



Summer  
2022

Classes and  
activities for

# Inclusive Recreation

Recreation eGuide

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# Shared Care Descriptions

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Integration support for children with disabilities 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 2022** – Camp participation criteria will be used to determine eligibility for Shared Care support.

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/first-day of camp support services will be offered.

## How to register

1. Determine the camp you would like to register your child in and identify its district location (East/West/South/Central)
2. Pick the weeks of participation (maximum 2 weeks)
3. Register for the 2 weeks of camp.
4. Registration is a two-step process:
  - a. Register and pay for the two weeks of camp using its barcode.
  - b. Also, register under the district's Shared Care barcode (no cost).
5. Please contact the Inclusive Recreation Coordinator for the districts 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 are no camps on July 1 and August 1.
- Participants must register in advance for camps.
- Required forms must 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 be completed are available online or at your recreation facility.

## Program Enrolment Form

Medication Administration Request form – Part 1 for summer camps

Medication Authorization – Part 2 for summer camps

Forms are to be submitted on, or before, the first day of camp. Participants must register in advance for camp programs.

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 in our registration system where you can view additional details.

Starting from the registration date, you can add each program to your cart for easy registration!

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

# Children

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.

## Shared Care Central

Integration program for children with a disability to participate in various day camps, such as swim, sport, adventure, and special Interest. A child can only be registered for up to two weeks of shared care camp. For more information, please contact the Inclusive Recreation Coordinator in your district.

### 613-580-2424 ext. 29292

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 4- 8		<a href="#">1620763</a>
Jul 11-15		<a href="#">1620765</a>
Jul 18-22		<a href="#">1620766</a>
Jul 25-29		<a href="#">1620768</a>
Aug 8-12		<a href="#">1620772</a>
Aug 15-19		<a href="#">1620773</a>
Aug 22-26		<a href="#">1620774</a>
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Aug 2-5		<a href="#">1620771</a>

## Shared Care East

Integration program for children with a disability to participate in various day camps, such as swim, sport, adventure, and special Interest. A child can only be registered for up to two weeks of shared care camp. For more information, please contact the Inclusive Recreation Coordinator in your district.

### 613-580-2424 ext. 29300

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 4- 8		<a href="#">1620827</a>
Jul 11-15		<a href="#">1620830</a>
Jul 18-22		<a href="#">1620832</a>
Jul 25-29		<a href="#">1620834</a>
Aug 8-12		<a href="#">1620839</a>
Aug 15-19		<a href="#">1620842</a>
Aug 22-26		<a href="#">1620844</a>
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Aug 2-5		<a href="#">1620838</a>

## Shared Care South

Integration program for children with a disability to participate in various day camps, such as swim, sport, adventure, and special Interest. A child can only be registered for up to two weeks of shared care camp. For more information, please contact the Inclusive Recreation Coordinator in your district.

### 613-580-2424 ext. 29291

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 4- 8		<a href="#">1620862</a>
Jul 11-15		<a href="#">1620864</a>
Jul 18-22		<a href="#">1620866</a>
Jul 25-29		<a href="#">1620870</a>
Aug 8-12		<a href="#">1620881</a>
Aug 15-19		<a href="#">1620882</a>
Aug 22-26		<a href="#">1620886</a>
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Aug 2-5		<a href="#">1620878</a>

## Shared Care West

Integration program for children with a disability to participate in various day camps, such as swim, sport, adventure, and special Interest. A child can only be registered for up to two weeks of shared care camp. For more information, please contact the Inclusive Recreation Coordinator in your district.

