



I can go to a
recreation program

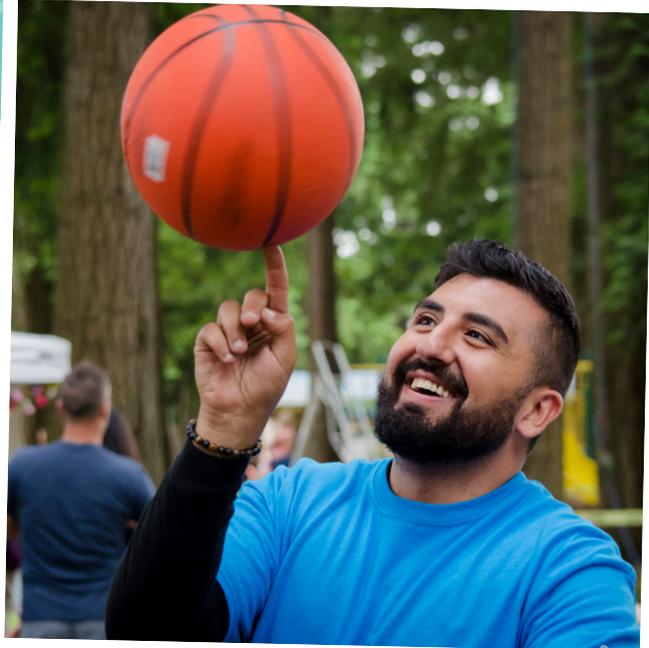
**I get to go to a
recreation program!
It will be so much fun.**



At my program there are leaders who plan fun activities for me.

When I arrive, the leader will say hello and ask me what my name is.

Whenever I need help, I can ask the leader.



Different programs have different activities. I can register for things like sports, crafts, or music.

My program can be inside a recreation centre or outside in a park.



Coquitlam



SPiRiT

*Caring, connections
& community*

**There will be other children
at my recreation program.**

**I can introduce myself by
waving and saying hello.**

**We will play lots of games
and it's ok if I win or lose.**

We are having fun together!



Sometimes recreation programs can be loud. If I need a quiet break, I can ask the leader.

When I am feeling ready, I will rejoin the activity.



I will make sure I can always see the leader and they can always see me.



**We will play fun games
and learn new skills!**



When it's almost time to go, the leader will ask me to help clean up and put things away.

Then my special person will pick me up and I will say goodbye to my leader and new friends.



**Recreation programs
are so much fun! I will
have a great time.**

**There are lots of fun
recreation programs
for me to try!**



For help with your individualized recreation support plan,
contact us at communityservices@coquitlam.ca