

# Parasport's in the South Shore 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!**

**Parasports can be offered in many different forms. Some are offered as a stand-alone program (all people have similar disabilities) such as Goalball, and some are integrated programs (a mix of players, with a disability, and abled bodied players).**



**Did you know there are tons of Parasport programs available across the South Shore Region? See the list of all the programs available in the South Shore Region on the reverse or by following the QR code to the right!**



Sport	Organization	Location	Contact
<b>Wheelchair Basketball</b>	Municipality of the District of Lunenburg	Lunenburg Community Centre, Lunenburg	<a href="mailto:tissy.bolivar@modl.ca">tissy.bolivar@modl.ca</a>
<b>Para Hockey</b>	South Shore Ice Storm	LCLC, Bridgewater	<a href="mailto:Clarioneditor@hotmail.com">Clarioneditor@hotmail.com</a>
<b>Para Sail</b>	Lunenburg Yacht Club	Lunenburg Yacht Club, Lunenburg	<a href="mailto:lycmanager@lyc.ns.ca">lycmanager@lyc.ns.ca</a>
<b>Adaptive Kayaking</b>	Southwest Paddling Association	Lake Milo, Yarmouth	<a href="mailto:sandracphinney@gmail.com">sandracphinney@gmail.com</a>
<b>Boccia</b>	Easter Seals	Mariners Centre, Yarmouth	<a href="mailto:yarmouth@easterseals.ns.ca">yarmouth@easterseals.ns.ca</a>
<b>Para Hockey</b>	Easter Seals	Mariners Centre, Yarmouth	<a href="mailto:yarmouth@easterseals.ns.ca">yarmouth@easterseals.ns.ca</a>
<b>Wheelchair Basketball</b>	Easter Seals	Mariners Centre, Yarmouth	<a href="mailto:yarmouth@easterseals.ns.ca">yarmouth@easterseals.ns.ca</a>
<b>Para Equestrian</b>	Society for Equine Assisted Services NS	SEASNS, Blockhouse	<a href="mailto:seasns.info@gmail.com">seasns.info@gmail.com</a>
<b>Wheelchair Curling</b>	Barrington Curling Club	Barrington Curling Club, Barrington	<a href="mailto:brcc@ns.aliantzinc.ca">brcc@ns.aliantzinc.ca</a>

**Is there a Parasport not offered in your community that you want to help start? Check out the Sport Nova Scotia Parasport Loan Program!**



<https://sportnovascotia.ca/funding-programs-and-eligibility/>

**Want to learn more? Visit [parasportns.com](http://parasportns.com) or contact [parasport@sportnovascotia.ca](mailto:parasport@sportnovascotia.ca)**