

Table of Contents – Recreation and Leisure

Contents

Recreation and Leisure	3
Access 2 Entertainment.....	3
Bethesda Adult Community Services	3
Blossom Club.....	3
Brain Injury Services	3
Canadian Association for Disabled Skiing (CADS Ontario).....	3
Catholic Youth Organization (C.Y.O.).....	3
Christian Horizons – Community Participation Supports	4
City of Hamilton - Adapted Programs	4
Club Gain	4
Community Living Hamilton: In the Know & On the Go - Adults.....	4
Community Living Hamilton: Templemead Respite.....	4
Down Syndrome Association of Hamilton: Teen Connections & Cooking Classes	4
Extend-A-Family	5
Hamilton Challenger Baseball Association	5
Hamilton District Sledge Hockey Association	5
Hamilton Kiwanis Adult Day Program.....	5
Hamilton School of Martial Arts	5
Immanuel Christian Reformed Church - Friendship Group	6
Jackson Therapeutic Recreation	6
McMaster University - Pulse Fitness Centre: Strive for Health	6
Ontario Track 3 Ski Association for the Disabled	6
Physical Activity Centre of Excellence (PACE) MacWheelers Exercise Program.....	6
Salvation Army Lawson Ministries – Paparella Innovative Art Program	6
Salvation Army Lawson Ministries - Strive Program: Adult Day Services	7
Special Olympics Ontario Hamilton.....	7
Stoney Creek Disabled Sports Association.....	7
T.E.A.D. Equestrian Association for the Disabled	7

YWCA Hamilton Community Access Services	7
YWCA Hamilton Y' Art Program.....	8

Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
Access 2 Entertainment	Easter Seals Canada 40 Holly St. Suite 401 Toronto, ON M4S 3C3	Phone: (416) 932-8382 Toll-Free: 1-877-376-6362 access2card@easterseals.ca	Access 2 Entertainment seeks to offer more opportunities for people with disabilities to participate in recreational activities with an attendant, without added financial burden. By presenting the card along with a piece of ID (not required for cardholders who are minors), their attendant will receive a free ticket.
Bethesda Adult Community Services	3280 Schmon Pkwy. Thorold, ON L2V 4Y6	Phone: (905) 684-6918	Offers a variety of additional day supports including day activities, recreation and leisure, drama and music therapy.
Blossom Club	220 Cranbrook Dr. Hamilton, ON L9C 5V7	Phone: (905) 525-4311 info@rygiel.ca	Fitness and wellness centre for women with disabilities who are residents of one of Rygiel's group homes.
Brain Injury Services	225 King William St. Suite 508 Hamilton, ON L8R 1B1	Phone: (905) 523-8852 info.news@braininjuryservices.com	The agency has residential homes, an outreach service, and a recreation program.
Canadian Association for Disabled Skiing (CADS Ontario)	145 Dew St. King City, ON L7B 1L1	Phone: (647) 280-1307 ski@disabledskiingontario.com	Promotion of skiing for persons with disabilities to enable full integration into society.
Catholic Youth Organization (C.Y.O.)	5999 Chippewa Rd. Mount Hope, ON L0R 1W0	Phone: (905) 528-0011	Provides a variety of recreational services for physically or developmentally disabled children, teens and families.

Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
<u>Christian Horizons – Community Participation Supports</u>	225 King William St. Hamilton, ON L8R 1B1	Phone: (905) 527-6762 <u>chwestinfo@christian-horizons.org</u>	Offers opportunities to engage in skills development, community involvement, employment, volunteer opportunities and recreational activities.
<u>City of Hamilton - Adapted Programs</u>	Hamilton City Hall 71 Main St. W. Hamilton, ON L8P 4Y5	Phone: (905) 546-2489 <u>accessiblerec@hamilton.ca</u>	The City of Hamilton is committed to ensuring the rights of individuals with disabilities and with special needs. Adapted recreation is available at many centres through the use of activity modifications and assistive technology. Equitable access will be provided to support persons and individuals with assisted devices or animals.
<u>Club Gain</u>	47 Ottawa St. S. Hamilton, ON	Phone: (905) 730-5564 <u>clubgain2013@gmail.com</u>	Dance and social nights held for people with developmental disabilities.
<u>Community Living Hamilton: In the Know & On the Go - Adults</u>	191 York Blvd. Hamilton, ON L8R 1Y6	Phone: (905) 528-0281 <u>info@clham.com</u>	Fee for Service program that offers a variety of social activities for adults with developmental delays.
<u>Community Living Hamilton: Templemead Respite</u>	191 York Blvd. Hamilton, ON L8R 1Y6	Phone: (905) 528-0281 <u>info@clham.com</u>	Designed for adults who live with caregivers. Located on the East Mountain, bookings are available every weekend for guests to enjoy staff supported time away in a small group setting.
<u>Down Syndrome Association of Hamilton: Teen Connections & Cooking Classes</u>	26-1/2 Hatt St. Dundas, ON L9H 2E8	Phone: (905) 628-4141 <u>contactus@dsah.ca</u>	These recreational programs are designed for teens ages 16 to 21 who have special needs and can participate semi-independently.

Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
<u>Extend-A-Family</u>	293 Wellington St. N. Suite 127 Hamilton, ON L8L 8E7	Phone: (905) 383-2885 <u>eaf@execulink.com</u>	Offers programs that provide respite, opportunities for fun and friendship with peers, as well as volunteers in the community.
<u>Hamilton Challenger Baseball Association</u>	558 Upper Gage Ave. Unit 2 Suite 245 Hamilton, ON L8V 4J6	Phone: (905) 521-5141 <u>hcba.president@gmail.com</u>	Challenger Baseball is a sport for players with special needs. Participation in our league can provide players with the opportunity to develop and improve endurance, coordination, and skills, such as sportsmanship and fair-play, at recreational or competitive levels of involvement.
<u>Hamilton District Sledge Hockey Association</u>	Chedoke Twin Pad Arena 91 Chedmac Dr. Hamilton, ON L9C 7R5	Phone: (905) 388-8176 <u>fjackson@cogeco.ca</u>	Offers recreational and competitive Sledge Hockey.
<u>Hamilton Kiwanis Adult Day Program</u>	45 Ellis Ave. Hamilton, ON L8H 4L8	Phone: (905) 549-2814 <u>info@kboysandgirlsclub.com</u>	Provides a regularly planned “day out” for seniors and adults with various cognitive and physical impairments living within the City of Hamilton.
<u>Hamilton School of Martial Arts</u>	1085 Barton St. E. Hamilton, ON L8L 3E2	Phone: (905) 544-9788 <u>hsma1@hsma1.com</u>	Offers a variety of study programs in Hamilton for those interested in studying the arts of Sport Jiu-Jitsu, Junior & Kid’s Jiu-Jitsu, Judo, Brazilian Jiu-Jitsu & Submission Grappling, Fitness Kickboxing, Kickboxing, or pursuing a professional or amateur career in Mixed Martial Arts (MMA), and for individuals of all ages to develop self-defense skills and fitness.

Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
<u>Immanuel Christian Reformed Church - Friendship Group</u>	61 Mohawk Rd. W. Hamilton, ON L9C 1V9	Phone: (905) 385-0662 office@immanuelministries.ca	Friendship group for the developmentally challenged and those with cognitive impairments.
<u>Jackson Therapeutic Recreation</u>	1063 King St. W. Suite 153 Hamilton, ON L8S 4S3	Toll-Free: 1-888-684-7729 questions@jacksonservices.ca	A day program that comes to you. Helps those with barriers and challenges get involved in meaningful and productive recreational activities to improve their quality of life through 1:1 therapeutic activity programs.
<u>McMaster University - Pulse Fitness Centre: Strive for Health</u>	David Braley Athletic Centre 1280 Main St. W. Hamilton, ON L8S 4E8	Phone: (905) 525-9140, Ext. 27644 thepulse@mcmaster.ca	This program is a 10-week fitness, health and wellness program for adults with developmental disabilities.
<u>Ontario Track 3 Ski Association for the Disabled</u>	61 Advance Rd. Unit 4 Etobicoke, ON M8Z 2S6	Phone: (416) 233-3872 Toll-Free: 1-877-308-7225	Ontario Track 3 delivers adaptive ski and snowboard programs that are designed for kids and youth (aged 6-19) with disabilities.
<u>Physical Activity Centre of Excellence (PACE) MacWheelers Exercise Program</u>	Ivor Wynne Centre 1280 Main St. W. Rm A204 Hamilton, ON L8S 4L8	Phone: (905) 525-9140, Ext. 24877 macwheelers@mcmaster.ca	An adapted exercise and wellness program, providing inclusive and accessible opportunities for those living with spinal cord injuries and other neurological impairments
<u>Salvation Army Lawson Ministries – Paparella Innovative Art Program</u>	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 527-6212 kamilamiszelska@lawsonministries.org	The program provides a range of multi-faceted sensory stimulation while exposing the students to a wide variety of media. The art production is focused on technique compounded with free exploration.

Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
<u>Salvation Army Lawson Ministries - Strive Program: Adult Day Services</u>	533 Main St. E. Hamilton, ON L8M 1H9	Phone: (905) 527-6212, Ext. 236 <u>justindewaard@lawsonministries.org</u>	The program provides community-based supports to adults with developmental disabilities. The focus is on Skills and Education, Recreation, Volunteering and Employment.
<u>Special Olympics Ontario Hamilton</u>	65 Overlea Blvd. Suite 200 Toronto, ON M4H 1P1	Phone: (416) 447-8326 Toll-free: 1-888-333-5515 <u>Hamilton.Coordinator@specialolympicsontario.ca</u>	Special Olympics Ontario - Hamilton is dedicated for people with an intellectual disability, but it provides athletes with far more than just the physical benefits of sport. With the opportunities to excel and have fun come the benefits of improved health and self-image. For many athletes, participating in Special Olympics Ontario - Hamilton is a path to healthy living, empowerment, acceptance and friendship.
Stoney Creek Disabled Sports Association	Orchard Park Secondary School 200 DeWitt Rd. Stoney Creek, ON L8E 4M5	Phone: (905) 945-5843	Offers sporting and social activities for children with physical or mental challenges.
<u>T.E.A.D. Equestrian Association for the Disabled</u>	8360 Leeming Rd. E. RR#3 Mount Hope, ON L0R 1W0	Phone: (905) 679-8323, Ext. 222 <u>info@tead.on.ca</u>	A charitable organization that provides therapeutic horseback riding instruction to people with physical and emotional disabilities
<u>YWCA Hamilton Community Access Services</u>	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922, Ext. 119 <u>jelson@ywcahamilton.org</u>	The Community Access Services division of the YWCA Hamilton Developmental Services provides a variety of therapeutic recreational/leisure day programs for adults with developmental disabilities over the age of 18 years.

Recreation and Leisure			
Name of Organization	Location / Mailing Address	Contact	Description
YWCA Hamilton Y'Art Program	75 MacNab St. S. Hamilton, ON L8P 3C1	Phone: (905) 522-9922, Ext. 119 jelson@ywcahamilton.org	This day program is offered for younger adults with a developmental disability, focusing on self-expression and creativity through various art mediums. Y'Art enhances communication, growth and community awareness skills.