

The Play Book

A Guide to Sport & Recreation
Opportunities for People with Disabilities



www.halifax.ca/rec



Sponsors



Acknowledgements

History

The Playbook is a result of community engagement with parents of children with disabilities. Feedback led to the Halifax Regional Municipality Community Recreation Services Department to taking the lead role in the development of a resource guide for sport and recreation opportunities for those with people disabilities. The Playbook is also a resource for service providers in helping to offer a variety of options for all Nova Scotians.

Development

The following individuals assisted in the development of the Playbook. Thanks to:

- Shawn Handelsman, Intern Student, Recreation Management, Dalhousie University
- Noreen Guptill, Recreation Therapist, IWK Pediatric Services
- Rhonda Lemire, Executive Director, Recreation Nova Scotia
- Rachel Bedingfield, Physical Activity Consultant, Active Halifax
- Doug Branscombe, Area Coordinator, HRM Community Recreation Services
- Carol Davis-Jamieson, Regional Representative, Central Region, Nova Scotia Department of Health & Wellness
- Lois MacGregor, Professor, School of Health and Human Performance, Dalhousie University
- Damion Stapledon, Recreation Coordinator, HRM Community Recreation Services
- Judy Power, Recreation Coordinator, HRM Community Recreation Services
- Terri Peace, Recreation Coordinator, HRM Community Recreation Services
- Mariotte MacLean, parent advisor
- Ann McRae, parent advisor
- Lindsay Grant, parent advisor
- Alice Evans, parent advisor

Contact Us:

The Playbook is a live document and will be updated annually on the Halifax Regional Municipality Recreation website. www.halifax.ca/rec

To update existing listings or to be added to the directory, please email sec@halifax.ca

Table of Contents

Central Nova Scotia Sport & Recreation Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County	5-20
Southern Nova Scotia Sport & Recreation Areas Including Lunenburg, Queen's, Annapolis, Digby, Yarmouth, Shelburne Counties	21-24
Northern Nova Scotia Sport & Recreation Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties	25-30
Prince Edward Island & New Brunswick Organizations	31
Provincial and Federal Sport & Recreation Organizations	32-47
Recreation Nova Scotia List Of Regional Recreation Contacts	48-51
Halifax Regional Municipality Community Recreation Services	52-53
List Of Physical Activity Coordinators	54

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Abilities in Motion (Halifax)

Contact Information:

Nova Scotia Rehab Centre
1341 Summer Street
Halifax, N.S.

(902) 496-1888 ext. 253

suetheriault@ymca.ca

Description:

Abilities in Motion (A.I.M.) is a partnership fitness program for persons with neurological conditions and held three days a week at the Nova Scotia Rehabilitation Centre on Summer Street in Halifax. The program has been created specifically for persons with mobility disabilities to aid in their health and fitness. It also includes equipment appropriate for persons using wheelchairs. A certified professional and a team of volunteers are available if needed. Please contact 496-1888 (ext 253) for program times and costs.

Eligible program participants may include persons with the following conditions:

- Stroke
- Spinal Cord Injury
- Multiple Sclerosis (MS)
- Amyotrophic Lateral Sclerosis (ALS)
- Guillain-Barré Syndrome
- Cerebral Palsy (CP)
- Post Polio Syndrome
- Parkinson's Disease
- Traumatic Brain Injury
- Neuropathy
- Progressive Degenerative Neurological Disorders
- Amputations
- Multitrauma injuries resulting in physical limitations

Services:

- Arm Ergo Meters
- Wheelchair Treadmill
- Motorized Treadmills
- Hydra-Fitness
- Power Trainer
- High/Low Wall Pulleys
- Leg Ergo Meters
- 100 M Indoor Training Circuit
- Stationary Cycle
- Mats For Stretching
- Free Weights
- Upper Tone (Upper Body Strength Training System)

Also Offered

- Peer counseling
 - Attendant Care
 - Information Referral
- *Note: assistance will be provided*

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Access 2 (Canada Wide)

Contact Information:

www.access2.ca



Description:

Launched in December, 2004, the Access 2 Entertainment program seeks to help businesses provide quality customer service to customers with disabilities. Through the program, people with disabilities who require a support person carry a personal Access 2 Entertainment card with them. The card indicates to the ticket seller that the individual does indeed require the support of an attendant.

The card provides free admission (or a substantial discount) for the support person at all participating entertainment venues. The person with the disability pays the regular admission fee.

Many people with disabilities require the assistance of a support person to help them with daily activities.

In order to obtain a card, an application form must be submitted by a person with a disability who requires the assistance of a support person. The application must be authorized by a registered health care or disability service provider. Easter Seals Canada administers the application and delivery of the card.

Services:

- The Access 2 Entertainment card is accepted at Empire Movie Theaters across Nova Scotia www.empiretheatres.com
- The Access 2 Entertainment Card is now accepted at Museum of Industry www.industry.museum.gov.ns.ca
- *Note: The Access 2 Entertainment card is accepted at many theatres and attractions throughout Canada. Visit the website before heading to another province to see what is available.*

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Active Living Alliance for Canadians with a Disability (Halifax)

Contact Information:

1-800-771-0663

ala@ala.ca

NS Contact:

425-1128



Description:

The Active Living Alliance for Canadians with a Disability (ALACD) promotes, supports and enables Canadians with disabilities to lead active, healthy lives. We provide nationally coordinated leadership, support, encouragement, promotion and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

We are an alliance of individuals, agencies and national associations that facilitates and coordinates partnerships among the members of its network. Any organization, community or individual who embraces our principles and goals is welcome to join the Alliance network. Our network has grown to more than 500,000 contacts.

Services:

The services and programs at the ALA are different in every province. For information on the services and programs in Nova Scotia, e-mail ala@ala.ca

To facilitate self-empowerment for persons with disabilities, active living partners can:

- Encourage individuals to make their own informed decisions about the physical activities they will participate in.
- Help people develop the knowledge, skill and support they need.
- Ensure that leadership training opportunities are available and accessible to people with disabilities.
- Ensure that all information, materials and communications are available in alternate media formats, such as large print, diskette and audio cassette.
- Promote the use of practical, user-friendly resource packages that explain how to advocate and lobby effectively.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

ACTIVE Halifax Communities

Contact Information:

Rachel Bedingfield, BRM
Physical Activity Consultant, Central Region
(902) 490-5447

bedingf@halifax.ca
www.activehalifax.ca



Description:

ACTIVE Halifax Communities exist for the purpose of increasing the number of physically active children, youth and families in the Halifax Regional Municipality. Through collaborative partnerships, they strive to build awareness, participation and community capacity for active living.

Services:

ACTIVE Halifax Communities strives to develop services and resources to facilitate active living opportunities in the Halifax Regional Municipality. They willingly provide consultation and support for physical activity initiatives, educate groups through their AHC workshop series, create awareness about physical activity and resource opportunities and actively promote physical activity initiatives.

Adaptive Rowing - Halifax Rowing Club

Contact Information:

Katherine Harman,
Halifax Rowing Club
k.harman@dal.ca



Description:

In Canada, adaptive rowing is a fast-growing sport, with clubs offering programs from coast to coast.

A program that offers rowing to people with physical disabilities by making equipment and program modifications to allow full participation.

Adaptations can include changes to the seat and oars, and pontoons to increase stability. As with other adaptive sports, a classification system helps to even out differences among athletes, ours is based on the motion of a stroke: Arms only; Trunk and Arms; Legs, Trunk and Arms (people with visual or hearing impairment would be in this group).

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

The Alexander Society (Wolfville)

Contact Information:

www.alexandersociety.org

kp@alexandersociety.org

(902) 582-3888

Description:

The Alexander Society for Special Needs has pioneered a unique, fun and effective approach to playing and working with people who have special needs and their friends, families and the greater community. We offer Integrated Arts programs for children and teens with special needs using drama, storytelling, movement, music and visual arts and crafts, for both in-school and after-school programs. "Jam Dance" is a recreation program for the whole community- all ages and abilities: an opportunity to dance and interact with friends and musicians. We are available to run workshops for anyone who would like to learn how to get one of these programs going in your area and are located in the Annapolis Valley.

Services:

After-school programs: one for children aged 5 - 11 and one for Teens aged 12 - 20. All abilities are welcomed! (See "Programs" for more details on philosophy and content of programs.) Volunteers play a very important role in providing one-on-one support for students who need assistance. The programs run for ten weeks in the fall and winter, for eight weeks in the spring and for one week summer. Our work is financed through fundraising. Please see the "Supporters" page for more information.

In-school programs: These are eight week sessions for the students, preceded by an in-service for Educational Assistants and Resource Teachers, and followed by an evaluation with those same participants. These programs are financially supported by the Annapolis Valley Regional School Board.

Workshops/In-services: Facilitators are available to travel to other communities to help teach leaders how to set up and run similar programs.

Amherst Community and Economic Development

Contact Information:

www.amherst.ca/

Description:

Amherst Community and Economic Development offers a variety of recreation programs throughout the year to all members of the public. Suggestions for improving and providing appropriate services for individuals with special needs are encouraged. Wheelchair accessible.

Services:

Advocacy, Financial Assistance, Library, Literature/Information, Recreation/Social Programs, Referrals, Training/Workshops. Services include sports, cultural performing arts, day camps, senior and youth bus tours, education/workshops, coaches sport clinics, and training based on need.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

The Provincial Autism Centre (Halifax)

Contact Information:

(902) 446-4995

Description:

The Provincial Autism Centre is a non-profit association located in Halifax, Nova Scotia. We are a professionally run Centre that provides programs and services to the autism community while helping families and professionals across the province access resources and quality information about autism spectrum disorders (autism). We provide respectful, understanding and confidential services to individuals and families as needed.

