

Youth Programs

Spring 2025 Registration Guide

Calgary



Registration
March 26
5:30 PM



Between Friends
connect • grow • belong

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You can find out more about each program and service in each section, or by visiting [our website](#).



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Day trips and overnight trips



Main Line
403 269 9133



info@betweenfriends.ab.ca



Monday - Thursday
9:00 AM - 4:00 PM

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Main Line
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Monday - Thursday
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How To Register

Before Registration Night

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Decide the programs you want

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Get your 2025 Membership

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Test your member login

[Member Portal](#)

This season, you can register for a **maximum** of:

- 2 **Adventurers** Day Trips, and
- 2 **Adventurers** Overnight Trips, and
- Unlimited **Special Events!**

Be prepared to have back-up program choices ready as our programs fill up quick!

Spring 2025 Registration Night: Wednesday, March 26, at 5:30 PM

By Phone



403 508 0110

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

Call the Registration Line - (403) 508 0110

- **The line will be open 5:30 - 6:30 PM on registration night**
- **Do not call the main line**

If you are sent to voicemail, **call back** - don't leave a message

- Leaving a voicemail does **not** confirm registration

OR

Online

[Member Portal](#)

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

Log in or refresh the page at 5:30 PM

- **Programs will not show up before 5:30 PM**

If you have trouble, **call the Registration Line**

- (403 508 0110)

Program Fees

Paying for Programs

Fees for Between Friends programs are **due at the time of registration**. Credit card, cash, and cheque payments or a fee assistance form must be submitted within **five (5) business days** or your registration will be cancelled.

Fee Assistance

Between Friends does its best to make sure that every member who wants to attend programs is given the chance. In order to be accessible, we subsidize all programs for all participants. Additional Fee Assistance is available for a maximum of:

- 2 Between Friends **Adventurers** trips or programs, each season

Once your application is submitted, our team will review your application and contact you once a fee assistance amount has been calculated. For more information about our Fee Assistance Program or how to apply, please contact info@betweenfriends.ab.ca.

[Apply for Fee Assistance Here](#)

Important Information

Program Cancellation

To cancel registration you must contact info@betweenfriends.ab.ca. A **15% fee** will apply to all cancellations. Refunds will be provided only when vacancies can be filled, and the office is notified of the cancellation.

If a program is canceled due to low registration, you may transfer to another program if space is available, or receive a full refund. We will contact you prior to the start date of the program if cancellation is necessary.



Respect Policy

A safe and welcoming space is a shared community responsibility. We expect our members, parents, guardians, caregivers, and support persons to treat Between Friends personnel with respect and dignity.

Behaviors that make anyone feel unwelcome or unsafe will not be tolerated and appropriate steps will be taken to address these behaviors. Between Friends reserves the right to remove anyone not contributing to a safe and welcoming environment from current/future programs and membership.

Thank you for helping us create a community that is inclusive, respectful, safe, and kind.



Main Line
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Monday - Thursday
9:00 AM - 4:00 PM

About Special Events

Registration
March 26
5:30 PM

Spring **Special Events** 2025

Our **Special Events** are one-time events that happen throughout the year. Most of these programs have a fee, but our **dances/parties** are free as a perk of your membership!

In-Program Support

The amount of participants in each **Special Event** will vary, so make sure you check the "Capacity" in the information table. **Special Events** operate at a 1:8 to 1:10 ratio (1 staff to 8-10 participants).

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact [our office](#).

What are those stars under each special event?

Great question! The stars are to help you choose the right event for you based on what you may be looking for in these categories:

Social: friendship building, group activities, and time to talk to each other

Personal Growth: mindfulness, building identity, and improving YOU

Active: the level of physical activity (**note:** all programs are adapted for all levels of mobility)

Skill Development: creative, physical, and practical skills

Remember, 1 star is the lowest amount, and 4 stars is the highest!

Have Questions?

