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Programs Offered at Ron Joyce

RJCHC Cheer Squad

- All ages, reversely integrated, open to individuals outside of Ron Joyce (includes siblings)
- Cost: Approx. \$80/term
- Contact: Tanisha McDermott-Hansen mcdermott@HHSC.CA

RJCHC Technology in Action Program Lego, Drones or R/C Cars

Children are given the opportunity to gain hands on experience with building, coding and developing fine motor skills. This program allows children to enhance their skills as they work in a group setting.

- Ages 6+
- Saturday mornings or afternoons. Times may vary (4 week blocks)
- Cost: FREE
- Contact Alex Thersidis thersidis@hhsc.ca - 905-521-2100 ext. 74642

RJCHC Choir in partnership with Arts for All

- Age: 6+ (must be able to follow 1 step instructions and participate cooperatively in a group)
- Date/Time: Wednesday 5:00-6:00 pm
- Cost: Free
- Contact: Karli Bourque bourquek@HHSC.CA

Tech Club – Zoom Meeting

- Improve your robot, drone skills in a virtual platform.
- Date/Time: Wednesday 4-5 pm
- Cost: Free
- Contact: Alex Thersidis, 905-521-2100 ext. 74482 thersidis@hhsc.ca

Wall of Wonder – Virtual

- Learn how to edit and create photos and videos using technology in a group setting.
- Date/Time: Mondays 4:30-5:30pm
- Cost: Free
- Contact: Sydney Heeringa, heeringas@HHSC.CA

Volt Hockey

Accessible form of hockey for persons with limited upper body and lower body mobility to play in a team setting and play the game of hockey in a volt chair.

- Ages 8 and up
- Date: Saturdays, April-May
- Cost: Free

- Contact: Alex Thersidis thersidis@hhsc.ca -905-521-2100 ext. 74642 or Tanisha McDermott-Hansen mcdermott@HHSC.CA

Adapted Basketball

Basketball - Burlington Vipers (Wheelchair Basketball)

- <https://vipersbasketball.ca/>
- Contact: Chris Chandler (905) 332-9261 - c.chandler@cogeco.ca
- Ages: 8+
- Cost: \$250 approx.
- Date/time: Call for more info.
- For lower-limbed physical disability. Able-bodied family members are welcome.

Art and Crafts Programs

Dundas Valley School of Art

Art programs for Children and Teens at Dundas Valley School of Art are about more than making beautiful (and sometimes not so beautiful) art objects – making art is essential to their overall cognitive development.

- Website: <https://dvsa.ca/children-teens/>
- Age: Children and teens programs available
- Contact: 905-628-6357
- Location: 21 Ogilvie Street, Dundas
- E-mail: info@dvsa.ca

Stoney Creek School of Art

Integrated art classes for all levels, all ages. Check out their website for class and registration information.

- Website: www.stoneycreekschoolofart.com
- Contact: 289-237-4817
- Location: 805 Highway 8, Stoney Creek
- E-mail: scsa@rogers.com

Baseball

Baseball run by the Hamilton Challenger Sports Association

- Baseball (adapted so everyone can play)
 - Age: 5 +

- Date/Time: June – August, Mondays/Tuesdays 6:30 to 7:45PM
- Location: Inch Park (Hamilton Mountain)
- Cost: \$120
- Contact hcba.connect@outlook.com

Biking

Hamilton Bike Share – Everyone Rides Initiative

The Adaptive Bike Hub offers a range of adaptive bikes through our free program, supported by donations and part of Hamilton Bike Share's Everyone Rides initiative.

Bike Options:

- Upright tricycles
- Recumbent tricycles
- Handcycle
- Cargo trike
- 2-wheeled bike (e-assist option)
- Side-by-side tandem trike

Adaptations Available:

- Heel support pedals
- Crank shorteners
- Location: Gage Park southwest parking lot (Bayfront Park location coming Spring 2025!)
- Website: <https://www.everyonerides.org/adaptive>
- Age: All
- Date: Year round. Check website for more information
- Cost: Free
- Contact: everyonerides@hamiltonbikeshare.ca or call 289-768-BIKE (2453) ext 2

Community Recreation Programs

Hamilton Olympic Club (Running, Throwing, wheelchair racing. Race runners and racing chairs available)

- <https://hamiltonolympicclub.ca/programs/>
- Age: 3 and up
- Date/Time: Saturday 3:00-4:00 pm
- Location: Fall Ray Lewis Sports Complex (Mohawk Sports Park), Upper Kenilworth Hamilton.
- Cost: Free
- Contact: Val Sarjeant - valsarjeant@cogeco.ca - 905-664-3852

