



FALL 2019 AND
WINTER 2020

Inclusive Recreation

RECREATION GUIDE

Table of Contents

Preschool	2
Children	2
Youth	5
Adult.....	5



[volunteering](#)



[employment](#)



[fee support](#)



[facilities](#)



Preschool

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.

Gymnastics

Learn basic recreational gymnastics skills on various gymnastics equipment. Intake/assessment required with Inclusive Recreation Unit before participation and re-assessment required on a yearly basis. A support person may be required to attend with your child.

Eva James – 613-580-2442

4-5 years	Sat.	noon-12:45 pm
Sep 28-Dec 7	\$116.50	1507061
Jan 11-Mar 14	\$105	1506194

Children

Gymnastics

Learn basic recreational gymnastics skills on various gymnastics equipment. Intake/assessment required with Inclusive Recreation Unit before participation and re-assessment required on a yearly basis. A support person may be required to attend with your child.

Eva James – 613-580-2442

6-12 years	Sat.	noon-12:45 pm
Sep 28-Dec 7	\$116.50	1507088
Jan 11-Mar 14	\$105	1506208

Minto-Barrhaven – 613-727-2683

5-8 years	Sun.	9:55-10:55 am
Sep 15-Dec 8	\$162.50	1489549
Jan 12-Mar 8	\$108.50	1507021
7-10 years	Sun.	11 am-noon
Sep 15-Dec 8	\$162.50	1489553
Jan 12-Mar 8	\$108.50	1507027

SNAP Junior Gliders

A learn to skate program for children with autism who have some skating experience. Learn correct forward skating and stopping skills. Child must be able to function within a staff to child ratio of 1:3. A CSA approved hockey helmet is mandatory.

Pinecrest – 613-580-2596

6-12 years	Sat.	3-3:50 pm
Oct 19-Dec 14	\$153	1499345
Jan 18-Mar 14	\$153	1499353

Spirit

The City of Ottawa and the Ottawa 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 14-Jun 14	\$117.50	

Walter Baker – 613-580-2424 ext. 29320

7-18 years	Sat.-Sun.	9:30 am-3:30 pm
Sep 14-Jun 14	\$117.50	



Shared Care



Shared Care
Soins partagés

Integration opportunity for children with a special need to participate in various programs, such as After School, P.A. Days and camps. For more information, please contact the Inclusive Recreation Coordinator in your district.

After School Programs

Inclusive Recreation, with funding from the Ministry of Tourism, Culture & Sport, offers integration support in identified After School programs across the city, which promote physical activity, social integration and general well-being. There are multiple locations offering this additional after school support. Children and youth will participate in mainstream after school programs in a Shared Care ratio of 1:3 under the Shared Care model.

After School

Bob MacQuarrie-Orléans – 613-580-2424 ext. 29300

6-12 years Tue.-Fri., Mon. 2:30-5:30 pm
Sep 3-Jun 25 \$1973.75

Bridlewood School – 613-580-2424 ext. 41226

63 Bluegrass

6-12 years Tue.-Fri., Mon. 3-5:30 pm
Sep 3-Jun 25 \$1644.75

Greenboro – 613-580-2424 ext. 29291

6-12 years Tue.-Fri., Mon. 3-6 pm
Sep 3-Jun 25 \$1973.75

Sandy Hill – 613-580-2424 ext. 29292

6-12 years Tue.-Sat., Mon. 2:30-5:30 pm
Sep 3-Jun 25 \$1973.75

Walter Baker – 613-580-2424 ext. 29291

6-12 years Tue.-Fri., Mon. 3-6 pm
Sep 3-Jun 25 \$2138.25

P.A. Day Programs

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.

Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

Greenboro – 613-580-2424 ext. 29291

6-12 years	Fri.	8:30 am-4:30 pm
Oct 11	\$43.50	1503097
Nov 15	\$43.50	1503098
Jan 24	\$43.50	1503100
Feb 14	\$43.50	1503102
Apr 24	\$43.50	1503103
Jun 5	\$43.50	1503104
Jun 26	\$43.50	1503105

Sandy Hill – 613-580-2424 ext. 29292

6-12 years	Fri.	8:30 am-4:30 pm
Oct 11	\$43.50	1503111
Nov 15	\$43.50	1503115
Jan 24	\$43.50	1503116
Feb 14	\$43.50	1503118
Apr 24	\$43.50	1503121
Jun 5	\$43.50	1503122
Jun 26	\$43.50	1503124

Energy & Swim

When school's out, enjoy an action-filled day of activities with cool themes, games and crafts.

