



# Inclusive Recreation

## Recreation eGuide

Fall 2018 and Winter 2019

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**INCLUSIVE  
RECREATION**



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## Preschool

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

## Gymnastics

Learn basic recreational gymnastics skills on various gymnastics equipment. Intake/assessment required with Inclusive Recreation Unit before participation and re-assessment required on a yearly basis. A support person may be required to attend with your child.

### Eva James – 613-271-0712

4-5 years	Sat.	noon-12:45 pm
Oct 13-Dec 15	\$112.25	<a href="#">1401824</a>
Jan 12-Mar 30	\$112.25	<a href="#">1401830</a>



## Children

### Shared Care



Integration opportunity for children with a special need to participate in various programs, such as After School, P.D. Days and camps. Please note that the City does not provide 1:1 support. For more information, please contact the Inclusive Recreation Coordinator in your district.

### After School

Inclusive Recreation, with funding from the Ministry of Tourism, Culture & Sport, offers integration support in identified After School programs across the city, which promote physical activity, social integration and general well-being. There are multiple locations offering this additional after school support. Children and youth will participate in mainstream after school programs in a Shared Care ratio of 1:3 under the Shared Care model.

This program does not include support offered during PD days and holidays. All children need to be assessed prior to the start of program.

### Sandy Hill – 613-580-2424 ext. 29292

6-12 years	Mon.-Fri.	3-5:30 pm
Sep 4-June 27	\$1935	

### Bridlewood – 613-580-2424 ext. 41226

6-12 years	Mon.-Fri.	3-5:30 pm
Sep 4-Jun 27	\$1612.50	

### Greenboro – 613-580-2424 ext. 29291

6-12 years	Mon.-Fri.	3-6 pm
Sep 4-Jun 27	\$1935	

### Ray Friel – 613-580-2424 ext. 29283

6-12 years	Mon.-Fri.	2:30-6 pm
Sep 4-Jun 27	\$1935	

### Walter Baker – 613-580-2424 ext. 29291

6-12 years	Mon.-Fri.	3-6 pm
Sep 4-Jun 27	\$1935	

## PD Day Program

This is an Inclusive Recreation – PD Day program. Participants will participate in a Shared Care ratio of 1:2. All children need to be assessed prior to the start of the program, please call the Inclusive Recreation Administrative Clerk at 613-580-2424 ext. 29283.

### P.D. Day – Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

### Greenboro – 613-580-2424 ext. 29291

6-12 years	Fri.	8:30 am-4:30 pm
Oct 5	\$41	<a href="#">1408442</a>
Nov 23	\$41	<a href="#">1408443</a>
Jan 25	\$41	<a href="#">1408471</a>
Feb 15	\$41	<a href="#">1408472</a>
Jun 7	\$41	<a href="#">1408473</a>

### Sandy Hill – 613-580-2424 ext. 29292

6-12 years	Fri.	8:30 am-4:30 pm
Oct 5	\$42.75	<a href="#">1405964</a>
Nov 23	\$42.75	<a href="#">1405980</a>
Jan 25	\$42.75	<a href="#">1405988</a>
Feb 15	\$42.75	<a href="#">1405999</a>
Apr 12	\$42.75	<a href="#">1409957</a>
Jun 7	\$42.75	<a href="#">1409958</a>
Jun 28	\$42.75	<a href="#">1409959</a>

### P.D. Day – Energy & Skate

When school's out, enjoy an action-filled day of activities with a special outing or special guest, as well as cool themes, games and crafts.

### Bob MacQuarrie-Orléans – 613-580-2424 ext. 29283

6-12 years	Fri.	8:30 am-4:30 pm
Oct 5	\$42.75	<a href="#">1407907</a>
Nov 23	\$42.75	<a href="#">1407917</a>

### P.D. Day – Energy & Swim

When school's out, enjoy an action filled day of activities with a special outing or special guest, as well as cool themes, games and crafts.

### Richcraft-Kanata – 613-580-2424 ext. 41226

6-12 years	Fri.	8:30 am-4:30 pm
Oct 5	\$48	<a href="#">1410070</a>
Nov 23	\$48	<a href="#">1410071</a>
Jan 25	\$48	<a href="#">1410072</a>
Feb 15	\$48	<a href="#">1410073</a>
Apr 12	\$48	<a href="#">1410074</a>
Jun 7	\$48	<a href="#">1410075</a>

### P.D. Day – Swim & Skate

When school's out, enjoy an action-filled day of activities with a special outing or special guest, as well as cool themes, games and crafts.

