



Inclusive Recreation

Recreation eGuide

Spring and Summer 2019

Table of Contents

Preschool.....	2
Children.....	2
Youth.....	2
Adult	2
Summer Camp.....	4
Shared Care.....	4



[fee support](#)



[facilities](#)

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 – 613-580-2442 ext. 29814

4-5 years	Sat.	noon-12:45 pm
Apr 6-Jun 15	\$103	1436322

Children

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!

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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	Sun.	12:15-1 pm
Mar 31-Jun 23	\$182.25	1437379

5-14 years	Tue.	5:15-6 pm
Apr 2-Jun 18	\$182.25	1437369
5-14 years	Tue.	6:30-7:15 pm
Apr 2-Jun 18	\$182.25	1437372
5-14 years	Thu.	6:30-7:15 pm
Apr 4-Jun 20	\$182.25	1437374
5-14 years	Thu.	7:15-8 pm
Apr 4-Jun 20	\$182.25	1437376

Brewer Pool – 613-247-4938

5-14 years	Sat.	12:15-1 pm
Mar 30-Jun 22	\$182.25	1469452

Katimavik – 613-580-2424

5-14 years	Mon.	5:30-6:15 pm
Jul 8-Aug 12	\$76	1433115
Jul 8-Aug 12	\$76	1433116

Pinecrest – 613-580-9676

5-14 years	Sat.	10:45-11:30 am
Mar 23-Jun 8	\$152	1431511
Mar 23-Jun 8	\$152	1431513
Mar 23-Jun 8	\$152	1431514
5-14 years	Sun.	10:45-11:30 am
Mar 24-Jun 9	\$152	1431516
Mar 24-Jun 9	\$152	1431519

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.	8:45-9:45 am
Apr 14-Jun 23	\$108.25	1438410

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 – 613-580-2442 ext. 29814

6-12 years	Sat.	noon-12:45 pm
Apr 6-Jun 15	\$103	1466182

Minto-Barrhaven – 613-727-2683

5-8 years	Sun.	9:55-10:55 am
Mar 24-Jun 9	\$135.25	1469356

6-10 years	Sun.	11 am-noon
Mar 24-Jun 9	\$135.25	1469358
6-10 years	Sun.	12:05-1:05 pm
Mar 24-Jun 9	\$135.25	1469361

Inclusive Tennis

Adapted tennis program for children. Using creative instruction and positive stimulus, the program focuses on the development of motor skills, coordination, endurance, technique and timing. You improve your tennis skills and feel fit and happy.

Alexander Grove Park – 613-580-2424 ext. 41226

7-12 years	Sat.	10-11 am
Apr 27-Jun 22	\$163.25	1467448
Jul 6-Aug 31	\$163.25	1467528

McKellar Park – 613-580-2424 ext. 29292

7-12 years	Mon.	6-7 pm
Apr 29-Jun 24	\$163.25	1470352
Jul 8-Aug 26	\$130.75	1470355

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
Apr 7-May 26	\$106.50	1474943

Spirit

This is a therapeutic recreation program for medically fragile/technologically dependent children. *All Referrals come from CHEO

Ron Kolbus Lakeside– 613-580-2424 ext. 29320

7-18 years	Tue.-Fri.	9 am-4 pm
July 29- Aug 2	\$53.25	

Bob MacQuarrie-Orléans – 613-580-2424 ext. 29320

7-18 years	Tue.-Fri.	9 am-4 pm
Aug 6-9	\$43	

Walter Baker – 613-580-2424 ext. 29320

7-18 years	Mon.-Fri.	9 am-4 pm
Aug 12-16	\$53.25	
7-18 years	Mon.-Fri.	9 am-4 pm
Aug 19-23	\$53.25	

Youth

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Friday Night Youth

Social program for youth who have disabilities

Bob MacQuarrie-Orléans – 613-580-9600

16-25 years	Fri.	6-9 pm
Apr 26-Jun 21	\$106	1441052

Hintonburg – 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Mar 29-May 31	\$101.25	1428126

Inclusive Tennis

Adapted tennis program for youth. Using creative instruction and positive stimulus, the program focuses on the development of motor skills, coordination, endurance, technique and timing. You improve your tennis skills and feel fit and happy.

Alexander Grove Park – 613-580-2424 ext. 41226

13-17 years	Sat.	11 am-noon
Apr 27-Jun 22	\$163.25	1467493
Jul 6-Aug 31	\$163.25	1467536

McKellar Park – 613-580-2424 ext. 29292

13-17 years	Mon.	7-8 pm
Apr 29-Jun 24	\$163.25	1470353
13-17 years	Mon.	7-8 pm
Jul 8-Aug 26	\$130.75	1470354

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 Fri. 7:30-9 pm
Apr 5-May 24 \$156 [1467557](#)

Yoga

A yoga class for youth and adults who have disabilities.

