



Fall  
2022

Classes and  
activities for

# Inclusive Recreation

Recreation eGuide

## Table of Contents

Children.....	3
Youth.....	4
Adults.....	5
Adults 50+ .....	8
Français.....	9



[Jobs and volunteering](#)

[Financial support](#)

[Facilities](#)



## New registration system coming soon

Online registration for Winter 2023 programs will look a bit different and have a few improvements. The new system will allow you to browse and filter program offerings, create a wishlist in advance, and improve wait times on registration nights.

### Prepare for a smooth transition:

- Confirm your contact information is up to date by checking your online account or speaking with customer service staff next time you're in the facility.
- Subscribe to the [DiscoverRec e-newsletter](#). You'll receive instructions when it's time to create or access your new account.

# Children

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## Inclusive Swim Kids 1 (6-8 years)

Swim lessons for children with developmental or cognitive disabilities. Builds on motor skills, communication, socialization, and survival skills in an aquatic environment. Two weeks prior to participation and on a yearly basis, participants must complete the following enrolment form with appendix A, Inclusive Recreation intake form and in-water assessment. Parents are required to remain on site for the duration of the lesson.

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

6-8 years	Mon.	4-4:30 pm
Sep 26-Dec 12	\$167.75	<a href="#">1629377</a>
6-8 years	Tue.	6:30-7 pm
Sep 27-Dec 13	\$183	<a href="#">1629378</a>
6-8 years	Sat.	11:15-11:45 am
Oct 1-Dec 17	\$167.75	<a href="#">1634431</a>

### Pinecrest – 613-580-9676

6-8 years	Sun.	9-9:30 am
Sep 11-Dec 18	\$213.50	<a href="#">1634638</a>

## Inclusive Swim Kids 2 (6-8 years)

Swim lessons for children with developmental or cognitive disabilities. Builds on swimming skills, motor skills, communication, socialization, and survival skills in an aquatic environment. Two weeks prior to participation and on a yearly basis, participants must complete the following enrolment form with appendix A, Inclusive Recreation intake form and in-water assessment. Parents are required to remain on site for the duration of the lesson. Completion of Inclusive SK 1 is required.

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

6-8 years	Sun.	12:45-1:15 pm
Oct 2-Dec 18	\$167.75	<a href="#">1629381</a>

### Pinecrest – 613-580-9676

6-8 years	Sun.	9-9:30 am
Sep 11-Dec 18	\$213.50	<a href="#">1634640</a>

## Inclusive Swim Kids 1 (9-12years)

Swim lessons for children with developmental or cognitive disabilities. Builds on motor skills, communication, socialization, and survival skills in an aquatic environment. Two weeks prior to participation and on a yearly basis, participants must complete the following enrolment form with appendix A, Inclusive Recreation intake form and in-water assessment. Parents are required to remain on site for the duration of the lesson.

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

9-12 years	Sun.	9-9:30 am
Oct 2-Dec 18	\$167.75	<a href="#">1629380</a>

### Pinecrest – 613-580-9676

9-12 years	Sun.	9:30-10 am
Sep 11-Dec 18	\$213.50	<a href="#">1634639</a>

## Inclusive Swim Kids (9-12 years)

Swim lessons for children with developmental or cognitive disabilities. Builds on swimming skills, motor skills, communication, socialization, and survival skills in an aquatic environment. Two weeks prior to participation and on a yearly basis, participants must complete the following enrolment form with appendix A, Inclusive Recreation intake form and in-water assessment. Parents are required to remain on site for the duration of the lesson. Completion of Inclusive SK 1 is required.