### Bob MacQuarrie-Orléans – 613-580-2424 ext. 29283

6-12 years	Fri.	8:30 am-4:30 pm
Jan 25	\$42.75	<a href="#">1407929</a>
Feb 15	\$42.75	<a href="#">1407935</a>
Apr 12	\$42.75	<a href="#">1409776</a>
Jun 7	\$42.75	<a href="#">1407943</a>

## Winter Break Camp

### Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

### Greenboro – 613-580-2424 ext. 29291

6-12 years	Thu.-Fri.	8:30 am-4:30 pm
Dec 27-28	\$82	<a href="#">1407910</a>
6-12 years	Wed.-Fri.	8:30 am-4:30 pm
Jan 2-4	\$123	<a href="#">1407915</a>

### Energy & Swim

When school's out, enjoy an action-filled day of activities or special guest, as well as cool themes, games and crafts.

### Richcraft-Kanata – 613-580-2424 ext. 41226

8-12 years	Mon., Wed.-Fri.	8:30 am-4:30 pm
Dec 31-Jan 4	\$198	<a href="#">1407838</a>



## Aqua SNAP

Swim lessons for children with autism. Builds on motor skills, communication, socialization, and survival skills in an aquatic environment. Intake/assessment is required with Inclusive Recreation Unit before participation and reassessment is required on a yearly basis.

**Bob MacQuarrie-Orléans – 613-580-9600**

5-14 years	Sat.	12:15-1 pm
Jan 5-Mar 23	\$178.75	<a href="#">1182371</a>
5-14 years	Tue.	5:45-6:30 pm
Jan 8-Mar 26	\$178.75	<a href="#">1182370</a>
5-14 years	Thu.	6:30-7:15 pm
Jan 10-Mar 28	\$178.75	<a href="#">1182366</a>
5-14 years	Thu.	7:15-8 pm
Jan 10-Mar 28	\$178.75	<a href="#">1182367</a>
Jan 10-Mar 28	\$178.75	<a href="#">1182369</a>

**Brewer – 613-580-2090**

5-14 years	Sat.	12:15-1 pm
Sep 22-Dec 15	\$175.25	<a href="#">1320605</a>
Sep 22-Dec 15	\$175.25	<a href="#">1320608</a>
Sep 22-Dec 15	\$175.25	<a href="#">1320610</a>
Jan 5-Mar 9	\$131.50	<a href="#">1320624</a>
Jan 5-Mar 9	\$131.50	<a href="#">1320626</a>
Jan 5-Mar 9	\$131.50	<a href="#">1320633</a>

**Pinecrest – 613-828-3118**

5-14 years	Sat.	10:45-11:30 am
Sep 15-Dec 15	\$193.50	<a href="#">1406811</a>
Sep 15-Dec 15	\$193.50	<a href="#">1406815</a>
Sep 15-Dec 15	\$193.50	<a href="#">1406817</a>
Jan 5-Mar 9	\$149	<a href="#">1406797</a>
Jan 5-Mar 9	\$149	<a href="#">1406800</a>
Jan 5-Mar 9	\$149	<a href="#">1406801</a>
5-14 years	Sun.	10:45-11:30 am
Sep 16-Dec 16	\$193.50	<a href="#">1406773</a>
Sep 16-Dec 16	\$193.50	<a href="#">1406776</a>
Jan 6-Mar 10	\$149	<a href="#">1406787</a>
Jan 6-Mar 10	\$149	<a href="#">1406789</a>

## Exceptional Explorers

Recreation program for families with a child on the autism spectrum. Participants have the supervised pool for one hour, followed by an hour in the multi-purpose room for free and organized play. Fee is based on one child plus their caregiver. Additional family members are welcome, please contact facility staff for how to register. Caregiver must participate in program.

**Kanata Leisure – 613-580-9677**

2-12 years	Sun.	8:45-11 am
Sep 23-Dec 16	\$141	<a href="#">1321463</a>
Jan 6-Mar 3	\$106	<a href="#">1399796</a>

## Gymnastics

Learn basic recreational gymnastics skills on various gymnastics equipment. Intake/assessment required with Inclusive Recreation Unit before participation and re-assessment required on a yearly basis. A support person may be required to attend with your child.