Services:

- Summer Camp
- Autism Arts
- Autism Works
- Autistic Self-Advocacy Council - Nova Scotia (ASAC-NS)
- Autistic Aloud
- Information Programs
- Program Brochure and Application Form
- Teen and Adult Social Programs
- Volunteer Application Form

Blind Sports Nova Scotia (Halifax)

Contact Information:

www.blindsportsnovascotia.ca

Description:

Blind Sports Nova Scotia's focus is providing sports and recreation for blind and visually impaired athletes of all ages and skill levels. We currently offer Goalball as our primary sports activity but we are expanding into other sporting activities

Service/Sport:

Goalball is a fast-paced and fun team sport designed for but not exclusive to blind and visually impaired athletes. It can be played by men, women and youth. Goalball is played internationally and has been an official part of the Paralympics Games since 1980.

Recreation/Social Programs, Training/Workshops

Provides gym facilities for athletes who are blind or visually impaired (Goalball Sept to April, Track and Field in summer). Demonstrations of appropriate sports are ongoing, in order to increase the range of sports available and to increase membership. Please check the website for more information. Fundraising is ongoing and donations are accepted. The organization is affiliated with Sport Nova Scotia, Recreation Nova Scotia, and is a member of the Canadian Blind Sports Association

We encourage you to learn more about the sport of Goalball. You can come out, participate and watch the sport at it's finest... in person! And most of all, volunteers are always welcome!

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Bocce (Halifax)

Contact Information:

CPA NS (902) 423 -1277

Description:

With support of the Canadian Paraplegic Association of Nova Scotia's Peer Program (funded by the United Way of Halifax Region).

Services:

Bocce will take place at St. Andrews School on Bayer's Road in Halifax on Sunday between the hours of 2pm - 4pm.

Brain Injury Association of Nova Scotia

Contact Information:

(902) 473-7301

Description:

Our mission is to promote and contribute to an environment in Nova Scotia which is responsive to the needs of all persons affected by brain injury and which results in brain injury prevention.

BIANS is seen as a vital support for persons with brain injury.

The Brain Injury Association is comprised of survivors, families, friends and professionals who work in the field. The Association promotes and contributes to an environment in Nova Scotia that is responsive to the needs of all persons affected by brain injury and which results in brain injury prevention.

Services:

Advocacy, Counselling, Library, Literature/Information, Recreation/Social Programs, Referrals, Support Group, Training/Workshops.

Programs include newsletters, cognitive intervention skills training, advocacy, public awareness, peer support, public awareness, meetings, resource library, education, safety and prevention activities, information and referral service. The "Head On" program assists brain injured survivors to cope with their everyday problems and issues. The "Inroads Program" includes literacy, memory, & cognitive interventions for persons with brain injury.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Dartmouth Developmental Centre

Contact Information:

Director - (902) 469-0016

Description:

The Dartmouth Developmental Center provides services for children ages 3 months to 5 years. The centre provides an integrated, inclusive program for all children including those who have identified special needs. Subsidized spaces are available. The play-based learning program encourages independence, and adapts an environment to meet the individual needs of the children. Parents, staff, and other professionals work together to develop an Individual Program Plan (IPP).

Services:

Include child care, development of IPPs, and case conferencing.

Grasshoppers Tae Kwon Do (Dartmouth)

Contact Information:

Master Phil Power
Chief Instructor
Grasshoppers Tae Kwon Do

226 Waverley Road
Dartmouth, NS B2X 2C4

(902) 455-4853
www.grasshoppers.ca

Description:

Grasshoppers offers classes tailored to fit your needs. Whatever your age or level of fitness, we are sure to have a program that is right for you. Our classes are conducted in a friendly and fun environment, taught by professional and qualified instructors.

At Grasshoppers we pride ourselves in the physical and mental development of our students. Our classes are designed to improve self-discipline, concentration skills, large motor skills, hand/eye coordination, confidence and leadership skills.

By combining traditional skills with innovative techniques our classes are second to none. A strong emphasis is placed on mutual respect, responsibility and effort.

Services:

Grasshoppers offers classes for persons with mental and physical disabilities.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

HACL (Halifax Association for Community Living)

Contact Information:

(902) 463-4752

Description:

The Halifax Association For Community Living (HACL) supports people with an intellectual disability and their families to reach individual goals. Two programs offered are: (1) Halifax Developmental Centre for Early Learning and (2) Family Support.

"We believe that all people should be accepted as responsible, contributing members of their family and society."

The Halifax Association for Community Living is a very unique organization. We are the first group in the Halifax Regional Municipality to provide services to persons with an intellectual disability from the age of birth to adults. Over the years, we have evolved to respond to ever-changing family needs and our two programs are currently unmatched in the HRM. It offers a spectrum of life-long support services to families faced with extraordinary circumstances that come with having a family member with an intellectual disability.

Services:

The Halifax Developmental Centre for Early Learning provides fully inclusive quality childcare for children identified with special needs and their typically developing peers. The Centre has a low teacher to student ratio, specialty-trained staff, large soft play area, computer centre, art room, adaptive technology, and three Snoezelen areas. Family Support Program is a central information and referral service. It provides: assistance to navigate government programs, one-on-one support, information workshops, disability awareness presentations, public education and produce a quarterly newsletter. A lending library, specializing in disabilities is also available. Family Support facilitators offer emotional support, answer questions and assist families with concerns about education, employment, funding sources, future planning, recreation, residential, respite and community supports.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Kings Special Olympics Youth Program (Berwick)

Contact Information:

(902) 678-5481

Description:

To all athletes, coaches, volunteers, and family members: Welcome to the Kings Special Olympics Youth Program. This is a new program offered through Special Olympics, and a first in this area. We will be learning as we go and with this in mind I ask that we take every opportunity to share ideas and support one another.

Currently we offer two distinct programs:

- Athletics/Gym
- Aquatics

The gym program takes place at the Berwick and District School gym, on Sunday afternoon from 1:00 p.m. to 2:30 p.m.. The gym is currently booked from 2:30 p.m. to 4:00 p.m. in the event that our numbers grow and we require additional time for a second class. The gym program provides our athletes with an opportunity to improve fitness levels and promote healthy living. The emphasis will be placed on developing gross motor and athletic skills through introductory activities, warm-up routines, aerobic exercise, skills training, and through non-competitive and competitive games, and activities.

Our initial secessions will follow this pattern. This will provide the coaches and volunteers with an opportunity to assess each athlete's skill level and abilities.

This is a diverse group, with ages ranging from 5 to 20 years. Some of our athletes require more direct assistance than others and there is also a noticeable difference in competitiveness. We will make an effort to meet the individual needs of each athlete.

Making Waves (Halifax)

Contact Information:

1-888-530-5618 ext 103

making.waves.halifax@gmail.com

Description:

Making Waves is a non-profit organization that provides one-on-one swimming instruction for children with intellectual disabilities, aged 2 to 18 years. Our mission is to help children develop basic swimming skills and water safety knowledge, as well as increase their comfort levels in water environments. Sessions are monitored by a certified life guard and lead by certified swimming instructors and experienced volunteers from Dalhousie Medical School.

Services:

Where: Centennial Pool; 1970 Gottingen Street Halifax

When: One 30 minute session from 10:30-11:30. Sessions will be assigned upon receiving registration.

Cost: \$20 for 8 sessions

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Maritime Wheelchair Basketball Association (Halifax)

Contact Information:

Adam Loo
MWBA League Commissioner
Cell: (902) 313-1622
Tel: (902) 367-7292

Steve Bartlett - (902) 497-2799
steve@kelgregghomes.com

Description:

Wheelchair basketball is a fun and exciting sport currently growing throughout the country. The game is very similar to the stand up version, with slight changes to some of the rules. All players are given a point value based on their level of disability (able-bodied players automatically receive a point value of 4.5). The number of players that a team puts on the floor can not exceed 15. All lines are the same, net heights and game principles.

Whether you are looking to learn the game or compete against the best teams in the Maritimes, you will be sure to find a team that fits your level of play.

Halifax Heat & Storm Wheelchair Basketball Clubs

Both clubs have access to basketball wheelchairs for players to use during the season. Both clubs are looking for new players to come out and try the sport or find a way to get involved. Wheelchair Basketball Canada delivers programs and services that strengthen the sport from the grassroots level to high performance athlete's competing in the Paralympic Games. Representatives from the provinces elect the Board of Directors which establishes policy and lends guidance to the development of wheelchair basketball in Canada.

Services:

The Halifax Storm joined the Maritime Wheelchair Basketball League in 2007. The Storm travels with the Heat around the Maritimes competing in the Edney division of the MWBA. The Edney division is well suited for people wanting to learn the game or simply like to just play the sport recreationally. Although the team strives to win and improve, having fun is the number 1 goal! As a member of the Storm players will be taught the fundamentals of the game and how to work as a team.

For players that have the desire to play at higher level of the game, this is good team to strengthen the various components of their game.

The Heat broke in to the MWBA in 2006. After finishing third in the Edney division in their first two seasons, the team moved up to the elite Basterache division where the best wheelchair basketball athletes in Eastern Canada compete. The number 1 goal for the Heat is winning a league championship! Through the season the team practices once a week and the players are asked to come to the gym with work ethic and the drive to win.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Maskwa Aquatic Club (Halifax)

Contact Information:

www.maskwa.ca

(902) 443-0178

Description:

One of Halifax's best kept secrets, Maskwa Aquatic Club, tucked away on beautiful Kearney Lake has had its popularity increase dramatically in the past few years. The club is a non-profit organization dedicated to family fun and sporting events since 1975.

