



Winter Programs

- **Wheelchair Floor Hockey**
-ACT Centre, Edmonton
-September-June
- **Adapted Cross Country Skiing**
- **Sledge Hockey**
-Junior (under 14), Intermediate (14+), Women's Team
-Tuesday evenings
- **Integrated Spin Class**
-September-April
-Handcycles on trainers
- **Taekwondo**
-Junior (under 14), Intermediate (14+)
- **Snowshoeing**
- **Swimming**
-Novice (under 14), Intermediate (14+)

SLEDGES IN SCHOOLS

You can try sledge too!



Book an event for your group, team, workplace or school. Learn a new skill, team build and have fun. An instructor can assist with skills, drills and scrimmage. Contact us to reserve your date.

Paralympic Sports Association

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Programs



50th Anniversary Celebration
June 20 2015

**Ramada Conference Centre, 11834
Kingsway Avenue**



Summer Programs

Wheelchair Lacrosse

Dates: Wed; May 13-July 8 2015 (excl July 1st)

Time: 8-9 pm

Location: ACT Centre, 2909 113 Ave

Paracycling

Dates: June 24, July 8, 15, 22, 29, August 5, 12, 19, 26, Sept 2, 9, 16

Time: 6:30-8 pm for July and August, 6-7:30 pm for September

Costs: \$144 program fees for 12 weeks.

This includes ABA insurance.*

\$84 bike rental for 12 weeks.*

Program + Rental=\$228.00 or 4 bingos

Program = \$144.00 or 3 bingos

Canoeing/Kayaking

Dates: July 6, 13, 20, 27, Aug 10 and 17

Location: Kirk Lake, 184 St and 122 Ave

Time: 6:30-8:30 pm

Who: All ages, all abilities, all experience levels

Cost: \$80.00



Summer Programs

Adapted Golf

Dates: May 5, 12, 19, 26, June 9, 16, July 9, 23 (Thurs), August 6, 20 (Thurs)

Location: Victoria Golf course, 12130 River Valley Road

Time: 6:30-8 pm

Tee Times: June 1st, 22nd at 6:30pm at Rundle Golf Course

Who: All ages, all abilities

Cost: 100\$

Spring Swimming

Who: Everyone

Time: 2-3pm, 3-4pm

When: Saturdays

Where: Don Wheaton YMCA Dates: May 2 - June 20, 2015 (excl. May 16)

Fee: \$40.00

Wheelchair Floor Hockey Tournament

-June 6 2015

-Able bodied players welcome too!



Summer Camps

Kids, Teen and Adult Summer Camps

July and August

-Ex. Sports. Activities, Sledge, TrailRider (hiking) Wilderness Hostel Camp

Outdoor Cycling

Types of Bikes:

Recreational handcycles, Tandem

Bikes, Adult Trikes, Racing Handcycles



Contact programs@parasports.net for more information!