**Eva James – 613-271-0712**

6-12 years	Sat.	noon-12:45 pm
Oct 13-Dec 15	\$112.25	<a href="#">1401838</a>
Jan 12-Mar 30	\$112.25	<a href="#">1401844</a>

**Minto-Barrhaven – 613-727-2683**

6-12 years	Sun.	9:55-10:55 am
Sep 16-Dec 9	\$158.50	<a href="#">1401991</a>
Jan 13-Mar 3	\$105.75	<a href="#">1401966</a>
8-12 years	Sun.	11 am-noon
Sep 16-Dec 9	\$158.50	<a href="#">1401997</a>
Jan 13-Mar 3	\$105.75	<a href="#">1401968</a>
8-12 years	Sun.	12:05-1:05 pm
Sep 16-Dec 9	\$158.50	<a href="#">1402003</a>
Jan 13-Mar 3	\$105.75	<a href="#">1401970</a>

## Music Ability

Children of all abilities will create music using adaptive electronic devices and instruments. Children with significant disabilities are encouraged to participate. Ensemble playing, composing, and recording music are all components of this program.

**Nepean Creative Arts – 613-596-5783**

5-14 years	Sun.	1-2 pm
Sep 16-Nov 4	\$88.75	<a href="#">1298878</a>
Feb 10-Mar 31	\$88.75	<a href="#">1405534</a>

## SNAP Junior Gliders

A learn to skate program for children with autism who have some skating experience. Learn correct forward skating and stopping skills. Child must be able to function within a staff to child ratio of 1:3. A CSA approved hockey helmet is mandatory.

**Pinecrest – 613-580-2596**

6-12 years	Sat.	3-3:50 pm
Oct 13-Dec 8	\$150	<a href="#">1407975</a>
Jan 12-Mar 9	\$150	<a href="#">1403777</a>
6-12 years	Sun.	noon-12:50 pm
Oct 14-Dec 9	\$150	<a href="#">1407966</a>
Jan 13-Mar 10	\$150	<a href="#">1403773</a>

## Social Play

Recreational games and physical activity for youth with a diagnosis of autism spectrum disorder. Interact with peers in group activity. For youth who can follow instruction and safely participate in a ratio of 1:3 support environment.

**Richcraft-Kanata – 613-580-2424 ext. 41226**

8-12 years	Sat.	1-2:30 pm
Oct 13-Dec 1	\$152.75	<a href="#">1407848</a>
Jan 12-Mar 2	\$152.75	<a href="#">1407853</a>

## Spirit

The City of Ottawa and the Children's Hospital of Eastern Ontario offer this Therapeutic Recreation program for children who are medically fragile/technologically dependent. All referrals are received through CHEO.

**Bob MacQuarrie-Orléans & Walter Baker – 613-580-2424 ext. 29320**

7-18 years	Sat.-Sun.	9:30 am-3:30 pm
Sep 22-Jun 16	\$115	

## Youth

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*Instructional programs are advertised in the language in which they are offered.*

## Friday Night Youth

Social program for youth who have disabilities.

**Bob MacQuarrie-Orléans – 613-580-9600**

15-24 years	Fri.	6-9 pm
Sep 14-Dec 14	\$182	<a href="#">1408114</a>
Jan 18-Apr 12	\$156	<a href="#">1408557</a>

**Hintonburg – 613-798-8874**

15-21 years	Fri.	6:30-9:30 pm
Oct 12-Nov 30	\$99.25	<a href="#">1178910</a>
Jan 18-Mar 8	\$99.25	<a href="#">1178911</a>

## Social Time

Recreational games and physical activity for youth with a diagnosis of autism spectrum disorder. Interact with peers in group activity. For youth who can follow instruction and safely participate in a ratio of 1:3 support environment.

**Richcraft-Kanata – 613-580-2424 ext. 41226**

13-17 years	Sat.	2:30-4 pm
Oct 13-Dec 1	\$152.75	<a href="#">1407858</a>
Jan 12-Mar 2	\$152.75	<a href="#">1407861</a>

## Yoga

A yoga class for youth and adults who have disabilities.

**Hintonburg – 613-798-8874**

15-45 years	Sat.	10-11 am
Oct 13-Dec 1	\$99.25	<a href="#">1178902</a>
Jan 12-Mar 2	\$99.25	<a href="#">1178903</a>

## Adult

*Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!*

*Instructional programs are advertised in the language in which they are offered.*

## Acquired Brain Injury Program

The City of Ottawa and the Ministry of Health and Long Term Care offer this therapeutic recreation and life skills program for adults with brain injuries. Participants maintain and improve functional, social and behavioural skills through leisure participation. Aquafit and fitness classes available.