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

6-12 years	Fri.	8:30 am-4:30 pm
Oct 11	\$47.25	1503079
Nov 15	\$47.25	1503081
Jan 24	\$47.25	1503082
Feb 14	\$47.25	1503084
Apr 24	\$47.25	1503086
Jun 5	\$47.25	1503088

Swim & Skate

When school's out, enjoy an action-filled day of activities with cool themes, games and crafts.

Bob MacQuarrie-Orléans – 613-580-2424 ext. 29300

6-12 years	Fri.	8:30 am-4:30 pm
Oct 11	\$47.25	1503130
Nov 15	\$47.25	1503132
Jan 24	\$47.25	1503133
Feb 14	\$47.25	1503134
Apr 24	\$47.25	1503135
Jun 5	\$47.25	1503138

Winter Break Camps

Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

Greenboro – 613-580-2424 ext. 29291

6-12 years	Mon., Thu.-Fri.	8:30 am-4:30 pm
Dec 30-Jan 3	\$146.50	1503277

Energy & Swim

When school's out, enjoy an action-filled day of activities with cool themes, games and crafts.

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

6-12 years	Mon.-Tue., Thu.-Fri.	8:30 am-4:30 pm
Dec 30-Jan 3	\$183.75	1503321

Swim & Skate

When school's out, enjoy an action-filled day of activities with cool themes, games and crafts.

Bob MacQuarrie-Orléans – 613-580-2424 ext. 29300

6-12 years	Mon.	8:30 am-4:30 pm
Dec 23	\$47.25	1503225
Dec 30	\$47.25	1503228
6-12 years	Thu.	8:30 am-4:30 pm
Jan 2	\$47.25	1503230
6-12 years	Fri.	8:30 am-4:30 pm
Dec 27	\$47.25	1503227
Jan 3	\$47.25	1503262

Aquatics

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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

6-8 years	Sat.	9-9:30 am
Sep 14-Dec 14	\$195.25	1486774
Jan 4-Mar 21	\$167.50	1486883
6-8 years	Sun.	11-11:30 am
Sep 15-Dec 15	\$195.25	1486777
Jan 5-Mar 22	\$167.50	1486884
6-8 years	Tue.	4-4:30 pm
Sep 17-Dec 17	\$195.25	1486770
6-8 years	Thu.	6:30-7 pm
Sep 19-Dec 19	\$195.25	1486772
6-8 years	Tue.	5-5:30 pm
Jan 7-Mar 24	\$167.50	1486881
9-12 years	Sat.	10-10:30 am
Sep 14-Dec 14	\$195.25	1486789

9-12 years	Sun.	noon-12:30 pm
Sep 15-Dec 15	\$195.25	1486791
9-12 years	Tue.	7-7:30 pm
Sep 17-Dec 17	\$195.25	1486785
9-12 years	Thu.	7-7:30 pm
Sep 19-Dec 19	\$195.25	1486787
Jan 9-Mar 26	\$167.50	1486892
9-12 years	Sat.	11-11:30 am
Jan 4-Mar 21	\$167.50	1486894
9-12 years	Sun.	noon-12:30 pm
Jan 5-Mar 22	\$167.50	1486895
9-12 years	Tue.	6-6:30 pm
Jan 7-Mar 24	\$167.50	1486890

Brewer Pool – 613-247-4938

6-8 years	Sat.	noon-12:30 pm
Oct 12-Dec 14	\$125.50	1507821
Jan 11-Mar 14	\$125.50	1507885
9-12 years	Sat.	12:30-1 pm
Oct 12-Dec 14	\$125.50	1507848
Jan 11-Mar 14	\$125.50	1507871

Canterbury – 613-247-4865

6-8 years	Sun.	3-3:30 pm
Nov 3-Dec 22	\$111.75	1482912
Jan 12-Mar 15	\$139.50	1487174
9-12 years	Sun.	3:30-4 pm
Nov 3-Dec 22	\$111.75	1482913
Jan 12-Mar 15	\$139.50	1487177