Hintonburg – 613-798-8874

15-40 years Sat. 10-11 am
Mar 30-Jun 1 \$101.25 [1428136](#)

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!

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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
Mar 29-May 31 \$101.25 [1428129](#)

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
Mar 29-May 31 \$101.25 [1428130](#)

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
Apr 3-May 22 \$163.25 [1428139](#)

Aqua Fitness

An aquafit program designed for individuals with a developmental disability.

Jack Purcell – 613-564-1050

18-99 years Mon. 9:30-10:15 am
Apr 1-May 13 \$60 [1462272](#)

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
Mar 24-Jun 9 \$264 [1474942](#)

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
Apr 2-May 21 \$112.25 [1428141](#)

Pincrest – 613-580-9676

18-50 years Fri. 6-7 pm
Mar 22-Jun 14 \$122.50 [1464793](#)

Friday Night Two

Social program for adults who have disabilities.

Bob MacQuarrie-Orléans – 613-580-9600

26-40 years Fri. 6-9 pm
Apr 26-Jun 21 \$106 [1441038](#)



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
Apr 9-May 28 \$145.75 [1465953](#)

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

15-40 years Tue. 6-7 pm
Apr 2-May 21 \$101.25 [1428135](#)

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
Apr 10-Jun 12 \$84 [1434241](#)

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
Apr 7-May 26 \$120.75 [1474944](#)

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

15-40 years Tue. 6:30-8 pm
Apr 2-May 21 \$101.25 [1428138](#)

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
Apr 16-Jun 18 \$84 [1464279](#)



Saturday Social

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

McNabb – 613-564-1070

18-55 years Sat. 1-4 pm
Mar 30-Jun 15 \$127.50 [1470551](#)

Social 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
Apr 18-Jun 20 \$146.75 [1464424](#)
Jul 4-Aug 29 \$146.75 [1464445](#)

The Art Thing

An art program for people with disabilities.

Jack Purcell – 613-564-1050

18+ years	Mon.	1-3 pm
Apr 1-Jun 17	\$100	1464382

Thursday Nights Rock

Social/recreation program for adults who have disabilities

Hintonburg – 613-798-8874

19-64 years	Thu.	6-9 pm
Apr 4-May 23	\$101.25	1428125

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
Apr 12-Jun 21	\$84	1464324

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
Apr 1-Jun 17	\$84	1464356

Zumba®

Dance-fitness class with zesty Latin music: salsa, meringue 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

15-40 years	Wed.	7:15-8:15 pm
Apr 3-May 22	\$101.25	1428133

Summer Camp

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!

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Shared Care



Integration support for children with special needs to participate in the summer camp of their choice. Support will be offered for 2 weeks at the camp location of your choice. Camp participation criteria will be used to determine eligibility.

Please be advised that Shared Care is based on a first-come, first-served basis. There will be a limited number of spaces available. No last-minute or first-day of camp support services will be offered.

How to register

1. Browse the Summer Camps eGuide to find the camp you would like to register your child in
2. Check the camps location listing to identify the district location the camp is offered in (East/West/South/Central)
3. Choose the weeks you would like them to attend (maximum 2 weeks)
4. Registration is a two-step process:
 - a. Register and pay for the 2 weeks of your chosen camp using the correct barcode
 - b. You will also register under your district's shared care barcode (No cost)
5. Contact the Inclusive Recreation Coordinator for the district where you have registered your child in camp

Shared Care support will be offered at no additional cost to the families. For more information, please contact the Inclusive Recreation Coordinator in your district.

Please note the following:

- Registration is complete when you have paid the registration fees.
- There will be no camps on July 1 and August 5.
- Participants must register in advance for camp programs.
- Required forms are to be submitted on, or before, the first day of camp.
- Schedules and fees may be subject to change. Fees include HST.
- Instructional programs are advertised in the language in which they are offered.

Forms to complete:

- [Program Enrolment Form](#)
- [Medication Administration Request Form](#) – Part 1 for summer camps
- [Medication Authorization](#) – Part 2 for summer camps

Forms are also available for pick up at your recreation facility.