Our team has answers! Here's how to contact them:



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Monday - Thursday
9:00 AM - 4:00 PM

Special Events



Spring Sock Hop

Ages
3-10

Spend an afternoon with us full of music and games! We'll have 1 snack option and 1 drink available per person. Hit the dance floor and show off your socks, or hangout in our craft corner and get your creative brain working!

Cost	FREE
Day	Saturday, April 5
Time	1:00 - 4:00 PM
Location	Haysboro Community Association
Capacity	8 participants

If you are unable to make it after you have registered, you must inform the office at least 48 hours of the sock hop, or a \$10 fee will be applied to your account.

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★

Games Day at Camp

Ages
10-17

Come spend an afternoon at Camp Bonaventure - Sandy Beach where we will have different stations set-up for sports, games, and activities! Snacks and drinks will also provided for this afternoon event.

Cost	\$10
Day	Saturday, May 31
Time	1:00 - 4:00 PM
Location	Camp Bonaventure, Sandy Beach
Capacity	8 participants

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★★★★

Awards & AGM Ceremony

Join us on Saturday, May 24 as we celebrate our accomplishments and personnel, participant, donor, and subcontractor awards for 2024.

Mark this date in your calendar. This event will not be available for registration at this time. A formal invite for all members and their families to come!



About Adventurers

Registration
March 26
5:30 PM

Spring **Adventurers** 2025

Our **Adventurers** trips offer you a chance to take a vacation! We offer a few different lengths of trips. Some are day trips, and some are overnights. Check out the information table next to each trip to learn more.

You'll notice the following symbols next to each trip. These symbols tell you about the type of trip:

Day Trips



Sleeping in Tents/Cabin



Sleeping in a Hotel/VRBO



In-Program Support

Each **Adventurers** trip will have up to 8 participants and 4 staff/volunteers. Trips typically operate at a 1:2 - 1:4 ratio.

Participants who require additional support in programs are welcome to come with a support aide. If you are unsure if you need to bring additional support, please contact [the office](#).

Trip Information In This Guide

We want our members to get the most out of their experience in our programs. In this guide, you will find detailed information about each **Adventurers** trip to assist you with deciding which trips will be the best fit for you.

We will tell you about:

- The general schedule
- Cost, dates, and location
- Ratings:
 - **Programming Level:** is the trip fast paced or low paced? Is there a lot of down time?
 - **Physical Accessibility:** the accessibility of the physical spaces on your trip
 - **Sensory Friendly:** is the environment noisy and bright? Or, is there space & time to recharge?



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Monday - Thursday
9:00 AM - 4:00 PM

What to Expect

Important

For each trip, you will find a **"What to Expect"** section. This will give you an overview about the trip's **Programming Level, Physical Accessibility, and Sensory Friendliness.**

The chart below gives you more information about what each of these ratings mean.

Ratings	Description	Levels
Programming Level	Is every single hour of the trip planned? Or, is there more time to relax and do my own thing? <ul style="list-style-type: none">• High paced = busy with only a little down time.• Medium paced = a mix of both.• Low paced = relaxed with lots of independent time.	High Paced Medium Paced Low Paced
Physical Accessibility	What's the environment like? Are the bathrooms accessible? Will we be traveling on rocky roads, smooth paths, or a bit of both?	Full Low See Description
Sensory Friendly	What is the sensory environment like? Are there lots of crowds, bright lights, and loud noises? Will there be quiet space to wind down?	Yes No See Description

Note: Our personnel will do their best to provide adaptations to support our members for their physical and sensory needs.



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Monday - Thursday
9:00 AM - 4:00 PM

Adventurers



Kicks and Tricks



Ages
10-17

Put your soccer skills to the test as we spend the morning at the Calgary Soccer Centre, going through some drills and playing a 4v4 game! Afterwards, we will head out for a team lunch, and then head over to ATCO Field at Spruce Meadows to watch the Cavalry FC go head to head with Atlético Ottawa.