McMaster Athletics and Recreation

- There are various services offered through the Department of Athletics and Recreation located in the Athletics and Recreation Complex - David Braley Athletic Centre, Ron Joyce Stadium, Ivor Wynne Centre and Fields.
- <https://rec.mcmaster.ca/activities/children-youth-programs>
- Programs offered:
 - Ballet
 - Basketball
 - Volleyball
 - Run, jump throw
 - Sport fitness school
- Date/Time: check the website for more info.
- Locations: various locations.
- Cost: Varies according to each program. Check the website for more info
- Contact: 905-525-9140 x24464 - reconline@mcmaster.ca

Fitness

Y Fit 4 U

Exercise and workout at the gym

- Criteria: Active OT or PT CDRP client (in-house service at Ron Joyce)
- Location: 356 Rymal Rd E, Hamilton (Les Chater YMCA)
- Date/Time: Tuesdays
- Cost: Approx. 50% off monthly membership
- Contact: Chantel Stein 905-521-2100 ext.77466 or steinch@hpsc.ca

MOVE by GoodLife Kids

- <https://www.goodlifekids.com/>
- Date/Time: Virtual and In-Person opportunities. Check the website for more information on In-Person locations.
- Age: 12-21 years
- Contact: move@goodlifekids.com

Move by Good Life Kids Foundation

Free fitness and physical activity program designed to address the many barriers youth with autism and intellectual disabilities often encounter when accessing fitness, including high costs, limited support for individual needs, and inaccessible environments. Classes are led by MOVE Coaches; fitness professionals trained to support individuals with autism and intellectual disabilities. Virtual classes are also supported by MOVE Support Agents who enhance the experience with music, visual aids, and more.

- Website: <https://www.goodlifekids.com/>

- Date/Time: Virtual and In-Person opportunities. Check the website for more info
- Age: 12-21 years
- Contact: move@goodlifekids.com

Gymnastics & Dance

Steel City Dance Company

- Website: <https://www.steelcitydanceco.com/>
- Email: steelherschere@gmail.com
- Cost: approx. \$60.00 plus \$25.00 registration fee
- Date/time: Email for more info.

The Dance Ability Movement

- www.danceabilitymovement.com
- Age: 3+
- Locations: Milton, Mississauga, Toronto
- Cost: TBD
- Date/time: Call for more info.
- Contact: Jade Ryan 647-825-5809 or send a message on the contact us section of the website

Waterdown Dancers Inc.

- <https://www.waterdowndancersinc.com/programs/>
- Ballet, dance, Dance camps (recreational and competitive programs offered)
- Dance class for young adults with developmental disabilities.
- Date/Time: Call for more info.
- Location: 40 Mill St. Waterdown ON
- Contact: (905) 690-0060 or waterdowndancersinc@gmail.com
- NOT wheelchair accessible

Caledonia Gymmies Gymnastics

- <https://gymmies.com/>
- Gymnastics, Trampoline, and Tumbling classes
- Date/Time: Call or check the website for more info.
- Location: 10 Kinross Street, Caledonia, ON N3W1H8
- Contact: (905) 765-1623 – email: caledoniagymmies@rogers.com

Hockey

Sledge Hockey Hamilton Association

- www.hamiltonsledgehammers.ca

- Date/Time: Call or check the website for more info
- Location: Hamilton Chedoke Arena
- Cost: \$300 (plus equipment) approximately
- Contact: admin@hamiltonsledgehammers.ca

Hamilton Ice Cats

- Adapted hockey – Members of the Canadian Adapted Hockey Alliance
- <https://www.hamiltonicecats.ca/>
- Age: 5+
- Date/Time: Call or check the website for more info
- Location: Chedoke Twin Pad Arena
- Cost: \$350.00 approximately
- Contact: Barb Parchem - hamiltonicecats@gmail.com

Horseback Riding

Note: Medical referral form required for horseback riding

TEAD Therapeutic Riding Centre

Programs offered:

- Therapeutic Riding Lessons
- Summer Camp
- Wellness Program
- Individual Program
- Occupational Therapy (Traditional, equine mounted, equine unmounted)
- Psychotherapy

Occupational and psychotherapy services are eligible for insurance and OAP coverage. Please review own coverage for criteria

Website: www.tead.on.ca

Location: 8360 Leeming Road East, R.R.#3, Mount Hope

Age: All ages

Cost: \$65-75 per lesson (approximately). Call or check the website for more information.