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

9-12 years	Sat.	12:30-1 pm
Oct 1-Dec 17	\$167.75	<a href="#">1629379</a>

### Pinecrest – 613-580-9676

9-12 years	Sun.	9:30-10 am
Sep 11-Dec 18	\$213.50	<a href="#">1634641</a>

## 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.

### CardelRec (Goulbourn) – 613-580-2854

7-12 years	Sat.	3:30-4:30 pm
Oct 22-Dec 10	\$176.50	<a href="#">1630672</a>
13-14 years	Sat.	4:45-5:45 pm
Oct 22-Dec 10	\$176.50	<a href="#">1630681</a>

## Spirit

The City of Ottawa and Children's Hospital of Eastern Ontario offer this therapeutic recreation program for children who are medically fragile/technologically dependent. Referrals are made through the Children's Hospital of Eastern Ontario.

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

7-18 years	Sat.	9:30 am-3:30 pm
Sep 10-Jun 17	\$118	

### Walter Baker – 613-580-2424 ext. 29320

7-18 years	Sat.	9:30 am-3:30 pm
Sep 17-Jun 10	\$118	

# Youth

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## Friday Night Youth

A social recreational program for youth with multiple disabilities. Participants must be able to self-propel and toilet independently. An intake meeting is required prior to the start of program for new participants.

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

15-21 years	Fri.	6-9 pm
Oct 14-Dec 16	\$146.50	<a href="#">1633545</a>

### Hintonburg – 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Oct 14-Dec 9	\$117.25	<a href="#">1628886</a>

## 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.

### CardelRec Complex (Goulbourn) – 613-580-2854

15-17 years	Sat.	4:45-5:45 pm
Oct 22-Dec 10	\$176.50	<a href="#">1630696</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	Fri.	6:30-8 pm
Oct 14-Dec 2	\$170.25	<a href="#">1632425</a>

## Yoga

A yoga class for youth and adults who have disabilities. Participants must be able to self-propel and toilet independently. An intake meeting is required prior to the start of program for new participants.

### Hintonburg – 613-798-8874

15-55 years	Sat.	10-11 am
Oct 15-Dec 3	\$117.25	<a href="#">1628898</a>

## Creepy Craft Workshop

Halloween Craft Workshop for youth and young adults with disabilities. Participants must be able to work in a 1:5 ratio.

### Hintonburg – 613-798-8874

15-55 years	Sat.	11 am-12:30 pm
Oct 29	\$45	<a href="#">1629512</a>

## Winter Wonderland Workshop

Christmas craft workshop for youth and young adults with disabilities. Participants must be able to work in a 1:5 ratio.

### Hintonburg – 613-798-8874

15-55 years	Sat.	11 am-12:30 pm
Dec 3	\$45	<a href="#">1629517</a>

# Adults

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## Acquired Brain Injury Link

The City of Ottawa and Ontario Health offer this goal oriented, therapeutic recreation day program. This program focuses on developing skills needed for independent leisure involvement, connecting with community resources, and improving overall quality of life. Programming includes a fitness component and the opportunity to meet 1:1 with a Recreation Therapist bi-weekly.

### St. Luke's Park – 613-580-2424 ext. 29320

19-80 years	Mon.	10 am-2 pm
Aug 29-Jun 19		
19-80 years	Wed.	10 am-2 pm
Aug 31-Jun 21		
19-80 years	Thu.	10 am-2 pm
Sep 1-Jun 22		

## Acquired Brain Injury Program

The City of Ottawa and the Champlain Local Health Integration Network (LHIN) offer this therapeutic recreation and life skills program for adults with acquired brain injuries. Participants maintain and improve functional, physical, cognitive, and social skills through leisure exploration and participation. Aquafit and fitness classes available.

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

19-80 years	Mon.	9 am-3 pm
Aug 29-Jun 19		
19-80 years	Tue.	9 am-3 pm
Aug 30-Jun 20		

19-80 years	Wed.	9 am-3 pm
Aug 31-Jun 21		<a href="#">1632337</a>
19-80 years	Thu.	9 am-3 pm
Sep 1-Jun 22		<a href="#">1632341</a>
19-80 years	Fri.	9 am-3 pm
Sep 2-Jun 23		<a href="#">1632345</a>

## Alumni in Motion

A social recreational program for young adults with a physical disability. Participants must be able to self-propel and toilet independently. An intake meeting is required prior to the start of program for new participants.