Note: Please bring money if you wish to buy snacks at the game.

Sensory Information: The Cavalry Game will take place outside, and will also have lots of people and loud noises.

Cost	\$100
Dates	Saturday, April 26
Time	10:30 AM - 4:30 PM
Location	Calgary Soccer Center
Capacity	8 participants

What to expect:

Programming Level	High
Physical Accessibility	Full
Sensory Friendly	See Description

Mountain Getaway



Ages
10-17

Spend a night in our favourite mountain town - Banff! Staying at the Banff Park Lodge, participants will get to explore the wonders of Banff and enjoy some refreshing mountain air. Meals included in this trip will be Dinner Saturday, Breakfast and Lunch Sunday.

Note: Please send some money with your participant as they may spend some time walking around Banff and exploring the shops.

Physical Accessibility: The Hotel does not have wheelchair accessible showers, and there may be places in Banff that are not accessible, though we will aim to avoid them.

Sensory Friendly: Banff can get quite busy so some places may be quite crowded and/or loud

Cost	\$250
Dates	Saturday, May 3 - Sunday, May 4
Length	2 days, 1 night
Location	Banff, Alberta
Sleeping	Hotel
Capacity	8 participants

What to expect:

Programming Level	Medium
Physical Accessibility	See Description
Sensory Friendly	See Description

Adventurers

Hit the Trails



Ages
10-17

Soak in our beautiful backyard as we venture out for a group hike, and then stop on our way home for lunch. The trail will be picked closer to the date, depending on weather and any trail closures. The trail will be picked from some easier and more accessible hikes near Calgary.

Note: The times are subject to change based on the final trail picked. The schedule will be sent a week in advance with the final times.

Physical Accessibility: The trail will most likely have some rough terrain, but it should still be accessible for all participants who wish to join.

Cost	\$75
Dates	Saturday, June 7
Time	9:30 AM - 4:30 PM *
Location	TBD - Pick up & drop off in Calgary
Capacity	8 participants

What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	Yes



About I.C.A.N!

Register
Anytime!

What is I.C.A.N.?

I.C.A.N! (Inclusive Community Activities with No barriers) is a **free** service offered to our members. With **I.C.A.N!**, participants are accompanied to a program in their community with a Rec Buddy, who will help create an inclusive space for the participant and the community program to grow.

Over the next few pages, you can find some of our **I.C.A.N!** Partners and learn about how to sign up for **I.C.A.N!**

What Does a Rec Buddy Do?

A Rec Buddy's main purpose is **inclusion** in a recreation setting. They will help your participant work toward their social and personal growth. Together with the community program, Rec Buddies will support and facilitate to ensure the program is a welcoming space for all.

A Rec Buddy is **not** a support aide. They do not provide personal care or behaviour support. If you need the additional support from a support aide, a Rec Buddy can still accompany you and your support aide to build the inclusive space.

What are those stars
under each partner?

Great question! The stars are to help you choose the right program for you based on what you may be looking for in these categories:

Social: friendship building, group activities, and time to talk to each other

Personal Growth: mindfulness, building identity, and improving YOU

Active: the level of physical activity (**note:** all programs are adapted for all levels of mobility)

Skill Development: creative, physical, and practical skills

Remember, **1 star is the lowest amount, and 4 stars is the highest!**

Have Questions?

Our team has answers! Here's how to contact them:



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How Does I.C.A.N! Work?

NEW!