The growth of the club membership has made it necessary to expand our existing clubhouse and boathouse with our volunteer Board of Directors working hard to raise funds from the Public and Private sector.

The Maskwa facility has a signed Memorandum of Understanding with the Canadian Paraplegic Association of Nova Scotia to work towards the development of a "Can-Kayak" program. The new facility is designed to accommodate persons with mobility disabilities – be it to fully participate in social events at the clubhouse and with completed funding simply enjoying the shore line observing the lake events, swimming etc.....member "testimonials" compare it to having your own cottage in your back yard.

Maskwa is now proud to announce that it will represent the gateway to the Blue Mountain-Birch Cove Lakes (and keeper of one of the trails) – a new , protected area wilderness area connected to Maskwa providing metro's largest outdoor recreation area with hiking trails and scenic views second to none.

Services:

It is the ultimate goal and actual plan of Maskwa to develop not only the clubhouse as accessible to the mobility disabled but that "on water" canoe & kayak sports , special instructors , equipment etc be integrated into the whole offering including access to the hiking trails through the wilderness.

The Maskwa aim is to provide a facility that for the first time in the area will be accessible to those individuals with mobility disabilities (with their family/caregivers) who just want to relax , enjoy the "cottage" atmosphere and/or participate in sporting/hiking activities

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

(NSCC) Nova Scotia Community College (Halifax)

Contact Information:

(902) 491-7333

Description:

If you're a student with a disability we are here to help. Every year we help hundreds of students who have:

- learning disabilities
- ADD/ADHD,
- mental health disabilities
- visual or hearing impairments
- physical disabilities and other disabilities that affect learning

Services:

NSCC Disability Services provides services and supports to help students overcome learning challenges and succeed in their courses.

Academic Accommodations (sometimes called Adaptations in high school) are available for students who have told us about their disability and have sent in the required documents.

Students who are admitted to NSCC under Special Admissions may receive extra support

The Nova Scotia Down Syndrome Society (NSDSS) (Halifax)

Contact Information:

www.novascotiadownsyndromesociety.com

mail@novascotiadownsyndromesociety.com

Description:

A volunteer, non-profit organization which acts as a resource to everyone with an interest in Down Syndrome in Nova Scotia. Our mission is to improve lives for persons with Down Syndrome and their families through advocacy, education and support.

Services:

Current recreational programs offered through the NSDSS include teen and young adult programs:

Friday Night Socials for teens and young adults with Down Syndrome are held most Fridays, Sept.-June, 6:30pm - 9:00 pm at the community centre at 14 Purcell's Cove Rd., Halifax. These are drop-in socials, with activities planned by those who attend. New members are welcome.

Please contact for registration or further information: fridaynightsocial@yahoo.ca (902)455-0597

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Progress Centre for Early Intervention (Halifax)

Contact Information:

(902) 423-2686

www.progresscentre.com/index.php?option=com_content&view=article&id=70&Itemid=92#

Description:

Serving the Halifax Regional Municipality since 1985, the Progress Centre for Early Intervention is a non-profit Resource and Community Outreach Program for Infants and Young Children with Developmental Delays.

The Progress Centre is located in Halifax, Nova Scotia at 3530 Novalea Drive, near the corner of Duffus Street and Novalea Drive. Drop by for a tour: we love to have visitors. A quick call ahead at 902-423-2686 insures you have someone to greet you and show you around the Centre.

Services:

- Home visit program
- Information sharing
- Support for families
- Consultation to child care programs, family day care homes, recreation options
- Parent to parent connections
- A variety of centre based programs such as Preschool Playgroups and Parent & Tot
- Referrals to relevant services
- Assistance with transitions to child care and to school
- Parent discussion groups/support groups

S.M.I.L.E - Acadia

Contact Information:

(902) 585-1692



Description:

S.M.I.L.E. was founded in 1982 by Jack A. Scholz of Acadia University's School of Recreation and Physical Education.

The program seeks to improve the "total development" of children with special needs by enhancing vital physical skills and motor patterns. To achieve this goal, the experiences included in each child's individual educational plan vary, but may include: water orientation physical fitness activities to improve muscular strength endurance flexibility, and perceptual motor programs to enhance the development of body awareness, spatial awareness, temporal awareness, and sport skills.

In addition, the program stresses the improvement of self-esteem by strengthening the emotional-social aspects of a child's personality through success at play. This goal is achieved through the child participating in group oriented activities. During these activities the child is encouraged to demonstrate cooperative behaviours.

The learning atmosphere is one in which opportunities for success are the rule rather than the exception. The program is approached in the spirit of "fun". Since the learning atmosphere in the program is one in which opportunities for success are frequent, the volunteers adopt the role of friend before teacher.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

The Social, Cultural, Recreational and Inclusion (SCRI) Society (Halifax)

Contact Information:

Alice Evans - (902) 405-2053
registerinfotheclub@gmail.com

St. James Anglican Church Hall
2668 Joseph Howe Drive
Halifax, N.S.
B3L 4E4

Description:

The SCRI Society provides programs that are run by and for individuals who have disabilities or difficulties with learning and communication.

Services:

"The Club" is a social group run by the SCRI Society. It is a drop-in centre that is involved in such activities as art, theatre, yoga and dance, among a variety of other social activities. Membership is required, with a monthly registration fee. This program is for participants age 14-35.

Central Nova Scotia Sport & Recreation

Areas Including Halifax Regional Municipality, Cumberland County, Colchester County, Hants County, Kings County

Wheelchair Curling (Halifax)

Contact Information:

Laughlin Rutt - (902) 864-2737

Lakeshore - (902) 869-CURL (2875)

Description:

Wheelchair curling is a simple game. You slide granite donuts down a sheet of ice towards a circular target, and hope they end up closer to the centre than those thrown by your opponent.

Mind you, these donuts weigh over 40 pounds and the target is 40 yards away, but hey, the target is 12 feet wide. That looks a pretty big area when you're sitting in it; when you're down the other end about to throw, well, maybe not so much.

Wheelchair curlers play with the same rocks and on the same ice as regular curlers, though the rocks are thrown from a stationary wheelchair, and there is no sweeping.

The great thing about wheelchair curling is that just about anyone with access to a wheelchair can play. I've shared the ice with paras, quads, amputees, post-polios, people with MS, spina bifida, guys recovering from strokes and a couple with conditions with names so long and convoluted they defy description.

Age is no barrier either, and teams at national and international events played under World Curling Federation rules, are mixed gender.

A recreational wheelchair curling program is run weekly at Lakeshore Curling Club in Lower Sackville (Sackville Sports Stadium). Clubs in Chester, Windsor and both Halifax Curling Club and Mayflower Curling Club are accessible.

Above the recreational level a Provincial Championship and National Championship are played. Curling is a winter Paralympic Sport. World Championships are also played.

wheelchaircurling.com/curling.htm#ixzz0qO2SCUnW

Southern Nova Scotia Sport & Recreation

Areas Including Lunenburg, Queen's, Annapolis, Digby, Yarmouth, Shelburne Counties

Conway Workshop Association

Contact Information:

www.conwayworkshop.com

Description:

The Conway Workshop Association of Digby, Nova Scotia provides sheltered workshop training and employment and community living arrangements for adults with mental and physical challenges. In these safe environments, individuals develop the skills and knowledge required to reach their full potential. Our sheltered workshop offers a variety of Vocational Programs (for example, the portable saw mill and acquire the skills needed to enter the work-force. Our community living arrangements include small option homes, a special care unit, and apartments for independent living

Programs:

- Prevocational program
- Kitchen program
- Small engine repair
- Portable saw mill
- Manufacturing
- Woodworking

Handicapped Organization Promoting Equality (HOPE) Yarmouth

Contact Information:

902-742-8910

Description:

The Handicapped Organization Promoting Equality (HOPE) offers life skill courses for adults and programs for children with special needs

Services:

Advocacy, child care, equipment, library, literature/information, other (explained in specific service notes), recreation/social programs, referrals, research, respite care, training/workshops, transportation

Life skill courses in cooking and marketing are offered for adults. There is a recreational program for disabled children during summer months and babysitting/respite services are offered as grant money allows. Other services include a drop-in information centre and Hope Dial-a-Ride, an accessible door to door transportation for seniors, the disabled, and people on low income. HOPE also matches disabled people with odd jobs such as income tax processing and yard work. The person availing of this service can decide on the wage with the individual, but it can't be less than minimum wage.

Southern Nova Scotia Sport & Recreation

Areas Including Lunenburg, Queen's, Annapolis, Digby, Yarmouth, Shelburne Counties

Mersey River Chalets and Nature Retreat

Contact Information:

www.merseyriverchalets.com

1-877-667-2583

info@merseyriverchalets.com

Description:

There are few vacation locations in Nova Scotia that boast 100% accessibility. Mersey River Chalets near Kejimikujik National Park boasts it has a site that is completely wheelchair accessible. The numerous visitors with no disabilities fail to notice the accessibility of the site. That was the way it was designed.

If you are looking for an accessible place to get away this summer, look no further than this wonderful location that includes a nature retreat. Located in the heart of the Annapolis Valley, Mersey River Chalets has been designed to provide a barrier free vacation experience although it is not just for persons who require a barrier free environment.