**Bob MacQuarrie-Orléans and Richcraft-Kanata – 613-325-1651**

19-80 years	Mon.-Fri.	9 am-3 pm
Sep 4-Jun 28		

## Alumni in Motion

Social recreational program for young adults with a physical disability.

**Hintonburg – 613-798-8874**

19-45 years	Fri.	6:30-9:30 pm
Oct 12-Nov 30	\$99.25	<a href="#">1178912</a>
Jan 18-Mar 8	\$99.25	<a href="#">1178913</a>

## Alumni Ventures

Social recreational program for young adults with a developmental disability who are ambulatory.

**Hintonburg – 613-798-8874**

19-45 years	Fri.	6:30-9:30 pm
Oct 12-Nov 30	\$99.25	<a href="#">1178914</a>
Jan 18-Mar 8	\$99.25	<a href="#">1178915</a>

## Aqua Fitness

An aquafit program designed for individuals with a developmental disability.

**Jack Purcell – 613-564-1050**

18+ years	Mon.	9:30-10:15 am
Sep 10-Dec 17	\$119.25	<a href="#">1403217</a>
Jan 7-Mar 25	\$107	<a href="#">1405403</a>

## Art

An art class for youth and adults who have disabilities. Participants must be able to work in a 1:5 ratio.

**Hintonburg – 613-798-8874**

15-64 years	Wed.	5:30-7 pm
Oct 10-Nov 28	\$160	<a href="#">1178906</a>
Jan 16-Mar 6	\$160	<a href="#">1178907</a>

## Arts Centre Black Box Theatre

Explore the world of theatre for youth/young adults with developmental disabilities. Develops their creativity and self-expression. Participants must be able to work in a 1:5 staff client ratio.

**Nepean Creative Arts – 613-596-5783**

15-46 years	Sun.	10:30 am-noon
Sep 23-Nov 25	\$176	<a href="#">1188475</a>



## Cardio Pump

Group fitness class for adults with developmental disabilities. Activities include basic aerobic choreography, circuit workouts, strength and stretch exercises. Participants work at their own pace to tone and strengthen core muscles. Must be mobile and able to work in a 1:5 ratio. Assessment required prior to start of program.

**Hintonburg – 613-798-8874**

15-45 years	Tue.	5:30-6:30 pm
Oct 9-Nov 27	\$110	<a href="#">1180678</a>
Jan 15-Mar 5	\$110	<a href="#">1180680</a>

**Pinecrest – 613-828-3118**

16+ years	Fri.	6-7 pm
Sep 21-Dec 14	\$165	<a href="#">1408586</a>
Jan 11-Mar 8	\$123.75	<a href="#">1408739</a>

## Fall Nights

An evening activity program for adults with a physical disability. Activities include community events, dancing, films and workshops held throughout the Ottawa area.

**Jack Purcell – 613-564-1050**

35+ years	Thu.	6-8:30 pm
Sep 27-Nov 29	\$140.50	
Jan 24-Mar 28	\$140.50	

## Friday Night Two

Social program for adults who have disabilities.

**Bob MacQuarrie-Orléans – 613-580-9600**

25-40 years	Fri.	6-9 pm
Sep 14-Dec 14	\$182	<a href="#">1408121</a>
Jan 18-Apr 12	\$156	<a href="#">1408570</a>

## Friends for Fun

Therapeutic recreation program for individuals who have a developmental disability. The program is developed based on healthy lifestyles, physical activity and community integration.

### Walter Baker – 613-580-2424 ext. 29291

21-55 years	Tue.	7-9 pm
Oct 16-Dec 4	\$143	<a href="#">1406184</a>
Jan 15-Mar 5	\$143	<a href="#">1406468</a>

## Hip Hop

An energetic dance class for adults with developmental disabilities. Participants must be mobile and able to work in a 1:5 staff client ratio.

### Hintonburg – 613-798-8874

15-45 years	Tue.	6-7 pm
Oct 9-Nov 27	\$99.25	<a href="#">1178899</a>
Jan 15-Mar 5	\$99.25	<a href="#">1178900</a>

## MS Exercise Group

Meet weekly with an exercise specialist in the gym who customizes a workout routine geared to the individual's specific abilities. The group offers support and resource information as well as encouragement.

### Jack Purcell – 613-564-1050

18+ years	Wed.	1-2 pm
Sep 19-Dec 5	\$98	<a href="#">1186743</a>
Jan 16-Mar 3	\$98	<a href="#">1186747</a>

## Music Ability

Adults of all abilities will create music using adaptive electronic devices and instruments. Adults with significant disabilities are encouraged to participate. Ensemble playing, composing, and recording music are all components of this program.