Contact: Troton@TEAD.on.ca or (905) 679-8323

Sunrise Therapeutic Riding and Learning Centre

Horse-therapy, education, horse riding, recreation, and life skills programs, farm-related and social activities.

Programs offered:

- Therapeutic Riding
- Equine Facilitated Wellness
- Group Visits
- Grooming and Driving programs

- Camp
- Life Skills
- Equine Assisted Learning

Website: www.sunrise-therapeutic.ca

Location: 6920 Concession 1 R.R. #1 Puslinch

Cost: Approx. \$44 a lesson. Unmounted options also available.

Contact: (519) 837-0558, (519) 837-0558 Ext 30, e-mail: info@sunrise-therapeutic.ca

Martial Arts

Hamilton Determination Martial Arts

- Martial Arts programs for children, youth with special needs
- <http://www.determinationmartialarts.com/>
- Age: 3+
- Date/Time: varied. Call or check the website for more info.
- Location: 1360 main Street E, Hamilton (Moving to 108 Queenston Road, as of April 15th)
- Cost: \$80 +HST p/month approximately
- Contact: Emily (905) 630-7041 or hamiltondma@gmail.com

Evolution Martial Arts

Children learn basic martial arts and self-defense, self-confidence, discipline, focus, respect and more. We teach from a place of mutual respect and treat each student individually.

Evolution Martial Arts offers Karate, Krav Maga, Brazilian Jiu Jitsu. We offer a free trial and there is no contract.

- Age: 3+
- Contact: 905-304-3965
- Cost: approx. \$100 + taxes
- Email: evolutionmartialarts@gmail.com (We prefer email contact)
- Website: evolutionmartialarts.ca

Multisport

Hamilton Challenger Sports Association – Fall and Winter Programs

- www.hcba.on.ca
- Date/Time:
 - Fall Sports: Oct – Dec. Tuesdays 6 – 8PM
 - Cost \$100
 - Winter Sports: Jan - Mar. Tuesdays 6 – 8PM
 - Cost \$100

- Multiple adapted activities - Boccia (both recreational and skill development), Gymnasium Bowling & Curling, Adapted stand-up basketball, Baseball Skills Development, Soccer Skills Development.
- Age: 5 +
- Location: Westmount Recreation Center
- Contact hcba.connect@outlook.com

South Coast Special Needs Kids

- Baseball, Golf, Sledge Hockey, Basketball and Bocce
- Website: www.specialneedskids2000.com
- Date/Time: varied. Check website or call for more information
- Ages: all
- Location: 124 Norfolk St. N., Simcoe
- Contact: southcoastathletes@yahoo.com

Brock Niagara Penguins – Brock University

Brock Niagara Penguins is a sporting program for youth and young adults with a physical disability. We offer swimming, sitting volleyball, wheelchair basketball & racing, hand cycling, boccia, para-hockey and summer camp.

- Website: <https://brocku.ca/niagara-penguins/>
- Location: Brock University Campus. 1812 Sir Isaac Brock Way, St. Catharines
- Contact: (905) 359-6283 or e-mail: niagarapenguins@brocku.ca

Music

Hamilton Conservatory for the Arts

Limitless Music Lessons, Piano lessons sometimes involving a ukulele or percussion. A 15 minute meet and greet is required prior to starting lessons to ensure a good fit.

- Age: 5 and up
- Date/Time: check the website for more info
- Location: 126 James St. S, Hamilton
- Cost: approx. \$31.50 per ½ lessons
- Contact: 905-528-4020
- Website: <https://hcarts.ca/classes-new/limitless-music-lessons/>
- Email: Info@hcarts.ca

Tomorrow's Voices

Offers a barrier-free opportunity for kids who love singing to develop new skills, improve their self-confidence, and make meaningful connections with their peers. Participate in our after-school kids' choirs.