Yes, it is true that all of the chalets have ramps and are wheelchair accessible including roll in shower units. The site also encompasses an accessible boardwalk, common building including a restaurant, and their offices. Throw in a number of other exciting experiences that just happen to be accessible such as Teepee's for an outdoor camping experience and a boat dock and you can see that this is a place worth visiting.

The site is on the beautiful Mersey River with its own rapids on site. The board walk follows the length of the rapids and joins all the buildings.

Services:

We offer a host of outdoor activities for both able bodied and disabled travelers in the province – from Nova Scotia kayaking, canoeing and biking activities to Nova Scotia hiking and walking trails and cross-country skiing facilities.

Annapolis Valley Autism Support Team

Contact Information:

(902) 765-3883

www.annapolisvast.ca

Description:

The team provides support and networking to families and others involved with individuals with Autism and related disorders while increasing public awareness and understanding of Autism. The support team also strives to promote education for families, professionals and others support the siblings of individuals with Autism, and advocate on behalf of individuals with Autism and their families.

You do not have to be a family living with autism to be a member of VAST. Everyone is welcomed to join us.

Southern Nova Scotia Sport & Recreation

Areas Including Lunenburg, Queen's, Annapolis, Digby, Yarmouth, Shelburne Counties

Bonny Lea Farm (Chester)

Contact Information:

(902) 275 - 5622

Description:

Bonny Lea Farm is committed to empowering special needs individuals, providing opportunities to experience faith, self-respect, love one for another, dignity, integrity, productivity, and responsible community living.

Services:

Bonny Lea Farm (Day Program)

Our vocational day program provides work options for up to 40 participants who live within our residential program and participants who live at home and attend only during the day time hours.

A staff of 7.5 vocational instructors provide training and skill development opportunities, helping and teaching participants the skills necessary to perform each of the work roles.

Our current vocational project areas include: Cafeteria, Small Contracts, Wiper Project, Oils, Vinegars, Greenhouse and Gardens, Bark Mulch and Soil Enhancer, and Woodworking.

Bonny Lea Farm Greater Achievement Center

The Greater Achievement Center is comprised of the specialized and support services required to assist participants to develop their potential. Supports include augmentative communication, occupational and physical therapy style interventions, behavioral interventions, and personal counselling.

The GAC also provides additional support to the vocational program through a Broadening Options Program that offers participants vocational options within community businesses

Southern Nova Scotia Sport & Recreation

Areas Including Lunenburg, Queen's, Annapolis, Digby, Yarmouth, Shelburne Counties

Community Living Alternatives Society (Kentville)

Contact Information:

Brian Wolfe - (902) 681-8920

Description:

CLAS provides quality community living opportunities for people with intellectual disabilities. CLAS promotes and facilitates their exercise of individual rights, fulfillment of responsibilities, and participation within their communities

Aims of CLAS

- To promote dignity, respect and individual worth.
- To facilitate the emotional, social physical and economic support necessary for personal growth and community involvement.
- To facilitate the development of individual support networks.
- To facilitate opportunities for individuals to exercise the fullest control over their environment.

Our Community

- CLAS presently supports 61 people
- CLAS has approximately 125-130 staff consisting of union, contract, casual, and non union (management/administrative) employees

Services:

Lifestyle Options Unlimited- This program is dedicated to ensuring that each person has a choice of the most appropriate living option

Kentville Group Home – Is home for people who have attained some degree of independence in their daily living. Each person participates in a variety of work and recreational activities within the community. Staff support and encourage each person in making choices to further increase opportunities for success and independence. This program currently supports eight people plus one respite.

Evergreen Home for Special Care (Kentville)

Contact Information:

(902) 678-7355

Description:

The children's' home consists of a twenty bed facility specializing in the care of children with physical and development challenges as well as children with high medical needs. It offers both full time and respite care by highly trained nursing staff twenty-four hours a day. Programming for each child is individualized and outside schooling is available where appropriate. Our pediatric doctor is available for in-home visits and on a twenty-four hour on call basis

Other features that are included in our home are:

- Screened in sun porch
- Wheelchair accessible washrooms
- Staff room
- Ample storage for equipment, supplies and seasonal clothing
- Hydrosound tub
- Large built in aquarium

Northern Nova Scotia Sport & Recreation

Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties

L'Atelier de Clare

Contact Information:

Kathy Jacques, PhD Executive Director - (902) 769- 3253

A member agency of DIRECTIONS.

Lunenburg / Queens Action Council for People with Disabilities

Contact Information:

(902) 543-2479

Description:

The Lunenburg / Queens Action Council for People with Disabilities is a non-profit organization funded by Service Canada. Our mission is to enhance the employability of people with disabilities in Queens and Lunenburg counties by promoting access to training programs, increasing access to job supports, enhancing employer awareness of people with disabilities and promoting work and volunteer opportunities for people with disabilities.

Services:

The programs and services of the Lunenburg/Queens Action Council for People with Disabilities are available to any unemployed or under employed person with a disability who resides in Lunenburg or Queens County, and who is legally entitled to work in Canada. We provide financial assistance to individuals with disabilities through wage subsidy, skill enhancement, entrepreneur income supplement. We also provide employment assistance services. These services including job readiness workshops, job referrals, career exploration, and assistance with resumes, cover letters, job search and interviews

Penny Lane Enterprises (Queen's County)

Contact Information:

www.qasl.ca/index.php

(902) 354-2723

Description:

An Adult Training Centre which offers day program options for learning and work for individuals with a variety of challenges, some with few issues while others are profoundly challenged.

Services/Programs:

Penny Lane Enterprises offers a life-skills and social development program under a 'person-centered' philosophy. We offer a pre-vocational training component and a vocational training area with various cottage industries offering opportunity to learn on the job skills. Following along the line of support for people, PLE will pair up individuals with employers in the community to secure job training, as well as, support a person in a competitively paid position.

Northern Nova Scotia Sport & Recreation

Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties

Shelburne Association Supporting Inclusion (SASI)

Contact Information:

Jo Bangay, Executive Director

Description:

SASI is an organization that is committed to providing quality, person-centered programs to benefit individuals with disabilities and mental health difficulties. Our mission statement that we strive to live each and every day is “working with persons with disabilities to improve the quality of their lives”. This may seem straightforward and one would think that we are not the only ones doing this and that is the case to a point. The thing that makes us different is that we actively involve the individuals in our programs in everything that we do. We support them to advocate for themselves and we support and encourage families of the individuals in our programs to be actively involved in the lives of their family member and to participate in all activities of our association. We believe that we first and foremost, are accountable to the individuals and their families who have entrusted us with the opportunity to support them in learning skills so that they can become more independent and live full, quality lives.

Services:

Our programs are as diverse as the individuals for whom we provide support. Individuals’ challenges vary and may include an intellectual disability along with physical limitations, dual diagnosis of an intellectual disability and mental illness and/or individuals with a single diagnosis of long term mental illness. In order to capture the unique skills of each of these individuals and to support them in acquiring new skills and increased self worth we aim to make each of our programs as individual and unique as the person. We constantly seek out new ways of building on existing resources, building new relationships and finding alternative funding sources to further develop and enhance our programs.

We strongly encourage anyone who has an interest in finding out more about our programs to give us a call and/or visit any of our locations. Speak to those who live and work in our programs, ask questions and see what a difference programs such as SASI make in the community!

Toni Campagnoni & Associates Inc- For Children & Adults (Milton)

Contact Information:

(902) 354-4660

Description:

Toni Campagnoni & Associates is a psychological association that offers a list of services to people with disabilities. The organization specializes in children’s counseling and psychological assessments. The organization also offers services for developmental disabilities, and children/adults with learning disabilities.

Services:

- Psycho educational assessments for children and adults
- Psychological assessments for children and youth
- Therapy services for children, youth and families
- Consultation for parents and agencies

Northern Nova Scotia Sport & Recreation

Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties

Antigonish Therapeutic Riding Association

Contact Information:

(902) 863-2155

www.nsnet.org/riding

Description:

The Antigonish Therapeutic Riding Association (ANTRA) was founded in 1986 and serves the residents of eastern Nova Scotia. Its chief objectives are "to provide a therapeutic and recreational horseback riding program for physically, mentally, and emotionally handicapped people, and to promote public awareness of such a program." ANTRA provides a therapeutic and recreational horseback riding program with one-on-one instruction for physically, mentally, and emotionally challenged people.

Services:

the agency offers therapeutic and recreational riding programs: two six - week sessions per year and one four - week summer session. Certified riding instructor. Physiotherapist available one day per week. Volunteers age 14+ Fund raising. contact ANTRA for program fees and schedules.

Cape Breton Down Syndrome Society

Contact Information:

Beverly McCabe - (902) 562-5069

Description:

The Cape Breton Down Syndrome Society is a group of concerned parents, grandparents, siblings, friends and professionals striving to improve the quality of life for people with Down's Syndrome

Services:

Advocacy, library, literature/information, recreational/social programs, referrals, research, support group, training/workshops

Services include promoting public awareness and providing information and support to parents of children with Down Syndrome.

Northern Nova Scotia Sport & Recreation

Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties

Haley Street Adult Service Centre Society (North Sydney)

Contact Information:

(902) 794-3517

www.haleystreet.org

Description:

The Haley Street Adult Services Centre Society is a non profit agency promoting Vocational and Social Skill development for adults with disabilities. It is the mission of the center to provide the necessary training and support to enable the participants to actively participate in all aspects of their community.