### Hintonburg – 613-798-8874

19-55 years	Fri.	6:30-9:30 pm
Oct 14-Dec 9		<a href="#">1628895</a>

## Alumni Ventures

A social recreational program for young adults with a developmental disability who are ambulatory. Participants must be able to toilet independently. An intake meeting is required prior to the start of program for new participants.

### Hintonburg – 613-798-8874

19-55 years	Fri.	6:30-9:30 pm
Oct 14-Dec 9		<a href="#">1628892</a>

## Bollywood

Learn to move to the Bollywood beat; a modern East Indian style of dance that will have your hips moving. Discover basic hip, leg and upper body choreography while you experience the wonders of middle eastern glamour. Clients must be able to work in a 1:5 ratio.

### Hintonburg – 613-798-8874

15-55 years	Thu.	7-8 pm
Oct 13-Dec 1		<a href="#">1628913</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.

### Pinecrest – 613-580-9676

18+ years	Fri.	6-7 pm
Oct 14-Dec 16		<a href="#">\$142.50</a> <a href="#">1633865</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

35-80 years	Thu.	6-8:30 pm
Oct 6-Nov 24		<a href="#">\$144</a> <a href="#">1631637</a>

## Friday Night Two

A social recreational program for youth with multiple disabilities. Participants must be able to self-propel and toilet independently. An intake meeting is required prior to the start of program for new participants.

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

26-40 years	Fri.	6-9 pm
Oct 14-Dec 16		<a href="#">\$154.50</a> <a href="#">1633564</a>

## Friends for Fun

A 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 11-Nov 29		<a href="#">\$152.50</a> <a href="#">1632424</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

18-99 years Tue. 1:15-2:15 pm  
 Sep 27-Nov 29 \$111.50 [1631599](tel:1631599)



## The Art Thing

An art program for people with disabilities.

### Hintonburg – 613-798-8874

15-55 years Wed. 5:30-7 pm  
 Oct 12-Nov 30 \$146.50 [1628910](tel:1628910)

## Thursday Nights Rock

A social recreational program for adults with multiple disabilities. Participants must be able to self-propel and toilet independently. An intake meeting is required prior to the start of program for new participants.

### Hintonburg – 613-798-8874

19-55 years Thu. 6-9 pm  
 Oct 13-Dec 1 \$117.25 [1628918](tel:1628918)

## 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

18-99 years Fri. 5:45-6:45 pm  
 Sep 23-Dec 2 \$111.50 [1631603](tel:1631603)

## 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 – 613-580-2424 ext. 29300

21-55 years Mon. 9 am-3 pm  
 Aug 29-Jun 19  
 21-55 years Mon.-Fri. 9 am-3 pm  
 Aug 29-Jun 23  
 21-55 years Tue. 9 am-3 pm  
 Aug 30-Jun 20  
 21-55 years Wed. 9 am-3 pm  
 Aug 31-Jun 21  
 21-55 years Thu. 9 am-3 pm  
 Sep 1-Jun 22  
 21-55 years Fri. 9 am-3 pm  
 Sep 2-Jun 23

### Carleton Heights – 613-580-2424 ext. 29291

21-55 years Mon. 8:30 am-2:30 pm  
 Aug 29-Jun 19  
 21-55 years Mon.-Fri. 8:30 am-2:30 pm  
 Aug 29-Jun 23  
 21-55 years Tue. 8:30 am-2:30 pm  
 Aug 30-Jun 20  
 21-55 years Wed. 8:30 am-2:30 pm  
 Aug 31-Jun 21  
 21-55 years Thu. 8:30 am-2:30 pm  
 Sep 1-Jun 22  
 21-55 years Fri. 8:30 am-2:30 pm  
 Sep 2-Jun 23