### 613-580-2424 ext. 41226

6-12 years	Mon.-Fri.	8:30 am-4:30 pm
Jul 4- 8		<a href="#">1621385</a>
Jul 11-15		<a href="#">1621387</a>
Jul 18-22		<a href="#">1621389</a>
Jul 25-29		<a href="#">1621391</a>
Aug 8-12		<a href="#">1621398</a>
Aug 15-19		<a href="#">1621403</a>
Aug 22-26		<a href="#">1621406</a>
6-12 years	Tue.-Fri.	8:30 am-4:30 pm
Aug 2-5		<a href="#">1621395</a>

## Camp 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.

### Richelieu-Vanier – 613-580-2424 ext. 29320

7-17 years	Mon.-Fri.	9:30 am-3:30 pm
Jul 11-15	\$54.50	<a href="#">1620633</a>
Jul 25-29	\$54.50	<a href="#">1620642</a>

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

7-17 years	Mon.-Fri.	9:30 am-3:30 pm
Aug 15-19	\$54.50	<a href="#">1620661</a>
7-17 years	Tue.-Fri.	9:30 am-3:30 pm
Aug 2-5	\$43	<a href="#">1620657</a>

# Children

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## Inclusive Swim Kids 1

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	Thu.	5-5:30 pm
Jul 7-Aug 25	\$122	<a href="#">1624102</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.

### **Pinecrest Park – 613-580-2424 ext. 41226**

7-12 years	Sat.	10-11 am
Jul 2-Aug 27	\$176.50	<a href="#">1621436</a>

## 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.

### **Richelieu-Vanier – 613-580-2424 ext. 29320**

18-35 years	Mon.-Fri.	9:30 am-3:30 pm
Jul 18-22		

### **Walter Baker – 613-580-2788**

18-35 years	Mon.-Fri.	9:30 am-3:30 pm
Aug 8-12	\$1239.50	<a href="#">1620699</a>

# Youth

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## 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

15-55 years	Mon.-Fri.	9-10 am
Jul 4- 8	\$47	<a href="#">1620453</a>
Jul 11-15	\$47	<a href="#">1620454</a>
Jul 18-22	\$47	<a href="#">1620455</a>
Jul 25-29	\$47	<a href="#">1620456</a>
Aug 15-19	\$47	<a href="#">1620459</a>
Aug 22-26	\$47	<a href="#">1620460</a>
15-55 years	Tue.-Fri.	9-10 am
Aug 2-5	\$37.50	<a href="#">1620457</a>
Aug 9-12	\$47	<a href="#">1620458</a>

## Camp Experience/Adventures

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

### Hintonburg – 613-798-8874

15-55 years	Mon.-Fri.	10 am-3 pm
Jul 4- 8	\$185	<a href="#">1620445</a>
Jul 11-15	\$185	<a href="#">1620446</a>
Jul 18-22	\$185	<a href="#">1620447</a>
Jul 25-29	\$185	<a href="#">1620448</a>
Aug 15-19	\$185	<a href="#">1620451</a>
Aug 22-26	\$185	<a href="#">1620452</a>
15-55 years	Tue.-Fri.	10 am-3 pm
Aug 2-5	\$148	<a href="#">1620449</a>
Aug 9-12	\$185	<a href="#">1620450</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 – 613-580-2424 ext. 41226

13-17 years	Sat.	11 am-noon
Jul 2-Aug 27	\$176.50	<a href="#">1621468</a>



# Adult

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## Travel Training Adventures

Designed to teach people 18 years of age and older with a developmental disability how to use Ottawa public transit independently. Designed for clients with a higher level of independence, and the overall goal of achieving full independence and integration. Clients must be able to work in a 1:5 ratio.