The Center is partially funded by the Department of Community Services. We strive to serve people from all the Northside Communities. The Centre is administered by a volunteer board of directors made up of individuals from the Northside community and has a substantial financial responsibility to generate revenue on an on-going basis. The center has been in operation for over twenty five years and provide the only service of its kind on the Northside for any adult with a disability.

The Center currently has expanded its client base to include more individuals who require divergent kinds of support. The centre's clients who are in wheelchairs and require full personal care support as well as clients who are able to work in the community with supports.

This centre currently serves over sixty people with disabilities. The Center , in order to serve the needs of individuals with disabilities has broadened the type of client that it provides programming for.

By adapting and adjusting the kinds of services offered to meet the varying needs of our participants. Haley Street is also a resource in the community for students who are interested in work placements for the human services industry.

Services:

- Vocational training
- Pre-employment
- Life skills program
- Community employment
- Recreation & leisure

Northern Nova Scotia Sport & Recreation

Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties

Regional Occupational Centre (Port Hawkesbury)

Contact Information:

(902) 625-0132

www.nsnet.org/roc/

Description:

The Mission of the Regional Occupational Centre Society (ROC), a community based not-for-profit organization dedicated to the development of mentally challenged persons, is to provide personal and vocational training assisting each individual in realizing their potential, through team work and open communication.

The centre in September 1975 on the second floor of the Provincial Building and moved our expanded facility to our present location in June of 1992 and is open daily Monday to Friday, 8:00am - 4:00pm.

The Regional Occupational Centre provides service to 26 mentally challenged adults, with a staff of 6 and a volunteer Board of Directors with 9 members.

Services:

• Life Skills • Bakery	• Bread and Rolls (white, whole wheat, raisin, and porridge)
• Woodworking	• Picnic tables (regular and with roof), bird houses and feeders, planters, survey stakes, and many custom orders.
• Buttons	• Promotional, family reunions, political campaigns, etc.
• Collating	• Labeling, sorting assembling and stuffing envelopes for local businesses.
• Yard Maintenance	• Mowing, raking, planting flowers, etc.
• Janitorial Service	• Cleaning after Bingo at the Lions Den
• Recycling of bottles and wire	• Wire stripping, which is then sold to the scrap dealer.
• Crafts	• Mats, coasters, slippers, and assorted others.
• Recreational Program	• Several clients participate in swimming (one hour a week at SAERC Pool), bowling, track and field events on a regional and provincial basis.

Northern Nova Scotia Sport & Recreation

Areas Including Cape Breton, Victoria, Inverness, Richmond, Antigonish, Pictou, Guysborough Counties

Summer Street (New Glasgow)

Contact Information:

(902) 755-1745

www.summerstreet.ca

Description:

At Summer Street, we listen and learn. We educate about choices, facilitate opportunities and together work toward the achievement of personal goals in all areas of life.

- We employ people with intellectual disability in our businesses, provide job training, and facilitate smooth transitions into the local workforce.
- We offer day programs that assist people with basic life skills and personal development.
- We are always open to new ways of relaxing, having fun and experiencing life. People enjoy art and music programs; work in the gardens or learn new skills in our computer training lab; they relax in the Snoezelen Room and grow stronger in our health and fitness programs.

Services:

Vocational Services

Facility based programs that offer a variety of individualized training opportunities in work skills as well as the work related interpersonal skills, habits and attitudes required to be successful in any work setting.

Pre-Vocational Services

Facility based programs that offer a variety of individualized training opportunities to maximize personal potential focusing on the development of competencies in areas such as communications, personal development, functional academics, problem solving and health and safety.

Community Based Services

Programs that offer workplace education and job development that result in employment.

Wellness Services

Facility & non-facility based activities that build self esteem, fitness and promote a healthy lifestyle

Prince Edward Island & New Brunswick Organizations

Camp Gencheff Inc

Contact Information:

(902) 569-2669

Description:

Located in PEI, Camp Gencheff provides an enjoyable, recreational program for individuals with special needs. We offer an opportunity for children, teens, and adults to participate and develop physically and emotionally through a safe and fun camping experience. At Camp Gencheff our motto is: FOCUS ON ABILITY

Services:

Respite Program: Camp Gencheff is a year round facility providing a respite care program monthly in off-season. The program provides a safe weekend of enrichment for participants while family members benefit by having time to regenerate energy for their care-taking duties. Respite fees may be cost shared by the Department of Child and Family Services. Summer Program: Camps run for 6 days. Activities for each camp include: Swimming Baseball Talent Shows Lip Syncs etc.. Camps include: Junior Physical: ages 6 - 12 year olds for people with physical disabilities; Junior Dev. Delay: ages 6 - 12 year olds; Teen Physical: ages 13 - 18 year olds; Teen Dev. Delay: ages 13 - 18 year olds; Young adults and adults as well. All camps are designed by ages and disabilities. The camps serve individuals from 6 years to 60 years old.

Joyriders Therapeutic Riding Association

Contact Information:

(902) 368-4540

Description:

Joyriders Therapeutic Riding Association provides and encourages therapeutic riding for physical therapy and recreation for people of all ages. The association is a member of CanTra and serves the region of PEI.

Services:

The association offers recreation/social programs and riding lessons. There is a certified therapeutic riding instructor and five assistant instructors; 35-40 volunteers; physiotherapist; riding equipment to accommodate a range of disabilities; literature; video lending library; speakers. Medical form has to be completed.

Provincial and Federal Sport & Recreation Organizations

S.M.I.L.E – Mount Allison

Contact Information:

leadership@mta.ca

Description:

SMILE is a recreational and developmental program for children with special needs between the ages of 3 -21 years. Each Saturday morning 45 Mount Allison students travel to the YMCA in Amherst. There the children participate on a one-to-one basis with their volunteer in numerous recreational activities. leadership@mta.ca

Alpine Nova Scotia - CADS NS

Contact Information:

Linda Scott(902) 463-3332

linda_lou_ns@yahoo.com

www.alpineskinovascotia.ca

Description:

Alpine Ski Nova Scotia's mission is to promote, encourage, support, and assist in the development of Alpine Skiing, for the able bodied and the disabled, in the Province of Nova Scotia.

The Canadian Association for Disabled Skiing is a volunteer based organization having as its main objective, assisting individuals with a disability to lead richer and fuller lives through active participation in recreational and competitive snow skiing and snowboarding. We are a national organization with 1130 disabled members and 1900 abled-bodied volunteers from all regions of Canada, committed to the idea that "Skiing is fun for everyone". The CADS organization has touched thousands of individuals, both on and off the slopes in its over 30 year history.

CADS also supports the Convention on the Rights of the Child (CRC) which states that parties recognize that a mentally or physically disabled child should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance and facilitate the child's active participation in the community.

Provincial and Federal Sport & Recreation Organizations

Athletics Nova Scotia

Contact Information:

Ueli Albert, BSc. Kinesiology
National Event Group Coach Wheelchair, Athletics Canada
(902) 670 2590

ualbert@athletics.ca

www.athletics.ca

Description:

Offer resources/mentoring to our member coaches on how to include athletes with a physical disability.

Clubs that have included or open to include athletes with disabilities are the Launchers in Port Williams, Halifax in Halifax, and The Royals in Antigonish and as well the Truro Lions in Truro.

Services:

Athletics has 5 different classifications (Spinal Cord, Amputees, Cerebral Palsy, Visual Impaired and Others (Darfism, MS etc)).

Provincial and Federal Sport & Recreation Organizations

CanTRA (Canadian Therapeutic Riding Association)

Contact Information:

Therapeutic Riding Centres

CanTRA (Canadian Therapeutic Riding Association)

Sallie Murphy (Provincial Contact)

608 West Lawrencetown Road, Lawrencetown, NS B2Z 1S5

Phone: (902) 435-9344 Fax: (902) 434-1830

Antigonish - Antigonish T.R.A.

Amanda Workman

42 Lower North Grant Road, RR#3, Antigonish, NS B2G 2L1

Phone: (902) 863-2155

Instructor, Claire Reeves - (902) 863-4853

Halifax - H.A.L.T.R.

Sallie Murphy

608 West Lawrencetown Rd, Lawrencetown, HRM, NS B2Z 1S5

Phone: (902) 435-9344 Fax: (902) 434-1830

Hampton - Annapolis Valley T.R.P.

Olga Comeau - Mandala Riding and Awareness Centre

RR#2, Hampton, NS B0S 1L0

Phone: (902) 665-2101

Email: mandala@ns.sympatico.ca

Website: www.mandalariding.com

Healing Hooves Program, Equine Assisted Treatment and Learning

Jessica McNutt, BSW, BA Soc., CAAT

25 Ryland Ave, Truro, NS B2N 2V5

Phone: (902) 899-8595

Website: <http://jlmcnutt.tripod.com>

Provincial and Federal Sport & Recreation Organizations

Hope Reins Therapeutic Riding Association

Contact Information:

355 Milford Road, Carrolls Corner, NS B0N 1Y0

Phone: 902-843-5572

Email: info@hopereinstra.ca

Website: www.hopereinstra.ca

Description:

Founded in 1980, the Canadian Therapeutic Riding Association (CanTRA) is a registered charity that promotes challenge, achievement and empowerment for children and adults with disabilities through the use of the horse. There are now approximately 100 member centres across Canada providing high quality therapeutic, recreation, life skills and sport programs. CanTRA has also worked over the past 25 years to ensure an excellent standard of certification and education for therapeutic riding instructors. CanTRA is a member of the Federation of Riding for Disabled International (FRDI) and is recognized by FRDI as the only governing body for therapeutic riding in Canada.

