



Spring  
2022

Classes and  
activities for

# Inclusive Recreation

Recreation eGuide

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# Children

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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.

## 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 – 613-580-2400**

7-12 years	Sat.	10-11 am
Apr 23-Jun 18	\$176.50	<a href="#">1610711</a>

# Youth

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.

## Friday Night

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

15-25 years	Fri.	6-9 pm
Mar 25-Jun 17	\$172.50	<a href="#">1612321</a>

### Hintonburg – 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Apr 1-Jun 3	\$117.25	<a href="#">1614075</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.

### Pinecrest Park – 613-580-2400

13-17 years	Sat.	11 am-noon
Apr 23-Jun 18	\$176.50	<a href="#">1610713</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 – 613-580-9696

13-17 years	Fri.	6:30-8 pm
Apr 22-Jun 17	\$170.25	<a href="#">1610716</a>

## Yoga

A yoga class for youth and adults who have disabilities.

### Hintonburg – 613-798-8874

15-55 years	Sat.	10-11 am
Apr 2-Jun 4	\$117.25	<a href="#">1614078</a>

# Adult

Schedules and fees may be subject to change. Fees include HST.

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

## 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
Apr 1-Jun 3	\$117.25	<a href="#">1614077</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
Apr 1-Jun 3	\$117.25	<a href="#">1614076</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

16+ years	Fri.	6-7 pm
Apr 1-May 27	\$125	<a href="#">1609210</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
Mar 25-Jun 17	\$172.50	<a href="#">1612324</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 – 613-580-2788

21-55 years	Tue.	7-9 pm
Apr 19-Jun 7	\$152.50	<a href="#">1610719</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
Apr 6-Jun 8	\$93	<a href="#">1612779</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.	1:15-2:15 pm
Apr 5-Jun 7	\$93	<a href="#">1612780</a>



## 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

35-99 years	Thu.	6-8:30 pm
Apr 21-Jun 9	\$144	<a href="#">1612861</a>

## The Art Thing

An art program for people with disabilities.

### Hintonburg – 613-798-8874

15-55 years	Wed.	5:30-7 pm
Apr 6-May 25	\$163.25	<a href="#">1614081</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.	5:45-6:45 pm
Apr 8-Jun 17	\$93	<a href="#">1612781</a>

## Yoga

Ease tension and stress through supported yoga postures, relaxation, and breath awareness. This class is conducted in a seated position. No prior yoga experience is necessary.

### Jack Purcell – 613-564-1050

18+ years	Mon.	10:15-11:15 am
Apr 4-Jun 20	\$93	<a href="#">1612786</a>

## 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
Apr 6-May 25	\$117.25	<a href="#">1614079</a>