- Age: 8-18
- Date/Time: check the website for more info

- Location: Westdale United Church 99 N Oval Hamilton
- Cost: Free
- Contact: todd.green@tomorrowsvoices.ca
- Website: <https://tomorrowsvoices.ca/our-programs/#1661384704278-6c7d1dc2-6460>

Music Therapy - New Heights Learning Center

- 1:1 lessons, group lessons and respite programs available
- Age: any
- Date/Time: Check website for more info
- Location: 918 Main Street E New Heights Learning Center.
- Cost: Approx. \$47-\$70
- Contact: (905) 545-0220- Nicole Martin-McCarthy
- Email: nicole@nhll.ca
- Website: <https://newheightslearning.ca/>

Hamilton Suzuki School of Music

- Date/Time: Call for availability
- Location: 2 King Street West, Hamilton
- Contact: (905) 577-6477
- Website: www.hssm.ca

Melody Minds – on-line program

Melody Minds is an inclusive, cool, engaging, and fun online music program for people with any disability, regardless of musical experience. We aim to include everyone and engage members to the fullest extent possible. Music and goals are determined by each group and evolve as the program progresses. We incorporate musicianship, movement, participation, and group work in a fun atmosphere.

- Date/Time: 8 week blocks (Fridays from 5-6pm, New session begins Jan.31-March.21/25)
- Location: virtual over zoom
- Cost: \$280+tax/person (minimum 2 people to run)
- Contact: Joe Deluca or Pat Kelly
- Email: joe@melodyminds.ca, pat@melodyminds.ca
- Contact: 289-260-1217 or 905-929-4349
- Website: melodyminds.ca

Soccer

Flamborough Dundas S.C. Accessible Soccer Program

- Accessible soccer
- <https://flamboroughdundassoccerclub.ca/index.php?id=accessible>
- Age: 4-18
Time/date: Call or check the website for more info
- Location: 922 Centre Rd, Hamilton
Cost: Free
- Contact: (905) 690-8484 - Shannon Nelson executivedirector@fdsc.ca.

Saltfleet Stoney Creek Soccer Special Team

- A modified soccer program for all children with developmental delays or disabilities. Not competitive. Program designed for children with cognitive or physical disabilities
- www.saltfleetstoneycreeksca.ca
- Age: All ages
- Location (Summer): 24 Sherwood Park Road, Stoney Creek
- Location (Winter): 565 Seaman Street, Stoney Creek
- Time/date: Call or check the website for more info
- Cost: Free
- Contact: (905) 643-0504 or info@saltfleetstoneycreeksca.ca

Burlington Soccer Club

- The Burlington Soccer Club offers the Embracing Ability program. This program allows participants the opportunity to enjoy and learn about soccer in a positive, accessible and inclusive environment, while learning and developing key social skills. This is an integrated program designed with and/or without developmental and/or physical disabilities.
- Age: 5-15
- Cost: \$75
- Date: Saturdays, January-April
- <https://burlingtonsoccer.com/youth/embracing-ability-2023/>
- Contact: Tammy Lyle-Gravlev - tlyle-gravlev@burlingtonsoccer.com

Swimming

City of Hamilton Swimming Swimabilities

- A learn to swim program for children (3 – 18 years old) with special needs/ disabilities. Participants in this class must provide their own volunteer to be present in the water with the swimmer. 4 levels: beginner, intermediate, advanced and elite.
- Age: 3-17
- Cost: approx. \$52.22
- Contact: accessiblerec@hamilton.ca or call 905-546-2424 x 1758
- To register: <https://rec.hamilton.ca/enterprise/program/index>

City of Hamilton Swimming Swim For Life (mainstream)

- Website: <https://www.hamilton.ca/things-do/recreation/programs/registered-programs/swimming-lessons>
- Age: 6-12
- Date/time: check website for more information
- Email: recreation@hamilton.ca
- <https://www.hamilton.ca/things-do/recreation/programs/registered-programs/swimming-lessons>
- **Inclusion Support** in “mainstream” swimming
 - Offers a staff for persons with disabilities to participate in an integrated recreation program. It is available for select recreation programs at most City Recreation Centers. To register for Inclusion Support, please email accessiblerec@hamilton.ca with name and program choices. Support staff are provided at no additional cost. First come first served, spots are limited.
 - Contact: accessiblerec@hamilton.ca or call (905) 546-2424 ext.1758

Swam Hamilton

- Affordable and accessible one-on-one swimming instruction
- Website: <https://www.hamilton.on.swamcanada.ca/>
- Location: the Boys and Girls Club of Hamilton, 45 Ellis Ave
- Time/date: Call, check website or contact on social media for more information
- Contact: 1-888-530-5618 Ext. 9
- Email: hamilton@swamcanada.ca
- Instagram: @swamhamilton
- Facebook: SWAM Hamilton

Shining Stars Swim School

Private lessons for children with special needs. Summer & School Year round Programs – Individualized Approach

