Autistic individual is understood, accepted and supported in all community spaces.

Adapted sports programs that they offer include (but are not limited to) skating, gymnastics, hockey, swimming, baseball.

Website: <https://canucksautism.ca/programs/>

Phone: 604 685 4049

Email (online form link): <https://canucksautismnetwork.formstack.com/forms/contactus>

Special Olympics BC (SOBC)

SOBC is dedicated to enriching the lives of individuals with intellectual disabilities through sport. SOBC Abbotsford has more than 120 athletes participating in 17 sport programs and more than 100 volunteers and coaches running the year-round programs.

Each week athletes train in cardio fitness, strength training, and skill development.

SOBC Athletes range in age from two years and up with many different backgrounds, interests, and levels of ability. They have the opportunity to get active in youth programs or practice and compete year-round in the many sports they offer.

For more information:

Website: <https://www.specialolympics.ca/british-columbia/communities/abbotsford>

SOBC Abbotsford website: <https://www.sobcabbotsford.ca/>

Email: Local Coordinator Leslie Bowling - abbotsford@specialolympics.bc.ca

Summer Camps

BC Wheelchair Sports Camp

When: Monday 11th - Friday 15th August

Where: Fraser Heights Community Centre in Surrey

Ages: 10 and up Mon-Thurs, and all ages day Friday.

For more information:

Website: <https://www.bcwbs.ca/>

Email: nadine@bcwbs.ca

Phone: +1 604 916 2445

Power For All

A local charity that has delivered nature based occupational therapy programs to the communities in the Fraser Valley for the last 16 years. Staff and volunteers offer a variety of accommodations and adaptations for clients of all ages and abilities to succeed in their programs. They focus on helping clients to feel regulated first, so that their bodies can be ready to learn.

Sports include Kayaking, paddle boarding, and snowshoeing.

When: Camps take place every Tuesday, Wednesday and Thursdays through Summer

Where: Various locations in the Fraser Valley

Ages: All ages and abilities

For more information and specific dates of camps please see website:

Website: www.powerforallats.com

Email: powerforallats@gmail.com

Zajac Ranch for Children

A fully inclusive summer camp where everything is accessible for children with medical conditions and disabilities. Zajac ranch offers:

- Mixed Medical Camps - for children aged 7-17 with various medical conditions.
- Autism Spectrum Disorder Camps - for children aged 7-17 who have diagnoses on the autism spectrum. Campers take part in summer camp activities: horseback riding, ropes courses, climbing wall, canoeing, swimming etc. all while being among, and communicating with, their peers.

- Young Adult Camps - for campers 18-40 years of age, open to a variety of chronic illnesses and disabilities and serve to continue to deliver summer camp activities and fun peer-oriented communication experienced in our standard summer camps.

For more information and specific dates of camps, please visit their website:

Website: <https://zajacranch.com/camps/schedule/>

Email: info@zajacranch.com

Phone: 604 739 0444

Other Opportunities

BC Adaptive Snowsports

BC Adaptive Snowsports provides opportunities for individuals with physical and / or cognitive disabilities to get out skiing or snowboarding on the hills and mountains across British Columbia. This is done in collaboration with an amazing group of adaptive snowsport clubs, who provide a wide range of lessons and programs to adapt to each participants' abilities. These lessons and programs are delivered by an army of volunteer instructors, trained by BC Adaptive Snowsports' technical experts.

BC Adaptive Snowsport instructors are trained and certified in various modules, in skiing and snowboarding, including:

- 3-Track / 4-Track
- Visually Impaired
- Sit-ski
- Autism Spectrum Disorder/ Cognitively Impaired

For more information:

Website: <https://bcadaptive.com/adaptive-clubs/>

Email: info@bcadaptive.com

Phone: 604 333 3630

Vancouver Adapted Snow Sports (VASS)

VASS offers programs from beginner to advanced, which include snowboarding, sit ski, stand-up skiing, and advanced adaptive ski racing.

Website: <https://vass.ca/>

Facebook: <https://www.facebook.com/VASSmagic>

Email: info@vass.ca

When: Seasonal

Where: VASS offers beginner programs at Grouse Mountain, and intermediate and advanced programs at Cypress Mountain.

Ages: All ages and skill level

Adaptive Sailing Association of BC (ASABC) - Vancouver

For over 30 years, ASABC has been providing opportunities for people with physical and intellectual disabilities to experience recreational and competitive sailing in fully accessible sailboats

Where: Jericho Sailing Centre, 1300 Discovery Street, Vancouver

Website: <https://asabc.org/>

Email: (General information) info@asabc.org

Adaptive Sports at Sun Peaks (Okanagan)

Adaptive Sports at Sun Peaks is a charitable organization creating and providing accessible outdoor adventures for individuals living with physical, visual and/or neurodivergent challenges.

Programs offered include adaptive learn to ski/snowboard lessons (including sit-ski, 3-track, 4-track), sight and hearing impaired adaptations as well as adaptations for intellectual and neurodivergent challenges.

Summer Experiences include hiking, stand-up paddleboarding, canoeing, disc golf and mountain biking.

For more information:

Website: <http://adaptivesportsatsunpeaks.org/>

Email: adaptivesportsatsunpeaks@gmail.com



Community Recreational Initiatives Society (CRIS) - Kelowna

Based in the Okanagan, CRIS offers hiking, cycling and paddle adventures. With knowledgeable and highly trained staff, volunteers and adaptive equipment they help you get outside, no matter your ability.

CRIS has various programs on offer, as well as adaptive equipment rental for hiking, cycling, paddling and snow sports. Please visit this link to view available equipment: <https://adaptiverentals.ca/equipment-available/>

For more information:

Website: <https://crisadaptive.ca/adaptiveequipment/>

Email: admin@adaptiveadventures.ca

Phone: 250 979 3941