



University
of Victoria



INCLUSIVE PROGRAMMING AT UVIC 2016 – 2017

DROP-IN ACTIVITIES

FREE for CARSA members

WHEELCHAIR SPORTS

Everyone welcome, all abilities and experience; sport wheelchairs provided; a sport coordinator from the Victoria Wheelchair Sports Club will be present for support.

* Wheelchair Tennis: [CARSA Fieldhouse, Zone 2](#), Tuesdays, 8:30 p.m. to 9:30 p.m.

* Wheelchair Basketball: [McKinnon Gym](#), Wednesdays, 5:00 p.m. to 7:00 p.m.

BLIND SOCCER

All abilities are welcome and encouraged to participate; blindfolds and audible balls are provided; a coordinator will be present for support.

* Dates/times to be confirmed, please check the [CARSA Fieldhouse schedule](#) on [vikesrec.ca](#) for dates/times

INCLUSIVE SPIN CLASSES

1 krankcycle is available in the spin studio for anyone to use, with or without a wheelchair during all spin classes.

* Please [see Vikes online health & fitness schedule](#) for class times

* [Free](#) for CARSA members

REGISTERED ACTIVITIES

ADAPTED STRENGTH AND CONDITIONING

A certified Strength & Conditioning Specialist from the Victoria Wheelchair Sport Club will help you improve your fitness!

* CARSA fitness area, Saturdays, 9 a.m. to 10:15 a.m., September 17 to December 3 (no class October 8 and November 12), register in person

INCLUSIVE DANCE

Come explore a wide variety of dance styles through the guidance of our internationally certified mixed abilities dance instructor. Whether you've never danced before or you have years of experience, there is something in this inclusive class for you.

* Wednesdays 1:30 p.m. to 2:25 p.m., September 21 to November 30, register online

ADAPTED CLIMBING

All abilities are encouraged and welcome to come conquer the CARSA climbing wall.

* Please book your session with the climbing coordinator at climbing@uvic.ca