What best describes you?	Follow these steps:
<p>You have a program in your community that you want to join with a Rec Buddy</p>	<ol style="list-style-type: none"> 1. Reach out to info@betweenfriends.ab.ca to let us know that you would like a Rec Buddy to join you at a community program. 2. Let us know the details of your program (including dates and location), and contact details of someone from the community program. 3. Let us know what you would like a Rec Buddy to support you with in your community program.
<p>You want to join one of our Partner programs listed in this guide</p>	<ol style="list-style-type: none"> 1. Reach out to info@betweenfriends.ab.ca to let us know you would like a Rec Buddy to join you at a Partner program. 2. Sign up for the Partner's program after confirming with our team. 3. Let us know the details of the program (including dates and location), and contact details of the program leader or manager from the Partner program. 4. Let us know what you would like a Rec Buddy to support you with in your program.
<p>I.C.A.N! sounds cool, but you don't have a program in mind, and you don't see anything in this guide that you're interested in</p>	<p>Reach out to our team at info@betweenfriends.ab.ca and let us know! Tell us a bit about your interests, and we can help you find something.</p>



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I.C.A.N! Partners

Registration
varies by
program

Heritage Park

Go back in time and experience the past in the prairies at Heritage Park! Day camp programs are offered at different times throughout the season for your child to play, make, and learn.

Website	heritagepark.ca
Program Questions?	info@heritagepark.ca
Location	Heritage Park

Social ★★☆☆

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

StoryBook Theatre

Ages
9+

StoryBook Theatre in Calgary is a vibrant and imaginative studio bringing the magic of music and storytelling to life on the stage. It's more than just a venue for performances. StoryBook Theatre is an inclusive community hub for aspiring singers, actors, dancers, directors, and behind-the-scene talents.

Website	storybooktheater.org
Program Questions?	info@storybooktheatre.org
Location	Beddington Theatre Arts Centre

Social ★★☆☆

Personal Growth ★★★★★

Active ★★★★★

Skill Development ★★★★★

Youth Central - Volunteering

Ages
12-18

Youth Central offers group based volunteer opportunities across Calgary for youth ages 12-18. They offer a wide variety of opportunities, allowing teens to find something that fits their schedule and that they're passionate about

Website	youthcentral.com
Program Questions?	info@youthcentral.com
Location	Various Locations

Social ★★☆☆

Personal Growth ★★★★★

Active ★★☆☆

Skill Development ★★★★★

Volunteering

Register
Anytime!

Volunteer in Training

Volunteer in Training (VIT) is a **free** service offered by Between Friends, that helps our members gain the skills they need to become volunteers.

Our VIT Service is currently paused and will resume in Fall 2025.



Volunteer with Us


Volunteering is a great way for anyone to join our programs. Whether you're a parent, guardian, sibling, friend, or even a member who is ready to volunteer independently, we would love to have you join the team!

Volunteers at **Camp Bonaventure** must be at least 12 years old, while volunteers in **W.E.S.O.A.R!** must be at least 16 years old. We have many more volunteer opportunities including **Special Events**, helping out in our garden, casino nights, and so much more!




Interested in Volunteering?

We'd love to have you! Reach out to our Membership Team to get started:

 403 269 9133

 info@betweenfriends.ab.ca

 Monday - Thursday
9:00 AM - 4:00 PM



Ways You Can Give

Between Friends is where people with disabilities can feel connected, empowered, and have meaningful experiences through social and recreational programming. Consider giving today and help Between Friends continue to be a place where our participants can connect, grow and belong.

Visit: <https://betweenfriends.ab.ca/ways-to-give/>

Click the circles to learn more!



Build a Friends
in Motion
Team

Financial
Contribution

Legacy
Giving

Volunteer
With Us

Sponsor an
Event

Host a
Fundraiser

Skip the
Depot

Important Dates

MARCH

March 26	Spring Program Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM
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APRIL

April 16	Adult Programs - Summer Registration Guide Released
April 18 - 21	NO PROGRAMS & OFFICE CLOSED - Spring Break
April 30	Summer Program Registration @ 5:30 PM <ul style="list-style-type: none">Note - phone line registration option will be open from 5:30 - 6:30 PM

MAY

May 19	NO PROGRAMS & OFFICE CLOSED - Victoria Day
May 24	Awards & AGM

Important Dates

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Spring Register

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Summer Guides

No Programs

Office Closed

Summer Register

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Office Closed

AGM & Awards