CanTRA's Aims and Objectives:

- To promote therapeutic riding for persons with disabilities throughout Canada
- To establish and maintain standards of horseback riding as a therapeutic, recreational and sports activity in collaboration with the medical profession
- To develop competitive equestrian sport
- To maintain the highest standards for registered Canadian Therapeutic Riding Instructors
- To develop standards of program excellence
- To promote research in all aspects of therapeutic riding
- To provide a continuing educational program of seminars and conferences

Canadian Council of the Blind

Contact Information:

(902) 464-0038

www.ccbnational.net

Description:

The Canadian Council of the Blind (CCB) deals with the ongoing effects of blindness with specific programs to encourage active participation in local communities, education, sports, recreation and employment. Furthermore, through advocacy and awareness the CCB strives to elevate public consciousness of the blind and visually impaired.

Services:

The Canadian Council of the Blind offers programs to all ages ranging from sports and recreation to social functions. For further information, see contact information above.

Provincial and Federal Sport & Recreation Organizations

Hockey Nova Scotia/Sledge Hockey

Contact Information:

dcossar@hockeynovascotia.ca

f.durand@ns.sympatico.ca

IWK Rehabilitation Recreation Therapy

Contact Information:

www.iwk.nshealth.ca

Description:

Recreation Therapy promotes quality of life for children and youth with physical disabilities or acquired brain injury, and their families, by increasing access to recreation as part of a life-long healthy lifestyle. The aim of Recreation Therapy is to teach life-long leisure skills and attitudes by: increasing awareness of resources related to recreation in their home, school and community, teaching skills to enhance participation in recreation activities, introducing adapted equipment for trial and use in recreation activities, providing opportunities to try new recreation activities of interest, and working with community service providers to increase opportunities for children and youth who have a disability.

Services:

Advocacy, counseling, equipment, library, literature/information, recreation/social programs, referrals, research, training/workshops

Multiple Sclerosis Society of Canada, Atlantic

Contact Information:

(902) 468-8230

info.atlantic@mssociety.ca

*finding a cure
enhancing quality of life*



Description:

The mission of the Multiple Sclerosis Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life. Our two major programs provide hope for the future through the support of MS research into the cause, treatment and cure of the disease and hope for today through our many services that assist people with MS and their families.

Services:

- Information and referral
- Recreation and social programs
- Advocating for yourself
- Supportive counselling
- Financial assistance
- Support and self-help groups
- Education

Our goal in Client Services is:

"To provide programs and services to those affected by multiple sclerosis to achieve the highest possible quality of life while living with the daily challenges that MS presents."

Provincial and Federal Sport & Recreation Organizations

Nova Scotia Trails Federation

Contact Information:

www.novascotiatrails.com

Description:

The Nova Scotia Trails Federation is a not-for-profit organization that represents the interests of trail users and community-based recreational trail groups in Nova Scotia. NS Trails supports the work of community groups in the planning, building, maintenance and management stages of recreational trails.

As the provincial trail organization, the primary goals of NS Trails are to promote the development and responsible use of recreational trails for the benefit and enjoyment of all Nova Scotians and visitors to our province.

NS Trails has adopted the motto "Take Trails to H.E.A.R.T.!" The letters in H.E.A.R.T. stand for Health, Environment, Arts (Culture and Heritage), Recreation, and Transportation.

By going to the Nova Scotia Trails Federation website www.novascotiatrails.com you can find out which trails are wheelchair accessible in your area.

PaddleAll

Contact Information:

www.canoekayak.ca

Description:

PaddleALL is a project introduced by Canoe/Kayak Canada. It is a program aimed at promoting participation in the sport of sprint Canoe/Kayak for individuals with disabilities.

About the Program

Recreational and sprint canoes and kayaks are used to introduce paddlers with intellectual and physical disabilities to the sport of sprint racing. The program includes a safety orientation, technical instruction, and instruction by experienced coaches. Each paddler will have an experienced paddling partner for 1:1 support. Although all abilities are welcome, you must be comfortable on the water.

Provincial and Federal Sport & Recreation Organizations

Partnership For Access Awareness

Contact Information:

www.paans.ca

Description:

In 1987, Rick Hansen's Man in Motion Tour brought issues of ability and access into the national spotlight and in response, National Access Awareness Week was born. The "national" scope of the week has petered out but provincially, the spirit of Hansen's quest lives on through Nova Scotia's Access Awareness Week. Held at the end of May, the week aims to celebrate achievements made both by and for people with disabilities in the areas of accessibility, transportation, housing, employment, recreation, education and communication. PAANS is a committee of the Nova Scotia League for Equal Opportunities and was created to oversee the planning of the week's events ensuring the week continued to be both vibrant and relevant to the needs of the province's citizens.

Mission: To promote the inclusion of all Nova Scotians with disabilities as full citizens within our communities. Through public awareness, community partnerships and education, we aim to foster an environment of equal participation for persons with disabilities within Nova Scotia.

Past Events:

- NS Wheelchair Rugby Team
- West Nova Inclusive Employment Society – Awareness Open House
- Employability Partnership – Open House
- West Nova Inclusive Employment Society
- Breakfast of Inclusion (by invitation)

Provincial and Federal Sport & Recreation Organizations

The Provincial Autism Centre

Contact Information:

(902) 446-4970

The Provincial Autism Centre is open to the public:
Monday to Friday: 8:30 am- 4:30 pm

Description:

The Provincial Autism Centre is a non-profit association located in Halifax, Nova Scotia. We are a professionally run Centre that provides programs and services to the autism community while helping families and professionals across the province access resources and quality information about autism spectrum disorders (autism). We provide respectful, understanding and confidential services to individuals and families as needed.

Services:

- Summer camp
- Autism works
- Autistics aloud
- Teen and adult social programs
- Program brochure and application form
- Autism arts
- Autistic self-advocacy council - nova scotia (asac-ns)
- Information programs
- Volunteer application form

Rugby Nova Scotia

Contact Information:

Web: www.rugbyns.ns.ca

Email: rugby@sportnovascotia.ca

Phone: (902) 425-5454 Ext 341



Description:

Rugby Nova Scotia is dedicated to the advancement, encouragement, promotion, administration, development and coordination of the sport of rugby in Nova Scotia through progressive leadership in cooperation with its membership and in liaison with Rugby Canada.

Rugby NS has had people with physical disabilities participate.

Wheelchair Rugby which is a separate organization.

Provincial and Federal Sport & Recreation Organizations

Sail Able Association of Nova Scotia

Description:

Sail Able Association of Nova Scotia is a registered, non-profit, organization located in Halifax. Our aim is to promote the integration of persons with disabilities into the recreation of sailing for pleasure and/or competitive sailing. Sail Able is operated entirely by its members and volunteers who help raise the funds necessary to keep the program afloat. For fees and schedules, please contact us.

Special Olympics Nova Scotia

Contact Information:

(902) 429-2266

www.sons.ca



Description:

Special Olympics is a non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Special Olympics is open to every intellectually disabled person, regardless of the level or degree of that person's disability, and whether or not that person also has other physical disabilities.

Almost every age is eligible for Special Olympics programming in Nova Scotia from eight to 88. Special Olympics Nova Scotia also has a youth program for children aged 4 to 12, which focuses on structured play and introduction to games, teams, competitions and socialization.

Services:

There is a range of sports offered throughout Nova Scotia. The choices vary from region to region. The full list of sports includes aquatics, athletics, curling, nordic skiing, figure skating, soccer, bowling, snowshoeing, floor hockey, softball, power lifting, speed skating, masters triathlon, and a youth program. please contact us to find out which sports are available in your region.

Contact a staff person with Special Olympics Nova Scotia or visit the "Our Regions" portion of our website for a contact in your area. They will give you all of the information you need and can put you in touch with resource people in your community.

Provincial and Federal Sport & Recreation Organizations

Sport Nova Scotia

Contact Information:

Parasport Coordinator
(902) 425-5450 Ext. 375
www.sportnovascotia.ca



Description:

At Sport Nova Scotia, we believe sporting opportunities should be available to all Nova Scotians regardless of age, gender, race, or ability level. Many of Nova Scotia's Provincial Sport Organizations offer programs specifically aimed at getting athletes with disabilities involved in sport.

Services:

Working with Provincial Sport Organizations to provide Parasport opportunities

CNIB

Description:

CNIB is the primary source of support, information and most importantly, hope, for all Canadians affected by vision loss. We are recognized experts in vision health and have been making a profound difference in the lives of Canadians since 1918.

Services:

CNIB provides community-based services to ensure that Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life

- Adjustment to Vision Loss

An eight-week, structured peer support program to help people adjust to vision loss and learn more about CNIB services.

- Low Vision

Information about eye conditions and how to use magnifiers, lighting and colour contrast to maximize remaining vision.

- Independent Living Skills

Helpful hints and adaptive techniques for everyday activities like preparing meals, identifying money, using the phone and leisure activities. Braille and keyboarding instruction are also available.

Provincial and Federal Sport & Recreation Organizations

Canadian Paraplegic Association of Nova Scotia

Contact Information:

www.thespine.ca/



Description:

Mission: To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

Services:

- Peer support
- Rehabilitation counseling
- Vocational/employment services
- Community advocacy
- Case management/service coordination
- Information services

The Canadian Council on Rehabilitation and Work (CCRW)

Contact Information:

1 800 664 0925

Description:

CCRW is a Canada-wide network of organizations and individuals. Our mission is to promote and support meaningful and equitable employment of persons with disabilities. As innovators and agents of change, we build partnerships, develop skills, share knowledge and influence attitudes.

