



Winter 2022

Inclusive Recreation

Recreation eGuide

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Inclusive Recreation

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.

Children

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 31-Mar 28	\$119.50	1604651
6-8 years	Fri.	6:45-7:15 pm
Feb 4-Apr 1	\$134.50	1604640
9-12 years	Fri.	7:15-7:45 pm
Feb 4-Apr 1	\$134.50	1607087

Pinecrest - 613-580-9676

6-8 years	Fri.	5:15-5:45 pm
Jan 14-Mar 11	\$134.50	1607115
9-12 years	Fri.	6:45-7:15 pm
Jan 14-Mar 11	\$134.50	1607116

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.

Pinecrest - 613-580-9676

6-8 years	Fri.	5:15-5:45 pm
Jan 14-Mar 11	\$134.50	1607117
9-12 years	Fri.	6:45-7:15 pm
Jan 14-Mar 11	\$134.50	1607118

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) - 613-580-2424 ext 41226

7-12 years	Sat.	3:30-4:30 pm
Jan 15-Mar 5	\$173	1606928

Youth

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

15-21 years	Fri.	6-9 pm
Jan 14-Mar 4	\$115	1606617

Hintonburg - 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Jan 14-Feb 4	\$57.50	1603623
Feb 11-Mar 4	\$57.50	1603624

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 (Goulbourn) - 613-580-2424 ext 41226

13-17 years	Sat.	4:45-5:45 pm
Jan 15-Mar 5	\$173	1606931

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
Jan 14-Mar 4	\$179.25	1606927

Yoga

A yoga class for youth and adults who have disabilities.

Hintonburg - 613-798-8874

15-50 years	Sat.	10-11 am
Jan 15-Mar 5	\$115	1603630

Adult

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

19-50 years	Fri.	6:30-9:30 pm
Jan 14-Feb 4	\$57.50	1603628
Feb 11-Mar 4	\$57.50	1603629

Inclusive Recreation



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 - 613-580-9600

19-85 years	Thu.	9 am-3 pm
Nov 18-Jun 23	\$356.75	1608260
19-85 years	Mon.	9 am-3 pm
Jan 10-Jun 20	\$246	1608261

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

19-50 years	Fri.	6:30-9:30 pm
Jan 14-Feb 4	\$57.50	1603626
Feb 11-Mar 4	\$57.50	1603627

Aqua Fitness

An aquafit program designed for individuals with a developmental disability.

Jack Purcell - 613-564-1050

18+ years	Mon.	9-9:45 am
Jan 10-Apr 11	\$162	1604835

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

15-50 years	Wed.	5:30-7 pm
Jan 12-Feb 2	\$80	1603632
Feb 9-Mar 2	\$80	1603633

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
Jan 14-Mar 11	\$125	1604423

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

23-40 years	Fri.	6-9 pm
Jan 14-Mar 4	\$115	1606618

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 - 613-580-2400 ext 29291

21-55 years	Tue.	7-9 pm
Jan 11-Mar 1	\$149.50	1606919

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 19-Mar 23	\$88.50	1607625

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 18-Mar 22	\$88.50	1607668

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

50+ years	Fri.	5:45-6:45 pm
Jan 21-Mar 25	\$88.50	1607736

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

50+ years	Mon.	10:15-11:15 am
Jan 17-Mar 28	\$88.50	1607723

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

15-50 years	Wed.	7:15-8:15 pm
Jan 12-Mar 2	\$115	1603631

Inclusive Recreation

Adult 50+

Fitness – 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 Recreation Centre - 613-798-8927

50+ years	Tue.	10:45-11:45 am
Jan 4-Mar 8	\$109.25	1603326
50+ years	Fri.	10:45-11:45 am
Jan 7-Mar 11	\$109.25	1603327