



Inclusive Recreation

Recreation eGuide

Spring and Summer 2018

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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
Apr 7-Jun 16	\$112.25	1139945

Children

Camp Fair

Don't be disappointed! Join us for the Inclusive Recreation (Special Needs) Camp Fair on February 25, 2018 at the Jim Durrell Arena, located at **1265 Walkley Road (613-247-4811) from 10:00 am- 3:00 pm.**

Secure your child's spot in Shared Care. Support will be offered for 2 weeks at the camp location of your choice. Come and learn more about which camp may best meet your child's needs. Camp participation criteria must be met in order to secure your child's spot in Shared Care. City of Ottawa Inclusive Recreation (Special Needs) staff will be on site to answer questions.

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 support services will be offered.

The City of Ottawa has invited over 40 specialized camps to this event, including some residential camps and several social services.

For program information and information on this event, please call Christina McCormick at **613-580-2424, extension 29291.**

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. **New for 2018** – 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 2 and August 6.
- 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

Richelieu-Vanier – 613-580-2424 ext. 29292

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 9-13	1153385	
Jul 16-20	1153393	
Jul 23-27	1153399	
Jul 30-Aug 3	1153402	
Aug 13-17	1153410	
Aug 20-24	1153412	
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Jul 3-6	1153382	
Aug 7-10	1153406	

East

Richelieu-Vanier – 613-325-6704

6-12 years	Mon.-Fri.	8:30 am-2:30 pm
Jul 9-13	1161885	
Jul 16-20	1161887	
Jul 23-27	1161892	
Jul 30-Aug 3	1161896	
Aug 13-17	1161902	
Aug 20-24	1161906	
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Jul 3-6	1161881	
Aug 7-10	1161898	

South

Richelieu-Vanier – 613-580-2424 ext. 29291

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 9-13	1159237	
Jul 16-20	1159262	
Jul 23-27	1159266	
Jul 30-Aug 3	1159271	
Aug 13-17	1159283	
Aug 20-24	1159292	
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Jul 3-6	1157549	
Aug 7-10	1159278	

West

Richelieu-Vanier – 613-580-2424 ext. 41226

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 9-13	1155039	
Jul 16-20	1155041	
Jul 23-27	1155044	
Jul 30-Aug 3	1155045	
Aug 13-17	1155048	
Aug 20-24	1155050	
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Jul 3-6	1155034	
Aug 7-10	1155046	

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	Thu.	6:30-7:15 pm
Mar 22-Jun 21	\$208.50	1148884
5-14 years	Thu.	7:15-8 pm
Mar 22-Jun 21	\$208.50	1148886

Brewer Pool – 613-247-4938

5-14 years	Sat.	12:15-1 pm
Apr 14-Jun 23	\$163.75	1151795
Apr 14-Jun 23	\$163.75	1151796
Apr 14-Jun 23	\$163.75	1151797

Katimavik – 613-591-9283

5-14 years	Mon.	5:30-6:15 pm
Jul 9-Aug 13	\$74.50	1146602
Jul 9-Aug 13	\$74.50	1164107
5-14 years	Wed.	5:30-6:15 pm
Jul 4-Aug 15	\$104.25	1146606
Jul 4-Aug 15	\$104.25	1164108

Pinecrest – 613-828-3118

5-14 years	Sat.	10:45-11:30 am
Mar 24-Jun 9	\$149	1147612
Mar 24-Jun 9	\$149	1147615
Mar 24-Jun 9	\$149	1147617
5-14 years	Sun.	9:45-10:30 am
Mar 25-Jun 10	\$149	1161502
Mar 25-Jun 10	\$149	1161508

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 – 613-591-9283

2-12 years	Sun.	8:45-9:45 am
Apr 15-Jun 17	\$153	1146579

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
Apr 7-Jun 16	\$112.25	1139947

Minto-Barrhaven – 613-727-2683

5-12 years	Sun.	9:55-10:55 am
Apr 8-Jun 17	\$132	1145432
5-12 years	Sun.	11 am-noon
Apr 8-Jun 17	\$132	1145435
5-12 years	Sun.	12:05-1:05 pm
Apr 8-Jun 17	\$132	1145436

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.

Pinecrest Park – 613-580-2424 ext. 41226

7-12 years	Sat.	10-11 am
Jun 2-Jul 21	\$160	1159866

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 15-Jun 3	\$88.75	1161706

Rock, Rattle and Roll

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	Tue.-Fri.	9 am-5 pm
Jul 3-6	\$193.50	1162469

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

6-15 years	Mon.-Fri.	9 am-5 pm
Jul 16-20	\$241.25	1162531
Jul 30-Aug 3	\$241.25	1162534

SNAP

Therapeutic recreation program for children with a diagnosis of Autism Spectrum Disorder. Includes a leisure swim, a fitness component and recreational activities to build on communication, socialization and gross motor skills. An intake meeting is required prior to the start of program for new participants.