### Nepean Creative Arts – 613-596-5783

19+ years	Sun.	noon-1 pm
Sep 16-Nov 4	\$100.50	<a href="#">1188509</a>
Feb 10-Mar 31	\$100.50	<a href="#">1405525</a>

## Ready, Set, Cook

Improve confidence and independence in the kitchen, for adults with a developmental disability. Participants must be able to work in a 1:5 staff client ratio.

### Hintonburg – 613-798-8874

15-45 years	Tue.	6:30-8 pm
Oct 9-Nov 27	\$99.25	<a href="#">1178904</a>
Jan 15-Mar 5	\$99.25	<a href="#">1178905</a>

## Rehab Walking

Walk in a safe supervised small group environment. Clients may bring their walking aids if required. In addition to walking, we offer seated stretching, strengthening and balancing exercises. The program goals are to improve walking independence, increase mobility, building stamina, balance and gaining confidence.

### Jack Purcell – 613-564-1050

18+ years	Tue.	1-2 pm
Sep 18-Dec 4	\$98	<a href="#">1186755</a>
Jan 22-Apr 9	\$98	<a href="#">1186758</a>

## Saturday Social

An exciting program for adults with developmental delay. A social recreation program that includes cooking, crafts, off site excursions and much, much more! Participants must be ambulatory.

### McNabb – 613-564-1070

18-55 years	Sat.	1-4 pm
Sep 29-Dec 8	\$125	<a href="#">1409480</a>
Jan 12-Mar 9	\$110.25	<a href="#">1409532</a>

## The Art Thing

An art program for people with disabilities.

### Jack Purcell – 613-564-1050

18+ years	Mon.	1-3 pm
Sep 24-Dec 3	\$97	<a href="#">1186869</a>
Jan 21-Apr 1	\$97	<a href="#">1186878</a>

## Thursday Nights Rock

Social/recreation program for adults who have disabilities.

### Hintonburg – 613-798-8874

19-64 years	Thu.	6-9 pm
Oct 11-Nov 29	\$99.25	<a href="#">1178908</a>
Jan 17-Mar 7	\$99.25	<a href="#">1178909</a>



## Total Body Workout

Designed for adults with visual impairment or low vision. Aerobic warm up followed by low and high cardio sets, control movement and strengthening exercises. Finishes with floor work, relaxation and stretching.

### Jack Purcell – 613-564-1050

18+ years	Fri.	5:30-6:30 pm
Sep 21-Dec 7	\$98	<a href="#">1186765</a>
Jan 11-Mar 29	\$98	<a href="#">1186772</a>

## Variety

Therapeutic Recreation Day Program for adults with a developmental disability. Participants take part in a variety of social and recreational programs. Participation requires a referral through Developmental Services Ontario.

### Bob MacQuarrie-Orléans – 613-294-4502

21-55 years	Mon.-Fri.	9 am-3 pm
Sep 4-Jun 28		

### Carleton Heights – 613-295-2816

21-55 years	Mon.-Fri.	8:30 am-2:30 pm
Sep 4-Jun 28		

### Richcraft-Kanata – 613-818-7415

21-55 years	Mon.-Fri.	9 am-3 pm
Sep 4-Jun 28		

### Routhier – 613-863-4009

21-55 years	Mon.-Fri.	8:30 am-2:30 pm
Sep 4-Jul 26		

### Walter Baker – 613-798-3291

21-55 years	Mon.-Fri.	9 am-3 pm
Sep 4-Jul 26		

## Yoga

Ease tension and stress through supported yoga postures, relaxation and breath awareness. Participants should be able to get up and down from floor independently. No prior yoga experience is necessary.

### Jack Purcell – 613-564-1050

18+ years	Mon.	10:15-11:15 am
Sep 17-Nov 26	\$98	<a href="#">1186880</a>
Jan 21-Apr 1	\$98	<a href="#">1186885</a>

## Zumba®

Dance-fitness class with zesty Latin music: salsa, merengue and reggaeton. Easy to follow moves adapted to meet the needs of the class. Participants must be ambulatory and able to work in 1:5 ratio.

### Hintonburg – 613-798-8874

15-45 years	Wed.	7:15-8:15 pm
Oct 10-Nov 28	\$99.25	<a href="#">1178916</a>
Jan 16-Mar 6	\$99.25	<a href="#">1178917</a>