### Hintonburg – 613-798-8874

18-55 years	Mon.-Fri.	9 am-3 pm
Aug 22-26	\$210	<a href="#">1617387</a>

## Variety Program – Summer Plus

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

### Canterbury – 613-247-4865

18-55 years	Mon.	9 am-3 pm
Jul 4	\$72.75	<a href="#">1622918</a>
Jul 11	\$72.75	<a href="#">1622930</a>
Jul 18	\$72.75	<a href="#">1622937</a>
Jul 25	\$72.75	<a href="#">1622943</a>
18-55 years	Tue.	9 am-3 pm
Jul 5	\$72.75	<a href="#">1622920</a>
Jul 12	\$72.75	<a href="#">1622932</a>
Jul 19	\$72.75	<a href="#">1622938</a>
Jul 26	\$72.75	<a href="#">1622945</a>

18-55 years	Wed.	9 am-3 pm
Jul 6	\$72.75	<a href="#">1622921</a>
Jul 13	\$72.75	<a href="#">1622934</a>
Jul 20	\$72.75	<a href="#">1622939</a>
Jul 27	\$72.75	<a href="#">1622947</a>
18-55 years	Thu.	9 am-3 pm
Jul 7	\$72.75	<a href="#">1622923</a>
Jul 14	\$72.75	<a href="#">1622935</a>
Jul 21	\$72.75	<a href="#">1622941</a>
Jul 28	\$72.75	<a href="#">1622948</a>
18-55 years	Fri.	9 am-3 pm
Jul 8	\$72.75	<a href="#">1622925</a>
Jul 15	\$72.75	<a href="#">1622936</a>
Jul 22	\$72.75	<a href="#">1622942</a>
Jul 29	\$72.75	<a href="#">1622949</a>

### Hintonburg – 613-580-2424 ext. 41226

18-55 years	Mon.	8:30 am-2:30 pm
Jul 4	\$72.75	<a href="#">1621544</a>
Jul 11	\$72.75	<a href="#">1621556</a>
Jul 18	\$72.75	<a href="#">1621572</a>
Jul 25	\$72.75	<a href="#">1621593</a>
18-55 years	Tue.	8:30 am-2:30 pm
Jul 5	\$72.75	<a href="#">1621547</a>
Jul 12	\$72.75	<a href="#">1621559</a>
Jul 19	\$72.75	<a href="#">1621578</a>
Jul 26	\$72.75	<a href="#">1621594</a>
18-55 years	Wed.	8:30 am-2:30 pm
Jul 6	\$72.75	<a href="#">1621549</a>
Jul 13	\$72.75	<a href="#">1621560</a>
Jul 20	\$72.75	<a href="#">1621584</a>
Jul 27	\$72.75	<a href="#">1621597</a>
18-55 years	Thu.	8:30 am-2:30 pm
Jul 7	\$72.75	<a href="#">1621552</a>
Jul 14	\$72.75	<a href="#">1621562</a>
Jul 21	\$72.75	<a href="#">1621586</a>
Jul 28	\$72.75	<a href="#">1621600</a>

18-55 years	Fri.	8:30 am-2:30 pm
Jul 8	\$72.75	<a href="#">1621553</a>
Jul 15	\$72.75	<a href="#">1621566</a>
Jul 22	\$72.75	<a href="#">1621591</a>
Jul 29	\$72.75	<a href="#">1621603</a>

### Kanata – 613-580-2424 ext. 29292

18-55 years	Mon.	8:30 am-2:30 pm
Jul 4	\$72.75	<a href="#">1621747</a>
Jul 11	\$72.75	<a href="#">1621754</a>
Jul 18	\$72.75	<a href="#">1621762</a>
Jul 25	\$72.75	<a href="#">1621784</a>
18-55 years	Tue.	8:30 am-2:30 pm
Jul 5	\$72.75	<a href="#">1621748</a>
Jul 12	\$72.75	<a href="#">1621756</a>
Jul 19	\$72.75	<a href="#">1621765</a>
Jul 26	\$72.75	<a href="#">1621787</a>
18-55 years	Wed.	8:30 am-2:30 pm
Jul 6	\$72.75	<a href="#">1621749</a>
Jul 13	\$72.75	<a href="#">1621757</a>
Jul 20	\$72.75	<a href="#">1621767</a>
Jul 27	\$72.75	<a href="#">1621792</a>
18-55 years	Thu.	8:30 am-2:30 pm
Jul 7	\$72.75	<a href="#">1621750</a>
Jul 14	\$72.75	<a href="#">1621759</a>
Jul 21	\$72.75	<a href="#">1621780</a>
Jul 28	\$72.75	<a href="#">1621795</a>
18-55 years	Fri.	8:30 am-2:30 pm
Jul 8	\$72.75	<a href="#">1621751</a>
Jul 15	\$72.75	<a href="#">1621761</a>
Jul 22	\$72.75	<a href="#">1621782</a>
Jul 29	\$72.75	<a href="#">1621798</a>

