

Youth Programs

Fall 2026 Registration Guide
Calgary



Registration
September 2nd
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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Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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View all the important dates in a calendar



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

How To Register

Before Registration Night

1

Decide the programs you want

2

Get your 2026 Membership

3

Test your member login

[Member Portal](#)

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

- 2 **W.E.S.O.A.R!** programs, and
- 2 **Adventurers** Trips
- Unlimited **Special Events!**

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

Fall 2026 Registration Night: Wednesday, September 2nd, at 5:30 PM

By Phone



403 508 0110

OR

Online

[Member Portal](#)



Have your credit card ready

- Visa or Mastercard

Have your credit card ready

- Visa or Mastercard

Have your program choices ready

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

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 **W.E.S.O.A.R!** programs, each season
- 2 Between Friends **Adventurers** trips or programs, each season
- Unlimited **Special Events**

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](#)



Main Line
403 269 9133



info@betweenfriends.ab.ca



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

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.



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403 269 9133



info@betweenfriends.ab.ca



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

About W.E.S.O.A.R!

Registration
SEPT 2nd
5:30 PM

Fall W.E.S.O.A.R! 2026

Our **W.E.S.O.A.R!** programs (Weekend & Evening Social Opportunities & Recreation) meet once a week for 1-3 hours to do a specific activity. Some of our programs do the same activity each week, and some programs change activities each week.

- Fall **W.E.S.O.A.R!** runs for 8 weeks: **October 4 - December 12**
- There will be **no programs October 10 - 12** (Thanksgiving Weekend) & **November 8 - 14** (Fall Break)

In-Program Support

Each of our **W.E.S.O.A.R!** programs have up to 10 participants, 1-2 staff, and 1-2 volunteers. **W.E.S.O.A.R!** runs 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 program?

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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info@betweenfriends.ab.ca



Monday - Friday
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W.E.S.O.A.R!



Teen Hobbies and Crafts

Ages
13-17

Are you passionate about crafting and looking to explore new avenues? Have you ever considered the idea of picking up a hobby, yet hesitated due to the uncertainty of whether you'll enjoy it? Now is your opportunity to experiment with a variety of creative activities alongside fellow enthusiasts!

Cost	\$184
Day	Sundays
Dates	October 4 - December 6
No Program	October 11 & November 8
Time	1:00 - 3:00 PM
Location	Summit View United Church

Social ★★★★★

Personal Growth ★★

Active ★

Skill Development ★★★

Teen Creative Kitchen

Ages
13-17

Sharpen your skills in our cooking and baking program. We will be working on easy and tasty meals as well as baked treats that can be made on most budgets. Bon appetit! A menu plan will be provided at the start of the session.

Cost	\$200
Day	Tuesdays
Dates	October 6 - December 1
No Program	November 10
Time	5:00 - 7:00 PM
Location	Summit View United Church

Social ★★★

Personal Growth ★★

Active ★

Skill Development ★★★

Teen Time South

Ages
13-17

Join us weekly to unwind with your friends! We will be doing a variety of activities each week such as playing games, going to a movie, making crafts, and more! All locations will be located in the south/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$192
Day	Wednesdays
Dates	October 7 - December 2
No Program	November 11
Time	6:00 - 8:00 PM
Location	Various Locations in South Calgary

Social ★★★

Personal Growth ★★

Active ★★

Skill Development ★★

W.E.S.O.A.R!



Teen Time North

Ages
13-17

Join us weekly to unwind with your friends! We will be doing a variety of activities each week such as playing games, going to a movie, making crafts, and more! All locations will be located in the north/central side of the city of Calgary. Program locations will be provided at least one week before the program.

Cost	\$192
Day	Fridays
Dates	October 9 - December 4
No Program	November 13
Time	6:00 - 8:00 PM
Location	Various Locations in North Calgary

Social ★★ ★

Personal Growth ★★

Active ★★

Skill Development ★★

Teen Rec Swim

Ages
13-17

This is a fantastic opportunity to hang out with friends while enjoying your favourite water activities. Ride the waves, test your agility on the buoy-ball rope swing, and finish it all off with a relaxing soak in the hot tub. It's a session full of fun, laughter, and staying active!

Cost	\$184
Day	Saturdays
Dates	October 17 - December 12
No Program	November 14
Time	1:30 - 3:30 PM
Location	Trico Centre

Social ★★ ★

Personal Growth ★★

Active ★★ ★★

Skill Development ★★



About Special Events

Registration
SEPT 2nd
5:30 PM

Fall **Special Events** 2026

Our **Special Events** are one-time events that happen throughout the year. Most of these programs have a fee, but the **Jingle Bell Gala is 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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Special Events



Halloween Party

Ages
7-17

Get ready for a super fun, not-too-scary Halloween bash! Put on your favorite costume and join us for an awesome afternoon packed with spooky crafts, festive snacks, group games, and tons of fun activities. We'll show off our best moves during a monster dance party and enjoy plenty of spooktacular surprises. It's going to be the ultimate Halloween celebration, so come join the party!

