



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	1401824
Jan 12-Mar 30	\$112.25	1401830



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	1408442
Nov 23	\$41	1408443
Jan 25	\$41	1408471
Feb 15	\$41	1408472
Jun 7	\$41	1408473

Sandy Hill – 613-580-2424 ext. 29292

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

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 –

613-580-9600 ext. 32798

613-807-1077 (Tues.,Wed., and Thurs.)

6-12 years	Fri.	8:30 am-4:30 pm
Oct 5	\$42.75	1407907
Nov 23	\$42.75	1407917

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 –

613-807-1077 (Mon. and Thurs.)

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

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 –

613-580-9600 ext. 32798

613-807-1077 (Tues.,Wed., and Thurs.)

6-12 years	Fri.	8:30 am-4:30 pm
Jan 25	\$42.75	1407929
Feb 15	\$42.75	1407935
Apr 12	\$42.75	1409776
Jun 7	\$42.75	1407943

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	1407910
6-12 years	Wed.-Fri.	8:30 am-4:30 pm
Jan 2- 4	\$123	1407915

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 –

613-807-1077 (Mon. and Thurs.)

8-12 years	Mon., Wed.-Fri.	8:30 am-4:30 pm
Dec 31-Jan 4	\$198	1407838



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 ext. 32798
613-807-1077 (Tues., Wed., and Thurs.)

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

Brewer – 613-580-2090

5-14 years	Sat.	12:15-1 pm
Sep 22-Dec 15	\$175.25	1320605
Sep 22-Dec 15	\$175.25	1320608
Sep 22-Dec 15	\$175.25	1320610
Jan 5-Mar 9	\$131.50	1320624
Jan 5-Mar 9	\$131.50	1320626
Jan 5-Mar 9	\$131.50	1320633

Pinecrest – 613-828-3118

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

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	1321463
Jan 6-Mar 3	\$106	1399796

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	1401838
Jan 12-Mar 30	\$112.25	1401844

Minto-Barrhaven – 613-727-2683

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

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	1298878
Feb 10-Mar 31	\$88.75	1405534

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	1407975
Jan 12-Mar 9	\$150	1403777
6-12 years	Sun.	noon-12:50 pm
Oct 14-Dec 9	\$150	1407966
Jan 13-Mar 10	\$150	1403773

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 – 613-807-1077 (Mon. and Thurs.)

8-12 years	Sat.	1-2:30 pm
Oct 13-Dec 1	\$152.75	1407848
Jan 12-Mar 2	\$152.75	1407853

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 – 613-580-9600 ext. 32798
613-807-1077 (Tues., Wed., and Thurs.)
& 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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Friday Night Youth

Social program for youth who have disabilities.
Bob MacQuarrie-Orléans – 613-580-9600 ext. 32798
613-807-1077 (Tues., Wed., and Thurs.)

15-24 years	Fri.	6-9 pm
Sep 14-Dec 14	\$182	1408114
Jan 18-Apr 12	\$156	1408557

Hintonburg – 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Oct 12-Nov 30	\$99.25	1178910
Jan 18-Mar 8	\$99.25	1178911

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 –

613-807-1077 (Mon. and Thurs.)

13-17 years	Sat.	2:30-4 pm
Oct 13-Dec 1	\$152.75	1407858
Jan 12-Mar 2	\$152.75	1407861

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	1178902
Jan 12-Mar 2	\$99.25	1178903

Adult

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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 –

613-580-9600 ext. 32798

613-807-1077 (Tues., Wed., and Thurs.)

and Richcraft-Kanata –

613-807-1077 (Mon. and Thurs.)

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	1178912
Jan 18-Mar 8	\$99.25	1178913

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	1178914
Jan 18-Mar 8	\$99.25	1178915



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	1403217
Jan 7-Mar 25	\$107	1405403

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	1178906
Jan 16-Mar 6	\$160	1178907

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	1188475

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	1180678
Jan 15-Mar 5	\$110	1180680

Pincrest – 613-828-3118

16+ years	Fri.	6-7 pm
Sep 21-Dec 14	\$165	1408586
Jan 11-Mar 8	\$123.75	1408739

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 ext. 32798
613-807-1077 (Tues., Wed., and Thurs.)

25-40 years	Fri.	6-9 pm
Sep 14-Dec 14	\$182	1408121
Jan 18-Apr 12	\$156	1408570

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	1406184
Jan 15-Mar 5	\$143	1406468

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	1178899
Jan 15-Mar 5	\$99.25	1178900

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	1186743
Jan 16-Apr 3	\$98	1186747

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	1188509
Feb 10-Mar 31	\$100.50	1405525

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	1178904
Jan 15-Mar 5	\$99.25	1178905

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	1186755
Jan 22-Apr 9	\$98	1186758

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	1409480
Jan 12-Mar 9	\$110.25	1409532



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	1186869
Jan 21-Apr 1	\$97	1186878

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	1178908
Jan 17-Mar 7	\$99.25	1178909

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	1186765
Jan 11-Mar 29	\$98	1186772

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 – 613-580-9600 ext. 32798
613-807-1077 (Tues., Wed., and Thurs.)

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 – 613-807-1077 (Mon. and Thurs.)

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	1186880
Jan 21-Apr 1	\$98	1186885

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	1178916
Jan 16-Mar 6	\$99.25	1178917