# Adult

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## Richelieu-Vanier – 613-580-2424 ext. 29300

18-55 years	Mon.	9 am-3 pm
Jul 4	\$72.75	<a href="#">1623527</a>
Jul 11	\$72.75	<a href="#">1623532</a>
Jul 18	\$72.75	<a href="#">1623537</a>
Jul 25	\$72.75	<a href="#">1623542</a>
18-55 years	Tue.	9 am-3 pm
Jul 5	\$72.75	<a href="#">1623528</a>
Jul 12	\$72.75	<a href="#">1623533</a>
Jul 19	\$72.75	<a href="#">1623538</a>
Jul 26	\$72.75	<a href="#">1623543</a>
18-55 years	Wed.	9 am-3 pm
Jul 6	\$72.75	<a href="#">1623529</a>
Jul 13	\$72.75	<a href="#">1623534</a>
Jul 20	\$72.75	<a href="#">1623539</a>
Jul 27	\$72.75	<a href="#">1623544</a>
18-55 years	Thu.	9 am-3 pm
Jul 7	\$72.75	<a href="#">1623530</a>
Jul 14	\$72.75	<a href="#">1623535</a>
Jul 21	\$72.75	<a href="#">1623540</a>
Jul 28	\$72.75	<a href="#">1623545</a>
18-55 years	Fri.	9 am-3 pm
Jul 8	\$72.75	<a href="#">1623531</a>
Jul 15	\$72.75	<a href="#">1623536</a>
Jul 22	\$72.75	<a href="#">1623541</a>
Jul 29	\$72.75	<a href="#">1623546</a>

## Walter Baker – 613-580-2788

18-55 years	Mon.	9 am-3 pm
Jul 4	\$72.75	<a href="#">1622869</a>
Jul 11	\$72.75	<a href="#">1622881</a>
Jul 18	\$72.75	<a href="#">1622890</a>
Jul 25	\$72.75	<a href="#">1622904</a>
18-55 years	Tue.	9 am-3 pm
Jul 5	\$72.75	<a href="#">1622873</a>
Jul 12	\$72.75	<a href="#">1622882</a>
Jul 19	\$72.75	<a href="#">1622892</a>
Jul 26	\$72.75	<a href="#">1622907</a>
18-55 years	Wed.	9 am-3 pm
Jul 6	\$72.75	<a href="#">1622875</a>
Jul 13	\$72.75	<a href="#">1622884</a>
Jul 20	\$72.75	<a href="#">1622894</a>
Jul 27	\$72.75	<a href="#">1622909</a>
18-55 years	Thu.	9 am-3 pm
Jul 7	\$72.75	<a href="#">1622878</a>
Jul 14	\$72.75	<a href="#">1622886</a>
Jul 21	\$72.75	<a href="#">1622896</a>
Jul 28	\$72.75	<a href="#">1622911</a>
18-55 years	Fri.	9 am-3 pm
Jul 8	\$72.75	<a href="#">1622879</a>
Jul 15	\$72.75	<a href="#">1622888</a>
Jul 22	\$72.75	<a href="#">1622899</a>
Jul 29	\$72.75	<a href="#">1622913</a>

# Adult 50+

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## Integrated

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
Jul 5-Aug 23	\$89.25	<a href="#">1623625</a>