

Parasport's in the Central Region

Para or Adaptive sports are competitive and/or recreational sports that are accessible to everyone, and can be played by anyone whether living with or without a disability!

Did you know there are tons of Parasport programs available across the Central Region? See the list of all the programs available in the Central Region below or by following the QR code!



Sport	Organization	Location
Goalball	Blind Sport NS	George Dixon Centre, Halifax
Paracanoe	Maskwa Aquatic Club	Kearney Lake, Halifax
Wheelchair Basketball	Halifax Wheelchair Basketball Club	Mt St Vincent, Halifax
Boccia	Boccia NS	Northwood, Halifax

Sport	Organization	Location
Para Hockey - Youth	Bedford Minor Hockey	Greenfoot Energy Centre, Halifax
Para Hockey - Adult	Halifax Sledge Grinders	Greenfoot Energy Centre, Halifax
Wheelchair Curling	Lakeshore Curling Club	Sackville Sports Complex, Sackville
Para Athletics	Athletics East	Beazley Field, Dartmouth

Sport	Organization	Location
Para Waterski	Waterski NS	Morris Lake, Cole Harbour
Challenger Baseball	Challenger Baseball NS	Dartmouth
Blind Cycling	Blind Sports NS	Halifax
Powerchair Soccer	Halifax Rec	St Andrews Community Centre, Halifax
Learn to Wheel	Easter Seals NS	St Andres Community Centre, Halifax
Learn to Sledge	Easter Seals NS	Greenfoot Energy Centre, Bedford
Para Ski	CADS NS	Ski Martock, Windsor
Para Snowboard	Maritime Jibbers Snowboard Club	Ski Wentworth, Wentworth
Para Swim	Halifax Trojans	Dalhousie Pool, Halifax
Para Row	Halifax Rowing Club	Northwest Arm, Halifax
Para Archery	Osprey Archery Club	Osprey Archery Club, Halifax
Para Equestrian	Halifax Lancers	Halifax Commons, Halifax
Wheelchair Tennis	Tennis NS	Atlantic Tennis Centre, Bedford

Sport	Organization	Location
Blind Hockey	Nova Scotia Blind Hockey	Saint Mary's University, Halifax
Para Powerlifting	Raw Power	360Fit, Dartmouth
Para Nordic	Scotia XC	Halifax
Para Karate	Murphy's Karate	Canada Games Centre, Halifax
Sit Volleyball	Volleyball NS	Canada Games Centre, Halifax
Para Golf	Golf NS	Rosevale Golf Club, Windsor
Wheelchair Rugby	Enfield Rugby Club	Shearwater Gym, Shearwater
Para Squash	Squash NS	Cole Harbour Place, Cole Harbour
Para Sail	Sailable NS	Royal Yacht Squadron, Halifax
Para Sail	Bedford Basin Yacht Club	Bedford Basin Yacht Club, Bedford
Para Sail	St Margaret's Bay Sailing Club	St Margaret's Sailing Club, Tantallon
Speed Sledge	Dartmouth Speed Skating Club	RBC Centre, Dartmouth

Want to learn more? Visit parasportns.com or contact parasport@sportnovascotia.ca