CCRW provides leadership in programs and services for job seekers with disabilities and businesses committed to equity and inclusion. A comprehensive information source for disability and employment resources, CCRW works with businesses of all sizes in all industries through its Job Accommodation Service (JAS)[®], Partners for Workplace Inclusion Program (PWIP) and the eLearning Disability Awareness Series (DAS)[®], and support to individual job seekers through its WORKink[®] site, and much more!

Services:

We offer programs and services for all aspects of the employment of persons with disabilities. We have programs and services across Canada connecting more and more job seekers with disabilities with meaningful and equitable employment. Our programs and services also provide accessibility solutions for employees with disabilities, employees who become disabled and injured employees who are returning to work. We also provide disability awareness training for everyone in the work environment and tools to develop a diversity plan that works for you and your company.

Provincial and Federal Sport & Recreation Organizations

Continuing Care Association of Nova Scotia (CCANS)

Contact Information:

(902) 956-0090

Description:

“To provide leadership and direction in the field of Continuing Care for all Nova Scotians through education, by advocating on their behalf and by supporting Caregivers.”

Our special care programs provide nursing care, personal care, supervisory and shelter needs for senior Nova Scotians as well as other individuals who are unable to live independently in their own home. Our facilities provide these services with respect for the individual resident’s personal dignity by recognizing each person’s rights and distinct psychological, physical, and spiritual needs. All of our Association member facilities are licensed and or approved by the Department of Community Services or Department of Health, and must maintain the standards of the Association to retain their membership.

Services:

- Nursing homes
- Residential care facilities
- Group homes and developmental residences
- Supervised apartments
- Homes for the aged
- Adult residential centres
- Small options
- Home support organizations

Epilepsy Association Nova Scotia

Contact Information:

(902) 429-2633

www.epilepsyns.com

Description:

Our association’s vision is to allow people with Epilepsy have an optimal quality of life. EANS is a province-wide organization with an office in Halifax and community action groups around the province. We are structured under a volunteer Board of Directors and a Medical Advisory Committee.

EANS is a self-supporting registered charity. All money is raised through various fundraising events, individual and corporate donations and grants, memberships and memorial contributions.

Services:

- EANS offers short term counseling and referral for individuals and families.
- The office maintains a wide range of up-to-date material about epilepsy, including a small resource library of books and videos.
- Approximately 1000 requests for information, mail outs, and counseling are received annually.
- A newsletter is produced three times a year.
- Advocacy work on behalf of members and non-members is undertaken.
- Social events include a Christmas dinner, a “Volunteer Recognition” evening and member participation in various fundraising events.
- Offers the services of a Outreach Support Coordinator

Provincial and Federal Sport & Recreation Organizations

Learning Disabilities Association of Nova Scotia (LDANS)

Contact Information:

(902) 423-2850

Description:

Founded in 1989, the Learning Disabilities Association of Nova Scotia (LDANS), is a not-for-profit organization dedicated to unlocking the potential of those with learning disabilities. The Association offers support, advocacy, and referral services to children, parents, professionals and others dealing with learning disabilities.

What does LDANS do?

Assists individuals with learning disabilities and their families in meeting their expressed needs by:

- Providing support, guidance and resource information
- Providing the opportunity to network and share information

Furtheres educational, social, medical, vocational and employment opportunities for Nova Scotians with learning disabilities. Creates public awareness of learning disabilities by informing the public of the issues and challenges faced by people with learning disabilities. Provides programs and services to individuals with learning disabilities and their families.

Services:

LINKS-Linking Language to Learning is a literacy program designed for children who are experiencing difficulty in reading skills development, which may be attributable to a learning disability. LINKS is dedicated to helping children become competent, independent learners, through the experience of good books, and opportunities for good writing.

Library- LDANS lending library is located at 46 Portland Street, Suite 601, Dartmouth, NS B2Y 1H4. It is open to the public Monday to Friday from 8:30am to 4:30pm. We suggest you call ahead for an appointment so we don't miss your visit! Most resource materials are available for loan at no charge to members. A nominal fee applies for non-members. We carry a wide variety of books, videos, audiotapes and books on tape related to learning disabilities.

Provincial and Federal Sport & Recreation Organizations

Mental Health Foundation of Nova Scotia

Contact Information:

Mary Lou Crowley, President & CEO – (902) 464-6000

Description:

The Mental Health Foundation of Nova Scotia is a registered charitable foundation that was established in 1987 to create a higher level of awareness of mental health and to support organizations to deliver the highest level of mental health care in every community in Nova Scotia. Through major fundraising efforts, and with the support of our donors and volunteers, the Foundation is Changing The Way People Think about mental illness.

Services:

Canadian Mental Health Association, Nova Scotia Division (CMHA, NS Division), with the support of the Mental Health Foundation of Nova Scotia, has created the role of Community Facilitator to support and develop community awareness and participation in Annapolis, Lunenburg and Pictou counties.

The program assists mental health consumers seek out opportunities for meaningful community participation. The work of the Facilitator is to encourage connections between local CMHA branches with the local community that will build capacity and enrich the entire community.

“The goal of this program is to make connections within communities,” says Carol Tooton, Executive Director of CMHA, NS Division. “Building relationships at all levels of the community, we hope to encourage support and develop increased awareness and local participation in mental health issues and concerns. We are grateful to the Mental Health Foundation of Nova Scotia for assisting us in this effort.”

CMHA is a nation-wide organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes its mission through advocacy, education, research and service.

Provincial and Federal Sport & Recreation Organizations

Nova Scotia League for Equal Opportunities (NSLEO)

Contact Information:

(902) 455-6942

www.novascotialeo.org

Description:

We are a provincial consumer organization dedicated to promoting the abilities of persons with disabilities so they may function as equals in society. We provide information and referral services to all Nova Scotians regarding disability issues and available programs and services.

We also work with government and the community to ensure the issues faced by all persons with disabilities are heard and addressed by all levels of government and by our communities so that they may function as equals in society.

Opportunities was organized in 1979 and chartered in 1980. NSLEO is a cross-disability consumer and public education organization whose members include individuals with all types of disabilities: mobility, sensory and invisible (e.g., diabetes, emphysema, arthritis, epilepsy, etc.).

NSLEO offers municipal consumer groups an umbrella organization through which to represent their concerns at the provincial level. The uniqueness of the League rests in the fact that it is an entity made up of local organizations whose control rests with persons with disabilities.

As a non-profit organization with a charitable tax number, any donation amount would be kindly accepted. A tax receipt will be issued if requested.

Provincial and Federal Sport & Recreation Organizations

Spina Bifida and Hydrocephalus Association of Nova Scotia

Contact Information:

1-800-304-0450

<http://www.sbhans.ca/>

Description:

The Spina Bifida and Hydrocephalus Association of Nova Scotia (SBHANS), was established in 1984. It is a non-profit, registered charitable organization affiliated with the Spina Bifida and Hydrocephalus Association of Canada, and currently has one chapter in Cape Breton. SBHANS is made up of individuals with an interest in Spina Bifida including people with Spina Bifida and/or Hydrocephalus and their families.

Mission Statement

To eliminate spina bifida and hydrocephalus in newborns by promoting preventative measures. To help individuals with spina bifida and/or hydrocephalus reach their full potential by promoting independence and improved quality of life.

Services:

The following is a list of member programs and services offered by SBHANS.

- Computer fund
- Special needs fund
- Camp/retreat
- Sbhans newsletter
- Resource kits
- Library service
- Adapted recreational equipment fund
- Education award
- Workshops/conferences
- Social activities

Recreation Nova Scotia List Of Regional Contacts



Recreation Nova Scotia

<http://www.recreationns.ns.ca/>

Regional Recreation Directors

Amherst Community and Economic Development

http://www.amherst.ca/?department=commecondev&content=department/commecondev/ced_main.htm

Annapolis County Recreation

<http://www.annapoliscounty.ns.ca/recreation/general.html>

Antigonish County Recreation

<http://www.antigonishcounty.ns.ca/rec.htm>

Argyle Recreation

[http://www.munargyle.com/Recreation Department/Recreation Main Page.html](http://www.munargyle.com/Recreation%20Department/Recreation%20Main%20Page.html)

District of Barrington Recreation

http://www.barringtonmunicipality.com/recreation_complex.htm

Berwick Recreation

<http://www.town.berwick.ns.ca/recreation.html>

Village of Bible Hill Recreation

<http://www.biblehill.ca/recreation/recreation%20index.html>

Bridgetown Recreation

http://www.town.bridgetown.ns.ca/site/index.php?option=com_directory&page=viewcat&catid=55&Itemid=26