- Website: <https://shiningstarsswimschool.com/>
- Location: 661 Wilson St E, Ancaster, ON
- Age: all
- Date/time: Summer & School Year round Programs
- Cost: <https://shiningstarsswimschool.com/locations-and-prices>
- Contact: hello@ShiningStarsSwimSchool.com

Aquatots

- Group or 1-1 private lessons available
- Website: <https://www.aqua-tots.com/burlington/?gad=1>
- Location: 3410 Mainway, Burlington
- Age: all
- Date: year round (for anyone requiring extra support private lessons are required)
- Cost: approx. \$126 per month group sessions, \$348 per month private lessons
- Contact: 905-331-3393 or email: burlingtoninfo@aqua-tots.com

Goldfish Swim School

- Group, semi private or 1-1 private lesson available
- Website: <https://www.goldfishswimschool.com/burlington-ont/>
- Location: 3060 Davidson Court Unit 1006, Burlington
- Age: 4 months - 12 years
- Date: Year round. Check website for more information
- Cost: Starting at \$32.50 per session. Check website for more information.
- Contact: 905-581-0086

Ignite Artistic Swimming Club

Inclusive swimming programming for all athletes. If you have an athlete at home who has cognitive or physical disabilities and are interested in trying artistic swimming, we offer inclusive training options at all levels. Depending on goals and needs, we can offer a team experience with additional aid, or small ratio, or 1:1 training on developing artistic swimming skills.

- Cost/Date: See website for details
- <https://igniteartisticswimming.com/>
- Address: 503 Plains Road East, Burlington
- Contact: admin@igniteartisticswimming.com

Other Sports

Golf - Woodside Greens Golf Club (Closed for Winter Season)

Lakeridge Links and Whispering Ridge Golf Courses also have accessible golf carts.

- Location: Woodside Greens Golf Park, 847 Charlottesville Rd 10, Simcoe
- Website: <https://woodsidegreensgolf.com/golf-rates/>
- Contact: (519) 428-0030
- Email: info@woodsidegreensgolf.com

Hamilton Mighty Football Factory

We have players in all shapes and sizes and skill level. We use a ranking system to balance teams, and have always enjoyed watching players improve throughout the season.

- Contact: Jaime: 905-719-0796
- Email: Hmff@live.com
- Website: <https://hmff.ca/home/>
- Cost: approximately \$225/PLAYER

Sailing

Ablesail: The Royal Hamilton Yacht Club

A learn to sail program using adapted sail boats. Trial sail available

- Website: <https://www.rhyc.ca/able-sail->
- Dates: July-August Check website for more info
- Cost: Check website for more info
- Contact: Jenny McEwen-Hill or Nathan
- Email: ablesail@rhyc.ca

Downhill Skiing

Track3 skiing or CADS

- Location: Glen Eden (Milton)
- Contact: 416-233-3872
- Email: track3@track3.org
- Website: www.track3.org

Other Recreation – social, cooking etc.

Compass Health

- Website: <https://www.compassch.org/programs-services/community-health-promotion>
- Location: 438 Hughson St. North Hamilton, ON
- **Grub Club**
 - Ages: 6-12
 - learning to cook, garden and physical activity
 - Once a week from May- September,
 - Contact: Mariko Bown-Kai 905-523-6611 ext. 2084 or mbown-kai@compassch.org
- **Grow Well**
 - Horticultural therapy program that combines organic greenhouse growing practices and Mental Wellness exercises
 - Fall and Spring session for about 8 weeks
 - Contact: Leah Janzen 905-523-6611 ext. 3006 or ljanzen@compassch.org
- **LGBTQ2S+ Intergenerational Kitchen**
 - A welcoming space for LGBTQ2S+ individuals from all ages and backgrounds to gather and share their experiences in the kitchen
 - Contact: (905) 523-6611 ext. 2022 or agetty@compass.org
 - Ages: 15+

Recreation Facilities

City of Hamilton: (905) 546-2541

- <https://www.hamilton.ca/things-do/recreation/programs>
- www.hamilton.ca/inclusionrec

City of Burlington: (905) 335-7859

- <https://www.burlington.ca/recreation>

YWCA Hamilton/ Burlington/Brantford - (905) 522-9922

- <http://ywcahamilton.org/>
- <https://www.ywcahamilton.org/youth-programs/>

YMCA Locations

- **Downtown Family YMCA** - (905) 529-7102
<https://www.ymcahbb.ca/Locations/Hamilton/Downtown/James-Street-Tabbed>
- **Les Chater YMCA** - (905) 667-1515
<https://www.ymcahbb.ca/Locations/Hamilton/Neighbourhood-One/Les-Chater-Family-YMCA>
- **Ron Edwards Family Burlington YMCA** - (905) 632-5000
<https://www.ymcahbb.ca/Locations/Area-One/Ron-Edwards-Family-YMCA>
- **Flamborough Family YMCA** - (905) 690-3555
<https://www.ymcahbb.ca/Locations/Hamilton/Waterdown/Flamborough-Family-YMCA>

Special Olympics

(must have an intellectual disability)

Some programs are back up and running, and some are currently on hold. Check the website for more information.