### Hintonburg – 613-580-2424 ext. 29292

21-55 years Mon. 8:30 am-2:30 pm  
 Aug 29-Jun 19  
 21-55 years Mon.-Fri. 8:30 am-2:30 pm  
 Aug 29-Jun 23  
 21-55 years Tue. 8:30 am-2:30 pm  
 Aug 30-Jun 20  
 21-55 years Wed. 8:30 am-2:30 pm  
 Aug 31-Jun 21  
 21-55 years Thu. 8:30 am-2:30 pm  
 Sep 1-Jun 22  
 21-55 years Fri. 8:30 am-2:30 pm  
 Sep 2-Jun 23

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

21-55 years Mon. 8:30 am-2:30 pm  
 Aug 29-Jun 19  
 21-55 years Mon.-Fri. 8:30 am-2:30 pm  
 Aug 29-Jun 23  
 21-55 years Tue. 8:30 am-2:30 pm  
 Aug 30-Jun 20  
 21-55 years Wed. 8:30 am-2:30 pm  
 Aug 31-Jun 21  
 21-55 years Thu. 8:30 am-2:30 pm  
 Sep 1-Jun 22  
 21-55 years Fri. 8:30 am-2:30 pm  
 Sep 2-Jun 23

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

21-55 years Mon. 9 am-3 pm  
 Aug 29-Jun 19  
 21-55 years Mon.-Fri. 9 am-3 pm  
 Aug 29-Jun 23  
 21-55 years Tue. 9 am-3 pm  
 Aug 30-Jun 20  
 21-55 years Wed. 9 am-3 pm  
 Aug 31-Jun 21  
 21-55 years Thu. 9 am-3 pm  
 Sep 1-Jun 22  
 21-55 years Fri. 9 am-3 pm  
 Sep 2-Jun 23

# Adults

## 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**

15-55 years	Wed.	7:15-8:15 pm
Oct 12-Nov 30	\$117.25	<a href="#">1628903</a>

# Adults 50+

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## Fitness

Low ratio instruction in a group setting using senior friendly fitness equipment. This modified fitness program is suitable for post stroke, post physio and post-surgery. Participants must be able to work in a 1-8 staff client staff ratio. First time fitness assessment mandatory.

### Churchill Seniors – 613-798-8927

50+ years	Tue.	10:45-11:45 am
Sep 6-Oct 25	\$89.25	<a href="#">1630360</a>
Nov 1-Dec 13	\$78	<a href="#">1630378</a>
50+ years	Thu.	10:45-11:45 am
Sep 8-Oct 27	\$89.25	<a href="#">1630361</a>
Nov 3-Dec 15	\$78	<a href="#">1630381</a>

## Timeless Originals Social Club

Come and join our Timeless Originals Social Club for seniors with developmental and/or physical disabilities.

Our focus is to provide new and exciting activities such as, creative arts, fitness, interesting excursions and special events. Participants must be able to self propel, feed and toilet independently.

### Hintonburg – 613-798-8874

55+ years	Wed.	1-3 pm
Oct 12-Nov 30	N/A	<a href="#">1632969</a>



# Français

## Rendez-vous annuel

Un Programme de jour de loisirs thérapeutiques pour adultes ayant une déficience intellectuelle. Les participants profitent de divers programmes sociaux et récréatifs. Ils doivent être aiguillés par les Services de l'Ontario pour les personnes ayant une déficience intellectuelle.

### **Ray-Friel – 613-580-2424 poste 29300**

21-55 ans	lun.	8 h 30-14 h 30
29 août-19 juin		
21-55 ans	lun.-ven.	8 h 30-14 h 30
29 août-23 juin		
21-55 ans	mar.	8 h 30-14 h 30
30 août-20 juin		
21-55 ans	mer.	8 h 30-14 h 30
31 août-21 juin		
21-55 ans	jeu.	8 h 30-14 h 30
1 sept.-22 juin		
21-55 ans	ven.	8 h 30-14 h 30
2 sept.-23 juin		