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

8-12 years	Mon.-Fri.	8:30 am-4:30 pm
Aug 13-17	\$284.50	1160089
Aug 20-24	\$284.50	1160094

Social Play

Recreational games and physical activity for children with a diagnosis of autism spectrum disorder. Interact with peers in group activity. For children 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
Apr 14-Jun 9	\$152.75	1158537

Spirit

This is a therapeutic recreation program for children who are medically fragile/technologically dependent.

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

7-18 years	Sat.	9:30 am-3:30 pm
Mar 18-Jun 3	\$45	
7-18 years	Tue.-Fri.	9 am-4 pm
Aug 7-10	\$42	

Walter Baker – 613-580-2424 ext. 29320

7-18 years	Sun.	9:30 am-3:30 pm
Mar 18-Jun 3	\$45	
7-18 years	Mon.-Fri.	9 am-4 pm
Aug 13-17	\$45	
Aug 20-24	\$45	



Youth

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Experience Adventures Camp

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

Hintonburg – 613-798-8874

15-40 years	Mon.-Fri.	10 am-3 pm
Jul 9-13	\$148	1149437
Jul 16-20	\$148	1149438
Jul 23-27	\$148	1149439
Jul 30-Aug 3	\$148	1149440
Aug 13-17	\$148	1149442
Aug 20-24	\$148	1149443
15-40 years	Tue.-Fri.	10 am-3 pm
Jul 3-6	\$133	1149436
Aug 7-10	\$133	1149441

Hintonburg's Youth Experience – Pre/Post Care

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 9-13	\$44	1149533
Jul 16-20	\$44	1149534
Jul 23-27	\$44	1149535
Jul 30-Aug 3	\$44	1149536
Aug 13-17	\$44	1149538
Aug 20-24	\$44	1149539
15-40 years	Tue.-Fri.	9-10 am
Jul 3-6	\$34.25	1149532
Aug 7-10	\$34.25	1149537

Friday Night Youth

Social program for youth who have disabilities.

Bob MacQuarrie-Orléans – 613-580-9600

15-23 years	Fri.	6-9 pm
Apr 6-Jun 15	\$130	1154304

Hintonburg – 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Apr 6-Jun 1	\$99.25	1149450

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.

Pinecrest Park –

613-580-2424 ext. 41226

13-17 years	Sat.	11 am-noon
Jun 2-Jul 21	\$160	1159884

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
Apr 14-Jun 9	\$152.75	1159781

Sports Club

Come have fun learning how to play all sorts of different kinds of sports. For youth and young adults with a developmental disability. Participants must be mobile and be able to work in a 1:5 staff client ratio. Participants must complete an intake a minimum of 2 weeks prior to the start of program.

Hintonburg – 613-798-8874

15-40 years	Thu.	6:30-8 pm
Apr 5-May 24	\$97.25	1150183

Summer Sizzler

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.

Cairine Wilson School – 613-325-6704 975 Orléans

13-17 years	Mon.-Fri.	9 am-3 pm
Jul 30-Aug 3	\$172.50	1161837
13-17 years	Tue.-Fri.	9 am-3 pm
Aug 7-10	\$138	1161843

Routhier – 613-580-2424 ext. 29292

13-17 years	Mon.-Fri.	9 am-3 pm
Jul 30-Aug 3	\$172.50	1160064
13-17 years	Tue.-Fri.	9 am-3 pm
Aug 7-10	\$138	1160066

Southpointe – 613-580-2424 ext. 29291

13-17 years	Mon.-Fri.	9 am-3 pm
Jul 30-Aug 3	\$172.50	1159402
13-17 years	Tue.-Fri.	9 am-3 pm
Aug 7-10	\$138	1159431

Walter Baker – 613-580-2424 ext. 41226

13-17 years	Mon.-Fri.	9 am-3 pm
Jul 30-Aug 3	\$172.50	1160052
13-17 years	Tue.-Fri.	9 am-3 pm
Aug 7-10	\$138	1160058

Yoga

A yoga class for youth and adults who have disabilities.

Hintonburg – 613-798-8874

15-40 years	Sat.	10-11 am
Apr 7-Jun 2	\$97.25	1149445

Adult

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Acquired Brain Injury

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

19-85 years Mon.-Fri. 9 am-3 pm
Mar 19-Jun 11

Alumni in Motion

Social recreational program for young adults with a physical disability.

Hintonburg – 613-798-8874

19-40 years Fri. 6:30-9:30 pm
Apr 6-Jun 1 \$99.25 [1149451](#)

Alumni Ventures

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

Hintonburg – 613-798-8874

19-40 years Fri. 6:30-9:30 pm
Apr 6-Jun 1 \$99.25 [1149453](#)

Aqua Fitness

An aquafit program designed for individuals with a developmental disability.

Jack Purcell – 613-564-1050

18+ years Mon. 9:15-10:15 am
Apr 23-Jun 25 \$118.75 [1146201](#)



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 4-May 23 \$160 [1149448](#)

Arts Centre Black Box Theatre

Explore the world of theatre for youth/young adults with special needs. 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
Apr 15-Jun 10 \$176 [1162447](#)

Cardio Pump

Group fitness class for adults with developmental disabilities. Activities include basic aerobic choreography, circuit workouts and 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.