Website: <https://hamilton.specialolympicsontario.ca/home>

Contact: Donna Lazar, Community Coordinator

Email: hamilton.coordinator@specialolympicsontario.ca

Sports available:

- Five Pin Bowling
- Ten Pin Bowling
- Swimming
- Softball

- Soccer
- Rhythmic Gymnastics
- Floor Hockey
- Basketball
- Golf
- Athletics
- Figure Skating
- Curling

Website: <https://www1.specialolympicsontario.com/resources/sports-2/>

Therapy and Respite Services

Girl Guides Canada: 1- (800) 565-8111

- <https://www.girlguides.ca>
- To register: <https://register.girlguides.ca>

Scouts Canada: (905) 528-5711

- On-line registration. Beavers, Cubs, Scouts. Beavers starts at age 5
- <http://www.scouts.ca>
- <http://bfc.scouts.ca> (Greater Hamilton Area)

Boys and Girls Club of Canada

- Website: <http://www.kboysandgirlsclub.com>
- Location: East Hamilton Kiwanis – 45 Ellis Ave. Hamilton
- Contact: 905-549-2814

Hamilton and District Extend-A-Family

Hamilton and District Extend-A-Family offers programs that provide respite and opportunities for fun and friendship with peers and volunteers in the community. Activities are for fun, and friendship with peers. Contact Extend a Family to register.

- Location: 2- 1022 Barton Street East, Hamilton
- To register: contact the Recreation Coordinator at eaf.connect@gmail.com
- Programs available: buddy program, day program, homework club and transition program
- Ages: Youth Programs are designed for children and youth ages 8-17, while Connections Club programs are designed for adults and adolescents ages 13-25.
- Dates and Times: The Recreation programs run weekdays from 5 PM to 8 PM, and the day program operates Saturdays from 10 AM to 4 PM.
- Website: <https://www.hamiltonextendfamily.com/our-programs>

Adapted Recreation Programs

City of Hamilton

Adapted recreation (designed for persons with special needs/ disabilities) is offered at the following recreation centers through the use of program design, activity modification and reduced staff ratios. Persons are welcomed to bring their own support person, assistive devices or service animal.

Subsidy is available for those who qualify through the Recreation Fee Assistance Program. More information can be found at www.hamilton.ca/rec under Recreation Fee Assistance, by phone at (905) 546-2424 EXT. 4569 or at your local recreation center.

City of Hamilton Recreation - Adapted and Inclusive Programming Webpage & Adapted Drop-in Programs

Looking for information about specific programs and services that are designed for children, youth, adults or seniors living with disabilities or additional needs?

www.hamilton.ca/inclusionrec

Website information includes:

- Inclusion Facilitator information and how to request support for City of Hamilton Recreation registered programs (child/youth)
- Information on External Support Persons and Animals
- City of Hamilton Recreation Registered Adapted Program descriptions and steps on how to register
- Adapted Drop-in Swim, Gym and Fitness program descriptions and links to online schedules
- Programs available:
(Zumba, Yoga, Basketball, swimming and more)

Tween Connections

Must be able to participate with a ratio of 1-5. Participants can recreate and form connections with other teens and engage in activities including; cooking, active games, crafts, swimming, fitness, group team building, and much more.

- Age: 13-15
- Date/Time: Check website for more info
- Location: Sir Allan MacNab Recreation Center or Bernie Morrelli Recreation Center
- Cost: approx. \$86.17
- Contact: 905-546-2424 x 1758
- Email: accessiblerec@hamilton.ca
- Registration: <https://rec.hamilton.ca/enterprise/program/index>

Teen Connections

Must be able to participate with a ratio of 1-5. Participants can recreate and form connections with other teens and engage in activities including; cooking, active games, crafts, swimming, fitness, group team building, and much more.