Central

613-580-2424 ext. 29292

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 2-5	1431086	
Jul 8-12	1431101	
Jul 15-19	1431114	
Jul 22-26	1431116	
Jul 29-Aug 2	1431126	
Aug 6-9	1431129	
Aug 12-16	1431133	
Aug 19-23	1431137	

East

613-580-2424 ext. 29300

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 2-5	1438519	
Jul 8-12	1438535	
Jul 15-19	1438552	
Jul 22-26	1438642	
Jul 29-Aug 2	1438644	
Aug 6-9	1438561	
Aug 12-16	1438648	
Aug 19-23	1438653	

South

613-580-2424 ext. 29291

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 2-5	1466086	
Jul 8-12	1466106	
Jul 15-19	1466136	
Jul 22-26	1466144	
Jul 29-Aug 2	1466151	
Aug 6-9	1466166	
Aug 12-16	1466170	
Aug 19-23	1466174	

West

613-580-2424 ext. 41226

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 2-5	1467271	
Jul 8-12	1467283	
Jul 15-19	1467287	
Jul 22-26	1467291	
Jul 29-Aug 2	1467293	
Aug 6-9	1467304	
Aug 12-16	1467309	
Aug 19-23	1467310	

Camp Experience/Adventures

Social/Recreation program for youth and young adults with disabilities.

Hintonburg – 613-798-8874

15-40 years	Mon.-Fri.	10 am-3 pm
Jul 8-12	\$151	1428108
Jul 15-19	\$151	1428109
Jul 22-26	\$151	1428110
Jul 29-Aug 2	\$151	1428111
Aug 12-16	\$151	1428113
Aug 19-23	\$151	1428114
15-40 years	Tue.-Fri.	10 am-3 pm
Jul 2-5	\$135.75	1428107
Aug 6-9	\$135.75	1428112

Hintonburg's Youth Experience – Pre/PostCare

Youth must be ambulatory for this pre and post care service. Pick-up and drop-off will be at Hintonburg Community Centre. For the out trips, bussing will be with O.C. Transpo accompanied by program staff. Youth may need to provide their own bus tickets.

Hintonburg – 613-798-8874

15-40 years	Mon.-Fri.	9-10 am
Jul 8-12	\$45	1428116
Jul 15-19	\$45	1428117
Jul 22-26	\$45	1428118
Jul 29-Aug 2	\$45	1428119
Aug 12-16	\$45	1428121
Aug 19-23	\$45	1428122
15-40 years	Tue.-Fri.	9-10 am
Jul 2-5	\$35.75	1428115
Aug 6-9	\$35.75	1428120

Rock, Rattle and Roll – Child

A fun summer camp for individuals requiring physical and or medical support. Participants may be required to bring a support person.

Jack Purcell – 613-580-2424 ext. 29320

6-15 years	Mon.-Fri.	9 am-5 pm
Jul 8-12		

Ron Kolbus Lakeside – 613-580-2424 ext. 29320

6-15 years	Mon.-Fri.	9 am-5 pm
Jul 22-26		

Rock, Rattle and Roll – Youth/Adult

A fun summer camp for individuals requiring physical and or medical support. Participants may be required to bring a support person.

Jack Purcell – 613-580-2424 ext. 29320

16-35 years	Tue.-Fri.	9 am-5 pm
Jul 2-5		

Ron Kolbus Lakeside– 613-580-2424 ext. 29320

16-35 years	Mon.-Fri.	9 am-5 pm
Jul 15-19		

Summer Sizzler – Youth

This is an interactive summer camp for individuals with developmental disabilities. Participants will be encouraged to plan a variety of activities; sports, games, cooking and crafts. An intake meeting is required prior to the start of program for new participants.

Earl Armstrong Arena – 613-325-6704

13-17 years	Mon.-Fri.	9 am-3 pm
Aug 6-9	\$141	1438820
Aug 12-16	\$176	1438850

Jack Donahue School – 613-580-2424 ext. 41226

13-17 years	Mon.-Fri.	9 am-3 pm
Aug 6-9	\$141	1467395
Aug 12-16	\$176	1467397

Summer Sizzler – Adult

This is an interactive summer camp for individuals with developmental disabilities. Participants will be encouraged to plan a variety of activities; sports, games, cooking and crafts. An intake meeting is required prior to the start of program for new participants.

Earl Armstrong Arena – 613-325-6704

18-45 years	Mon.-Fri.	9 am-3 pm
Jul 8-12	\$176	1438774
Jul 15-19	\$176	1438781
Jul 22-26	\$176	1438790
Jul 29-Aug 2	\$176	1438794

Jack Donahue School – 613-580-2424 ext. 41226 101 Penrith

18-45 years	Mon.-Fri.	9 am-3 pm
Jul 8-12	\$176	1467369
Jul 15-19	\$176	1467379
Jul 22-26	\$176	1467382
Jul 29-Aug 2	\$176	1467383

McNabb – 613-580-2424 ext. 29292

18-45 years	Mon.-Fri.	8:30 am-2:30 pm
Jul 2-5	\$141	1431195
Jul 8-12	\$176	1431199
Jul 15-19	\$176	1431200
Jul 22-26	\$176	1431202

