

Access Programs

Spring 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Adaptive Short Sports 10:30 - 11:30am Apr 6 - 33237 May 25 - 33279	Cooking Lifestyles 10:30 am - 12:30 pm March 31 33248 Support Worker 33273 May 12 33405 Support Worker 33418	Cooking Lifestyles 10:30 am - 12:30 pm April 1 33249 Support Worker 33275 May 13 33406 Support Worker 33420	Cooking Lifestyles 10:30 am - 12:30 pm April 2 33250 Support Worker 33274 May 14 33407 Support Worker 33419	Beginner Biking 10:30 - 11:15am Trailer 33654 Tricycle 33655	Gentle Yoga 10:15 - 11:15 am 33602
	Cooking Lunch 11:45 am - 12:30 pm March 31 - 33251 Support Worker 33272 May 12 33421 Support Worker 33426	Beginner Biking 10:30 - 11:15am Trailer 33610 Tricycle 33605	Cooking Lunch 11:45 am - 12:30 pm April 2 - 33253 Support Worker 33271 May 14 33423 Support Worker 33425	Multi Sport 10:45 - 11:45 am 33280	Social Time, Games and Fun 10:15 - 11:15 am 33269
	Fitness Fusion 10:30 - 11:30 a.m. 33260	Cooking Lunch 11:45 am - 12:30 pm April 1 - 33252 Support Worker 33270 May 13 33422 Support Worker 33424	Rough and Tough Warrior 10:30 am - 11:30 am 33267	Intermediate Biking 11:30 - 12:30 am Trailer 33656 Tricycle 33657	Painting for Beginners 10:30 - 11:30 am 33281 11:45 - 12:45 pm 33282
	Spin & Stretch 11:45 am - 12:30 pm 33238	Intermediate Biking 11:30 am - 12:30 pm Trailer 33612 Tricycle 33607	Hip Hop Dance 11:45 am - 12:45 pm 33264	Summer Kick Off Social - June 25 12 - 1:30 pm 33608 Support Worker 33636	Bands, Balls & Balance 11:30 am - 12:30 pm 33244
	Adaptive Floor Hockey 1 - 2 pm 33234	Everybody Dance Now 11 - 11:45 am 33259	Drawing For Fun 1 - 2 pm 33258	Drawing For Fun 1 - 2 pm 33257	Adaptive Pickleball 12:30 - 1:15 pm 33242
	Yogalicious 1 - 2 pm 33287	Social Time Games + Fun (no instructor) 12:30 - 2:15 pm 33268	Bingo for Fun (seated) 1:30 - 2:30 pm 33245	Adaptive Baking 12:30 - 2 pm Apr 17 33277 May 8 33278	Rockin' with Friends 1:15 - 2:30 pm 33266
	Crafts Galore 1:30 - 2:30 pm 33255	Walking Club 1:15 - 2:30 pm 33658	Jump Around 1 - 1:45 pm 33262	Adaptive Open Gym 1:30 - 2:45 pm 33235	Boccia & Curling 1:15 - 2 pm 33247
		Rockin' with Friends 1:15 - 2:30 pm 33265	Aqua Fun 1:45 - 2:45 pm 33243	Youth Beginner Bike 3 - 3:45 pm 33704	Adaptive Swimmer Fundamentals (1) 5 - 5:30 pm 33239 Immersion (2) 4 - 4:30 pm 33240 Stroke Progression (3) 4:30 - 5 pm 33241
<div style="background-color: #e0f0ff; padding: 5px; display: inline-block;"> Programs for Children</div>		Bingo for Fun (Active) 1:30 - 2:30 pm 33246	Wheelchair Rugby 4:15 - 5:45 pm 33285	Wheelchair Tennis for Kids 4 - 5 pm 33454	
Click the program to register online, or click here to find out more about all adaptive program and financial assistance options.		Adaptive Short Sports and Balance 3 - 4 pm 33659		Wheelchair Sports for Kids 4 - 5 pm 33686	Friday Night Dance Schedule is online at kelowna.ca/adaptive