- Age: 16- 21yrs.
- Date/Time: check website for more info
- Cost: Approx. \$121.86 - \$168.84
- Contact: accessiblerec@hamilton.ca or call 905-546-2424 x 1758
- To register: <https://rec.hamilton.ca/enterprise/program/index>

Sensory Social

This drop-in style program encourages participants to engage in a fun, recreational and multi-sensory, environment. It will include shared time in our community Snoezelenook, and a staff will also have games and activities for participants to take part in with their own support persons when not using the Snoezelenook.

- Age: 3-21
- Date/Time: check website for more info
- Cost: approx. \$6.90 - \$9.51
- Location: Westmount Recreation
- To Register: <https://rec.hamilton.ca/enterprise/program/index>

City of Burlington

- Volunteers available for 1-1 integration in Burlington liveandplay@burlington.ca
- You may bring a support person at no charge into registered programs or request a volunteer. See above.
- Check out Burlington.ca for information on programs available.

<https://www.burlington.ca/en/recreation/accessible-recreation-programs.aspx>

Programs specifically for individuals with autism

Building Blocks Speech Pathology

- Social Skills program, ½ day program
- Contact: (905) 628-1129
- Email: autismhamilton@gmail.com

Anderson Therapy Services

- After school programs, day camps workshops
- Age: 4+
- Location: 6 Hatt Street, Dundas, ON L9H 2E8
- Website: <https://andersontherapy.ca/programs/>
- Email: info@andersontherapy.ca

- Phone: (289) 238-8598

Drop-in activities

Gravity Climbing Gym - Kids Climb

Children with special needs can climb during any open climb time. Please call in advance to book.

- Location: 6-70 Frid St., Hamilton, ON L8P 4M4
- Contact: (905) 522-8778 or hamilton@gravityclimbinggym.com
- Website: www.gravityhamilton.com

We Rock The Spectrum (Oakville)

- Contact: (905) 337-0101 or info@werockthespectrumoakville.ca
- Website: www.werockthespectrumoakville.ca
- Location: 245 Wycroft Rd, Unit 3, Oakville
- Drop-In open play or classes available
- Cost: Babies free until 11 months, kids \$25/2 hours + \$20/sibling
- Gym is equipped with:
 - a zip line
 - climbing structures
 - swings (including larger sizes for adult size children and those in wheelchairs)
 - crash pit
 - calming room

Toronto Area Programs

Argonaut Rowing Club

- www.argonautrowingclub.com
- Contact: para@argonautrowingclub.com
- Ages 11+
- 1255 Lakeshore Blvd W, Toronto

CARD - Community Association for Riding for the Disabled

- Website: www.card.ca
- Contact: (416) 667-8600 or info@card.ca

DramaWay

Special needs theatre and art based programming offered in a variety of locations across Toronto and Mississauga as well as online. Programs offered include theatre, dance, film, music, visual arts, life skills and puppetry.

- Contact: saige@dramaway.com or info@dramaway.com or 416-614-1078
- Website: www.dramaway.com
- Fee: Yes
- Age: 14+

Electric Wheelchair Hockey

- Location: Sunnyview Public School at 450 Blythwood Road
- Cost \$40
- Contact: 416-690-1412
- Ages:12+
- Please refer website for date/time Information: www.tpwhl.com

Cruisers Sport for the Physically Disabled (Mississauga)

- Multisport program, athletics, boccia, ice hockey, wheelchair basketball
- Contact: registration@cruisers-sport.com or questions@cruisers-sports.com
- Website: www.cruisers-sports.com/home.shtml

Karate for Progress

- Contact: (647)787-8235 or karate4progress@gmail.com
- www.karate4progress.com
- In-home and indoor locations throughout the week in Downtown, North York and Scarborough with one coming soon in Etobicoke

Mississauga Canoe Club: Paddle for All

- Website: www.mississaugacanoecub.ca
- Email: registration@gomissygo.ca

Mississauga Crusaders Special Hockey Club

- Website: www.mississaugacrusaders.com
- Age: 5 and up (we have a player in his 50s)
- \$400 per season
- Iceland, Mississauga
- September-April, 1 ice time/week
- Contact: 416-452-6002 or mississaugacrusaders@live.ca

Move Learn Grow

Play-based approach to early learning for children with disabilities, emphasizing social integration, emotional well-being, and building long-term life skills.