Bridgewater Parks Recreation and Culture

http://www.bridgewater.ca/parks_recreation_and_culture.html

Town of Canso

<http://www.townofcanso.com/index.php>

Cape Breton Regional Recreation

<http://www.cbrm.ns.ca/recreation.html>

Town of Chester - Things To Do

<http://www.chesterareans.ca/>

Recreation Nova Scotia List Of Regional Contacts

District of Clare Recreation

<http://www.clarenovascotia.com/rec/en/index.cfm>

Cumberland County Recreation

<http://www.recreationns.ns.ca/connect2cumberland>

Colchester County Recreation

http://www.colchester.ca/recreation_services

Digby Area Recreation

<http://www.digbyarearecreation.ca/>

Town of Digby Recreation

<http://www.townofdigby.ns.ca/recreation.html>

East Hants County Recreation

<http://www.easthants.ca/dev/recreation%20and%20culture%20services/>

District of Guysborough

<http://www.municipality.guysborough.ns.ca/departments/recreation>

Town of Kentville Recreation

http://www.kentville.ca/community_recreation.cfm

Kings County Parks and Recreation Services

<http://www.county.kings.ns.ca/pars/>

Halifax Regional Municipality Recreation

<http://www.halifax.ca/rec/index.html>

Hantsport Recreation

<http://www.hantsportnovascotia.com/rec/>

Lockeport Recreation & Culture

<http://www.lockeport.ns.ca/page23.php>

Lunenburg Recreation

http://www.modl.ca/municipal_services_recreation/index.html

Middleton Recreation

http://www.discovermiddleton.ca/living/recreation_service

Mulgrave Recreation

<http://www.townofmulgrave.ca/Recreation/tabid/520/Default.aspx>

Recreation Nova Scotia List Of Regional Contacts

Town of New Glasgow Recreation

http://www.newglasgow.ca/index.php?option=com_content&task=view&id=133&Itemid=186

New Minas Recreation Programs

<http://www.newminas.com/recreation.htm>

Town of Oxford

<http://www.town.oxford.ns.ca/visit/index.htm>

Parrsboro Events

http://www.town.parrsboro.ns.ca/component/option,com_events/Itemid,91/

Town of Pictou Recreation

http://www.townofpictou.ca/sport_26_recreation.html

Queens Recreation

<http://www.regionofqueens.com/index.asp?id=7>

Reflections Richmond

<http://www.richmondcounty.ca/default.asp?mn=1.40.43>

Town of Shelburne Parks and Recreation

<http://www.auracom.com/tnshelb/Shelburne7.html#Local%20Programs%20and%20Events>

Municipality of Shelburne Department of Recreation and Parks

http://www.municipalityofshelburne.ca/top_links/recreation/index.php

Springhill Community Centre Event Information

http://www.town.springhill.ns.ca/community_centre_calendar_of_events.html

Municipality of the District of St. Mary's Recreation

<http://www.saintmarys.ca/recreation/>

Stellarton Recreation

http://www.stellarton.ca/index.php?option=com_content&task=view&id=24&Itemid=126

Stewiacke Recreation

<http://www.stewiacke.net/content/FSRXpMmk3YO7btkzCQw5Kf1CwGSA>

Trenton Recreation

http://www.town.trenton.ns.ca/index.php?option=com_content&task=section&id=9&Itemid=30

Truro Parks, Recreation & Culture

http://www.truro.ca/parks_and_rec.html

Recreation Nova Scotia List Of Regional Contacts

Truro Leisure Activities

http://www.truro.ca/leisure_activities.html

Victoria County Recreation

http://www.victoriacounty.com/recreation_and_tourism.html

District of West Hants Recreation

http://www.westhants.ca/index.php?option=com_content&view=section&id=11&Itemid=63

Westville Recreation Facilities

http://www.westville.ca/index.php?option=com_content&view=article&id=52&Itemid=96

Windsor Recreation

<http://www.town.windsor.ns.ca/recreation.html>

Town of Wolfville Recreation

<http://www.wolfville.ca/recreation.html>

Yarmouth Leisure Services

<http://www.district.yarmouth.ns.ca/leisure/>

Halifax Regional Municipality Recreation

www.halifax.ca/rec

Halifax Regional Municipality Community Recreation Services

HRM Community Recreation Services is committed to providing safe and accessible services and activities for all persons. Persons with special needs are welcome to attend any recreation activity compatible with their interests, abilities and needs. We view inclusion as a partnership between HRM staff and families.

HRM recreation staff encourage everyone to get active:

- Meet family and individuals prior to the start of the program to identify appropriate program options and the supports required to assist the participant
- Will make every effort to accommodate support requirements based on HRM resources and service demands
- Encourage parents and/or individuals to visit the programs
- Provide program orientation and training to staff

You can help make the Inclusion experience a success by:

- Contacting HRM a minimum of 2 weeks prior to the program start date
- Assisting staff in identifying the recreational interests of you or your child
- Sharing relevant information that will promote a successful experience
- Completing the participant information forms and reviewing the medical and behavioural policies
- Connecting with program staff at least two weeks prior to start of programs
- Assisting in the training of staff to meet the participant's need/requirements, when applicable and appropriate within HRM policies and procedures
- Committing to open communication and problem solving with staff

We see inclusion as a partnership between HRM staff and families. We believe inclusive and accessible leisure services are essential to everyone's quality of life.

Halifax Regional Municipality Aquatics Department

Spryfield Wave Pool 10 Kidston Road 477-POOL (7665)

- Only indoor Aquaclimb Wall east of Vancouver
- 15 meter diameter graduated beach area
- 4 lane, 25 metre lap area
- Waves, waves, waves ½-1 ½ metres
- Five in pool therapeutic water jets
- 2 yard Ape pool slides • Decks side patio
- Free parking • Group discounts and passes
- Birthday parties
- Fully wheelchair accessible
- Adapted Aquatics program being offered and it runs at different times throughout the year.
- Currently the IWK Childrens Rehab program book times with us as does the Autism Society
- Adapted lifejackets that are geared to specific disabilities, also located at the Wavepool is an adaptive change table which can lower to one foot in height and raise to 4 feet.

Needham Community Pool 3372 Devonshire Ave 490-4633

- 20 yard 5 lane pool • Tarzan Rope • Birthday parties • Viewing area on & off the deck
- Accessible Entrance

Halifax Regional Municipality Community Recreation Services

Halifax Regional Municipality Sport Field and School Bookings

HRM Sport Fields and All Weather Facilities	490-4003
Arenas/Ball Diamonds(s) Eastern Region	490-4723
Ball Diamond (Western Region) and Special Event	490-4518
HRSB Schools in Dartmouth. and Sackville	490-3675
HRSB School in Halifax and Bedford	490-4585

Halifax Regional Municipality Community Centres

Acadia School - 636 Sackville Drive	Phone 869-4200	Fax 869-4219
Adventure Earth Centre - Fleming Park - 69 Parkhill Road	Phone 9-490-4539	Fax 490-4509
Bloomfield Centre - 2786 Agricola Street	Phone 490-4629	Fax 490-4568
Capt. William Spry Centre - 10 Kidston Road	Main Office 479-1111	Fax 479-1177
Chocolate Lake - 14 Purcell's Cove Road	Phone 490-4607	Fax 490-4504
Citadel High Community Centre - 1955 Trollope Street	Phone 490-3895	Fax 490-3896
Cole Harbour Office - 1216 Cole Harbour Road	Phone 490-4711	Fax 490-4299
Dartmouth North Community Centre - 134 Pinecrest Drive	Phone 490-5900	Fax 490-1750
Gordon R. Snow - Fall River Recreation Centre-1359 Fall River Road	Phone 860-4570	Fax 860-4576
Findlay Community Centre - 26 Elliot Street	Phone 490-4728	Fax 490-4742
George Dixon Centre - 2501 Gottingen Street	Phone 490-4550/490-4616	Fax 490-4570
Lakeside Community Centre - 1492 St. Margaret's Bay Rd.	Phone 876-8812	Fax 876-0818
LeBrun Centre - 36 Holland Avenue, Bedford	Phone 490-4665	Fax 490-4680
Musquodoboit Harbour Office - #7900 #7 Highway, Musq.	Phone 889-4051	Fax 889-4054
Musquodoboit Valley Office - 12014 Highway 224	Phone 384-3008	Fax 384-2047
Needham Centre/Pool - 3372 Devonshire Ave.	Phone 490-4633	Fax 490-4579
Northcliffe Centre/Pool - 111 Clayton Park Drive	Phone 490-4625/4690	Fax 457-3881
North Preston Community Centre - 44 Simmons Road	Phone 462-4230	Fax 462-4370
St. Andrew's Centre - 6955 Bayers Road	Phone 490-4693	Fax 490-4641
St. Mary's Boat Club - (April - Dec) - 1641 Fairfield Road	Phone 490-4688	Fax 490-6935
Sheet Hbr Centre-St. James United Church Hall-22863 #7 Highway	Phone 885-2988	Fax 885-3554
Tallahassee Recreation Centre - 168 Redoubt Way	Phone 465-5267	Fax 465-8730

List of Physical Activity Coordinators

Regional Physical Activity Coordinators

Anna Sherwood, Active Communities Coordinator

35 Webster Street, Suite 102
Kentville, B4N 1H4
P:679-6121
F:679-6094
ameila.awalt@gov.ns.ca

Vacant, Physical Activity Capacity Coordinator

312 Greent St. PO Box 9000
Lunenburg, B0J 2C0
P:634-7504
F:634-7542
peter.mccracken@gov.ns.ca

Robin Norrie, Fundy Active Communities Coordinator

Suite 1-80 Walker St.
Truro B2N 4A7
P:896-2200
F:896-2425
robin.norrie@gov.ns.ca

List of Physical Activity Coordinators

Rachel Bedingfield, Physical Activity Consultant

Summit Place
5th floor
1601 Lower Water St.
Halifax, B3J 2R7
424.3374
rachel.bedingfield@gov.ns.ca

Wayne McKay, Physical Activity Consultant

Cape Breton Active Communities
Moxham Centre, 2-380 Kings Rd
Sydney, B1S 1A8
P:563-3751
F:563-2565
wayne.mckay@gov.ns.ca

Eric Lumsden, Physical Activity Coordinator

Highland Active Communities
20 St. Andrews Street, Ste 2
Antigonish, B2G 2H1
P:863-7395
F:863-7477
eric.lumsden@gov.ns.ca