Pincrest – 613-828-3118

16+ years Fri. 6-7 pm
Apr 6-Jun 22 \$165 [1165094](#)

Friday Night Two

Social program for adults who have disabilities.

Bob MacQuarrie-Orléans – 613-580-9600

23-40 years Fri. 6-9 pm
Apr 6-Jun 15 \$130 [1154305](#)

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 10-May 29 \$146 [1157419](#)

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 3-May 22 \$99.25 [1149444](#)

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
Mar 28-Jun 13 \$98 [1143926](#)

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 15-Jun 3 \$100.50 [1153865](#)

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 3-May 22 \$99.25 [1149447](#)

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
Mar 27-Jun 12 \$98 [1143932](#)



Rock, Rattle and Roll

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 Mon.-Fri. 9 am-5 pm
Jul 9-13 \$193.50 [1162760](#)

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

16-35 years Mon.-Fri. 9 am-5 pm
Jul 23-27 \$241.25 [1162768](#)

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
Apr 7-Jun 16 \$125 [1146196](#)

Spring 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

18+ years	Thu.	6-8:30 pm
Apr 12-Jun 14	\$143.75	1143938

Summer in the City

A summer day program for adults with multiple physical disabilities. The program includes outings within the city and a weekly bus trip to outlying areas.

Jack Purcell – 613-564-1050

35+ years	Mon.-Fri.	10 am-3 pm
Jul 30-Aug 3	\$145	
Aug 13-17	\$145	
Aug 20-24	\$145	
35+ years	Tue.-Fri.	10 am-3 pm
Aug 7-10	\$116	

Summer Sizzler

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.

Cairine Wilson School – 613-325-6704 975 Orléans

18-45 years	Tue.-Fri.	8:30 am-2:30 pm
Jul 3-6	\$138	1159056
18-45 years	Mon.-Fri.	8:30 am-2:30 pm
Jul 9-13	\$172.50	1159068
Jul 16-20	\$172.50	1161825
Jul 23-27	\$172.50	1161831

Routhier – 613-580-2424 ext. 29292

18-45 years	Tue.-Fri.	8:30 am-2:30 pm
Jul 3-6	\$138	1153485
18-45 years	Mon.-Fri.	8:30 am-2:30 pm
Jul 9-13	\$172.50	1153492
Jul 16-20	\$172.50	1153496
Jul 23-27	\$172.50	1153498

Tom Brown Arena – 613-580-2424 ext. 29291

18-45 years	Tue.-Fri.	8:30 am-2:30 pm
Jul 3- 6	\$138	1159329
18-45 years	Mon.-Fri.	8:30 am-2:30 pm
Jul 9-13	\$172.50	1159352
Jul 16-20	\$172.50	1159362
Jul 23-27	\$172.50	1159368

Walter Baker – 613-580-2424 ext. 41226

18-45 years	Tue.-Fri.	8:30 am-2:30 pm
Jul 3- 6	\$138	1155198
18-45 years	Mon.-Fri.	8:30 am-2:30 pm
Jul 9-13	\$172.50	1155203
Jul 16-20	\$172.50	1155206
Jul 23-27	\$172.50	1155207

Swim for Persons with a Disability

Designated swim for youth and adult participants with a long-term disability. Swim is free of charge for qualifying participants upon completion of a participant information form. If assistance is required in the change room, participants must bring an attendant.

Jack Purcell – 613-564-1050

18+ years	Mon., Wed., Fri.	10:30 am-noon
Thu.	7-8 pm	
Ongoing	Free	

The Art Thing

An art program for people with disabilities.

Jack Purcell – 613-564-1050

18+ years	Mon.	1-3 pm
Mar 26-Jun 11	\$97	1143957

Thursday Nights Rock

Social/recreation program for adults who have disabilities

Hintonburg – 613-798-8874

19-64 years	Thu.	6-9 pm
Apr 5-May 24	\$99.25	1149449

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 6-Jun 22	\$98	1143940

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 – 613-325-6704

21-55 years	Mon.-Fri.	9 am-3 pm
Mar 19-Jun 29		

Carleton Heights – 613-580-2424 ext. 29291

21-55 years	Mon.-Fri.	8:30 am-2:30 pm
Mar 19-Jun 29		

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

21-55 years	Mon.-Fri.	9 am-3 pm
Mar 19-Jun 29		

Routhier – 613-580-2424 ext. 29292

21-55 years	Mon.-Fri.	8:30 am-2:30 pm
Mar 19-Jun 29		

Walter Baker – 613-580-2424 ext. 41226

21-55 years	Mon.-Fri.	9 am-3 pm
Mar 19-Jun 29		

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
Mar 26-Jun 25	\$98	1143943

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 4-May 23	\$99.25	1149454