Cost	\$30
Day	Saturday, October 31
Time	10:00 AM - 1:00 PM
Location	Summit View United Church
Capacity	8 participants

Social ★★★★★

Personal Growth ★

Active ★★

Skill Development ★

Roll Around the Rink

Ages
13-17

Get ready to make a splash at our Under the Sea Dance! Grab your best beach outfit or dress up as your favorite sea creature for a night of dancing, snacks, and refreshing drinks.

Cost	\$30
Day	Saturday, November 28
Time	1:30 - 4:30 PM
Location	House of Skate
Capacity	8 participants

Social ★★★★★

Personal Growth ★★

Active ★★★★★

Skill Development ★★★★★

Jingle Bell Gala

All
Ages

Celebrate an incredible year of connection, laughter, and community at the Between Friends Jingle Bell Gala! Put on your favorite outfit and join us to wrap up a fantastic year surrounded by great company and shared achievements. Let's celebrate all our unforgettable moments together and look forward to the year ahead! Youth must be accompanied by a guardian for this event.

More
information
to come!

Social ★★★★★

Personal Growth ★

Active ★

Skill Development ★

About Adventurers

Registration
SEPT 2nd
5:30 PM

Fall **Adventurers** 2026

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 - Friday
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? • 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 Medium Low
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

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



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Adventurers

Banff Day Out



Ages
10-17

Get ready for an epic holiday adventure to the Banff Christmas Market! We're heading into the mountains for the ultimate winter trip packed with delicious seasonal treats, incredible mountain views, and nonstop holiday cheer. We'll get to visit Santa and Mrs. Claus at their workshop, write your wishlist, and mail it straight to the North Pole. Keep your eyes peeled for the mischievous Grinch trying to cause trouble! Lunch is included.

Accessibility: While most of Banff town has paved sidewalks, some outdoor areas or snow-covered paths may not be as accessible.

Sensory Information: There may be crowds or noise at the market and in Banff Town.

Cost	\$175
Dates	Sunday, November 22
Time	9:00 AM - 6:30 PM
Location	Banff
Capacity	8 Participants

What to expect:

Programming Level	High
Physical Accessibility	See Description
Sensory Friendly	See Description

Zoo Lights & Dinner



Ages
10-17

Light up your night with an unforgettable evening out! We'll start by fueling up with a tasty dinner before heading to the Calgary Zoo. Get ready to wander through sparkling, festive lights, interactive displays, and warm up by the fire pits. Dress cozy and join us for a magical evening of winter fun!

Accessibility: Washrooms are accessible, and pathways are paved

Sensory information: There may be crowds or noise while at the zoo, as well as some strong smells from the animals

Cost	\$125
Dates	TBD
Time	5:00 PM - 8:00 PM
Location	Calgary Zoo
Capacity	8 Participants

What to expect:

Programming Level	Medium
Physical Accessibility	Medium
Sensory Friendly	See Description

Adventurers



Hockey Night Out

Ages
10-17

Get ready for an action-packed night as the Calgary Hitmen take on the Saskatoon Blades! We'll kick off the evening together with a late lunch to gear up for the game. Afterward, we'll head over to the Scotiabank Saddledome to jump into the crowd energy, cheer on the Hitmen, and watch the two teams battle it out on the ice!

Accessibility: Wheelchair accessible seats are available at the Saddledome.

Sensory Information: There will be noise and crowds during the game.

Cost	\$125
Dates	Sunday October 25
Time	1:30 PM - 6:30 PM
Location	Scotiabank Saddledome
Capacity	8 Participants

What to expect:

Programming Level	High
Physical Accessibility	Medium
Sensory Friendly	No



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.

For more info on our **Volunteer In Training** program.

Contact us at → volunteers@betweenfriends.ab.ca

We'd love to hear from you!



Aktion Club YYC

Aktion Club YYC is a free club that meets once a month to volunteer as a group. They also meet up a few times a year to do a fun, social night together to celebrate! Our members develop initiative and leadership skills, give back to their community, integrate into society, and gain new experiences.

In partnership between Kiwanis Club of Calgary Northmount and Between Friends, Aktion Club YYC provides opportunities for adults with disabilities to demonstrate the dignity and value of citizens living with disabilities.

Have Questions?

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

 403 269 9133

 volunteers@betweenfriends.ab.ca

 Monday - Friday
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!



Become a
Monthly Donor -
Join our
Circle of Friends

One Time
Donation

Legacy
Giving

Volunteer
With Us

Sponsor an
Event

Host a
Fundraiser

Skip the
Depot

Important Dates

AUGUST

August 19	Fall Program Guides Released @ 9:00 AM
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SEPTEMBER

September 2	Fall W.E.S.O.A.R! , Adventurers & Special Events Program Registration @ 5:30 PM Note - phone line registration option will be open from 5:30 - 6:30 PM
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OCTOBER

October 4 - 9	First week of Fall W.E.S.O.A.R! programs
October 10 - 12	Thanksgiving Weekend (No Programs)

NOVEMBER

November 8 - 14	Fall Break (No Programs)
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DECEMBER

December TBD	Jingle Bell Gala
December 16	Winter Program Guide Released @ 9:00 AM
December 18 - January 4	Office Closed



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