



Winter 2021

Inclusive Recreation

Recreation eGuide

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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.

PA Day Program

This is a Inclusive Recreation - PA Day program. Participants will participate in a Shared Care ratio of 1:1. All children need to be assessed prior to the start of the program, please call the Inclusive Recreation Administrative Clerk at 613-580-2424 ext. 29283.

CardelRec Goulbourn - 613-580-2424 ext. 41226

6-12 years	Fri.	8:30 am-4:30 pm
Jan 22	\$41	1587945
Jan 29	\$41	1587946
Feb 12	\$41	1587947
Apr 23	\$41	1587948
Jun 4	\$41	1587949
Jun 25	\$41	1587950

Greenboro - 613-580-2424 ext. 29291

6-12 years	Fri.	8:30 am-4:30 pm
Jan 22	\$41	1587939
Feb 12	\$41	1587940
Apr 23	\$41	1587941
Jun 4	\$41	1587942

Sandy Hill - 613-580-2424 ext. 29292

6-12 years	Fri.	8:30 am-4:30 pm
Jan 22	\$41	1587931
Feb 12	\$41	1587932
Apr 23	\$41	1587933
Jun 4	\$41	1587934

St-Laurent Complex - 613-580-2424 ext. 29300

6-12 years	Fri.	8:30 am-4:30 pm
Jan 22	\$41	1587935
Feb 12	\$41	1587936
Apr 23	\$41	1587937
Jun 4	\$41	1587938

Inclusive Swim Kids 1 – Parented

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. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30mins.

Bob MacQuarrie - Orléans - 613-580-9600

6-8 years	Mon.	4-4:30 pm
Jan 4-Mar 8	\$134.50	1584455
6-8 years	Fri.	4:15-4:45 pm
Jan 8-Mar 5	\$134.50	1584456
9-12 years	Mon.	4-4:30 pm
Jan 4-Mar 8	\$134.50	1584457
9-12 years	Fri.	4:45-5:15 pm
Jan 8-Mar 5	\$134.50	1584458

Kanata Leisure - 613-580-9677

6-8 years	Sun.	9:30-10 am
Jan 10-Mar 7	\$134.50	1587471
9-12 years	Sun.	9:30-10 am
Jan 10-Mar 7	\$134.50	1587472

Inclusive Swim Kids 2 – Parented

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. Completion of Inclusive SK 1 is required. Due to physical distancing requirements, no hands-on instruction will be completed by swim instructors. Lesson will be 30mins.

Kanata Leisure - 613-580-9677

6-8 years	Sun.	9:30-10 am
Jan 10-Mar 7	\$134.50	1587474
9-12 years	Sun.	9:30-10 am
Jan 10-Mar 7	\$134.50	1587473

Winter Fun

This is an Inclusive Recreation - Winter Break Camp program. Participants will participate in a Shared Care ratio of 1:1. All children need to be assessed prior to the start of the program, please call the Inclusive Recreation Administrative Clerk at 613-580-2424 ext. 29283.

Greenboro - 613-580-2424 ext. 29291

6-12 years	Mon.-Thu.	8:30 am-4:30 pm
Dec 21-24	\$163.25	1587956
Dec 28-31	\$163.25	1587957

Richcraft - 613-580-2424 ext. 41226

6-12 years	Mon.-Thu.	8:30 am-4:30 pm
Dec 21-24	\$175.25	1587954
Dec 28-31	\$175.25	1587955

Sandy Hill - 613-580-2424 ext. 29292

6-12 years	Mon.-Thu.	8:30 am-4:30 pm
Dec 21-24	\$156.00	1587951

St-Laurent Complex - 613-580-2424 ext. 29300

6-12 years	Mon.-Wed.	8:30 am-4:30 pm
Dec 21-24	\$122.50	1587952
Dec 28-31	\$122.50	1587953

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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.

Hintonburg - 613-798-8874

15-25 years	Fri.	6:30-9:30 pm
Jan 22-Feb 12	\$57.50	1587999
Feb 26-Mar 19	\$57.50	1588000

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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

21-50 years	Fri.	6:30-9:30 pm
Jan 22-Feb 12	\$57.50	1588001
Feb 26-Mar 19	\$57.50	1588002

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

21-50 years	Fri.	6:30-9:30 pm
Jan 22-Feb 12	\$57.50	1588003
Feb 26-Mar 19	\$57.50	1588004

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.	1:15-2:15 pm
Jan 13-Mar 17	\$92.50	1587817

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
Jan 19-Mar 23	\$92.50	1587820

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
Jan 22-Mar 26	\$92.50	1587823

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
Jan 18-Mar 22	\$92.50	1587821
18+ years	Fri.	1:15-2:15 pm
Jan 22-Mar 26	\$92.50	1587822