- For registration must complete an intake form and Occupational Therapy assessment online
- Website: <https://www.marchofdimes.ca/en-ca/programs/children>
- No cost
- Location: 1 Duncan Mill Road, Toronto (York Mills Avenue & Highway 401)
- Contact: movelearngrow@marchofdimes.ca
- Ages: children with disabilities ages 0-12 years old

Wheelchair Tennis - Mississauga Little Aces

- Website: <http://mississaugalittleaces.com>
- Email: albert@mississaugalittleaces.com

Resources

Gabby's Swim Diapers – For sale online

<https://www.homehealthstore.ca/products/gabbys-adult-pool-pant>
<https://universaldiapers.ca/collections/gabbys-washable-swim-diaper>

Adapted Life Jackets

Life Jacket-Adapted Inc. INTERNATIONAL

<https://www.pfd-a.com/>

Access 2 Card Program

The Access 2 Card is for people of all ages and types of permanent disabilities who require the assistance of a support person. When a cardholder presents the Access 2 Card at a participating movie theatre or selected attraction across Canada, the **support person is given one free or discounted admission. The person with the disability pays the regular admission price.** The Access 2 Card program is managed and administered by Easter Seals Canada.

- For more information, please visit: www.access2card.ca
- Email: access2card@easterseals.ca
- Phone: (416) 932-8382 or (877)376-6362

Adapted Bikes: Trivel, Freedom Concepts, Rifton = Motion Specialties

Craig MacMillan Craig.MacMillan@motionspecialties.com



HOW TO INTRODUCE NEW RECREATION OPPORTUNITIES

SMALL STEPS TO PARTICIPATION

Starting new recreation activities can be overwhelming, and can often cause stress and anxiety to children and youth. Here are some helpful tips to engage your child and youth in new recreation opportunities.

- 1) **Chose Activities based on child/youth interest.** Ask them what they want to do! It will be easier to introduce a new activity if it is something they are already interested in, even if starting something new still makes them a little nervous.
- 2) **Talk about it!** Sometimes children and youth will sign up for something not knowing all of the program expectations. For example wanting to play baseball does not mean you get to hit the ball the whole time; there will be times where waiting is expected, and there will be times where they might strike out. Understanding the expectations before attending sessions can help alleviate or support emotional responses.
- 3) **Communicate with the program.** When looking to join a new program it is important to make sure that the program is a good fit before you sign up. For example if you have mobility concerns, or if your child may need some extra support, calling the programs to ask questions is a good way to ensure the program is a right fit. Asking for support is something everyone can do, and it doesn't mean you have to disclose any form of diagnosis, but know that the more information you are able to provide to the program about your child's needs, the more successful the experience will be. For example asking questions like "sometimes my child needs step by step directions to be successful, is this something your instructors can support?"

OTHER TIPS:

Go and watch the activity ahead of time!

See if you can register your child with their friend!

**It's okay to quit!
Sometimes programs don't fit, and that's okay.**

Interests change, keep trying new things as children and youth grow!

**Most importantly,
Have fun!**





CHILDREN AND YOUTH RECREATION FUNDING WHERE TO APPLY, AND WHAT THEY COVER

Visit each website to see individual eligibility criteria

1) Recreation Fee Assistance Program- City of Hamilton

Website: <https://www.hamilton.ca/things-do/recreation/customer-service/recreation-assistance-program>

Contact: Pat Mitchell (City Of Hamilton) (905) 546-2424 ext. 4596

Acts as a broker for families who require assistance to financially access recreation programs in the community – Up to \$100 for sports, music, art, or dance, OR up to \$150 for City of Hamilton programs

2) Jump Start- Canadian Tire, Individual child Grants

Website: <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

Contact: (905) 546-2424 ext. 1395

Up to \$300 per child per year for a sport program or sport equipment if registered in a program.

3) Kidsport Ontario

Website: <https://kidsportcanada.ca/ontario/hamilton/>

Up to \$200 per year for a Hamilton sport, Apply through the Hamilton Chapter

Helpful tips

See if the program you are applying for has their own financial support program you could access

Make sure to review the application funding policies before registering for recreation activities

Know what recreation activity you want to use the funding for, and how much it costs before applying for funding support.

Get an Invoice! Some funding applications will require you to submit an invoice from the specific recreation program in order to complete the application.

Therapeutic Recreationist contact information

If you have any questions, please do not hesitate to call TR Staff:

- **Alex Thersidis**, Therapeutic Recreationist
905-521-2100 ext. 74642 - thersidis@hhsc.ca
- **Karli Bourque**, Therapeutic Recreationist
905-521-2100 ext. 45186 - bourquek@hhsc.ca
- **Tanisha McDermott-Hansen**, Therapeutic Recreationist
905-521-2100 ext. 74497 - mcdermott@hhsc.ca