Kanata Leisure Centre – 613-580-9677

6-8 years	Sun.	8:30-9 am
Sep 15-Dec 15	\$181.50	1494244
Jan 12-Mar 8	\$125.50	1504224
6-8 years	Sun.	9-9:30 am
Sep 15-Dec 15	\$181.50	1494248
Jan 12-Mar 8	\$125.50	1504234
9-12 years	Sun.	8:30-9 am
Sep 15-Dec 15	\$181.50	1494250
Jan 12-Mar 8	\$125.50	1504244
9-12 years	Sun.	9-9:30 am
Sep 15-Dec 15	\$181.50	1494251
Jan 12-Mar 8	\$125.50	1504239

Pincrest – 613-580-9676

6-8 years	Sat.	10:45-11:15 am
Sep 14-Dec 14	\$181.50	1500648
Jan 4-Mar 7	\$139.50	1506257
9-12 years	Sun.	10:45-11:15 am
Sep 15-Dec 15	\$181.50	1500664
Jan 5-Mar 8	\$139.50	1506309

Inclusive Swim Kids 2

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	Sat.	9:30-10 am
Sep 14-Dec 14	\$195.25	1486801
Jan 4-Mar 21	\$167.50	1491420
6-8 years	Sun.	11:30 am-noon
Sep 15-Dec 15	\$195.25	1486805
Jan 5-Mar 22	\$167.50	1491422
6-8 years	Tue.	4:30-5 pm
Sep 17-Dec 17	\$195.25	1486800

6-8 years	Tue.	5:30-6 pm
Jan 7-Mar 24	\$167.50	1491413
6-8 years	Thu.	6:30-7 pm
Jan 9-Mar 26	\$167.50	1491417
9-12 years	Sat.	10:30-11 am
Sep 14-Dec 14	\$195.25	1486814
9-12 years	Sun.	12:30-1 pm
Sep 15-Dec 15	\$195.25	1486816
Jan 5-Mar 22	\$167.50	1486875
9-12 years	Tue.	7:30-8 pm
Sep 17-Dec 17	\$195.25	1486810
9-12 years	Thu.	7:30-8 pm
Sep 19-Dec 19	\$195.25	1486812
Jan 9-Mar 26	\$167.50	1486871
9-12 years	Sat.	11:30 am-noon
Jan 4-Mar 21	\$167.50	1486873
9-12 years	Tue.	6:30-7 pm
Jan 7-Mar 24	\$167.50	1486865

Brewer Pool – 613-247-4938

6-8 years	Sat.	noon-12:30 pm
Oct 12-Dec 14	\$125.50	1507831
Jan 11-Mar 14	\$125.50	1507889
9-12 years	Sat.	12:30-1 pm
Oct 12-Dec 14	\$125.50	1507851
Jan 11-Mar 14	\$125.50	1507880

Canterbury – 613-247-4865

6-8 years	Sun.	3-3:30 pm
Nov 3-Dec 22	\$111.75	1482914
Jan 12-Mar 15	\$139.50	1487178
9-12 years	Sun.	3:30-4 pm
Nov 3-Dec 22	\$111.75	1482915
Jan 12-Mar 15	\$139.50	1487179

Pinecrest – 613-580-9676

6-8 years	Sat.	10:45-11:15 am
Sep 14-Dec 14	\$181.50	1500656
Jan 4-Mar 7	\$139.50	1506278
9-12 years	Sun.	10:45-11:15 am
Sep 15-Dec 15	\$181.50	1500670
Jan 5-Mar 8	\$139.50	1506331

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

16-26 years	Fri.	6-9 pm
Sep 13-Dec 13	\$185.50	1509281
Jan 10-Apr 3	\$159	1509283

Hintonburg – 613-798-8874

15-21 years	Fri.	6:30-9:30 pm
Oct 18-Dec 6	\$101.25	1485951
Jan 17-Mar 6	\$101.25	1485978

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 18-Dec 6	\$155.75	1503018
Jan 17-Mar 6	\$155.75	1503025

Yoga

A yoga class for youth and adults who have disabilities.

Hintonburg – 613-798-8874

15-45 years	Sat.	10-11 am
Oct 19-Dec 7	\$101.25	1485962
Jan 18-Mar 7	\$101.25	1485990

Adult

Acquired Brain Injury Program

The City of Ottawa and the Ontario Ministry of Health and Long-Term Care offer this therapeutic recreation and life skills program for adults with acquired brain injuries and post stroke. Participants improve functional, social and behavioural skills through leisure participation. Aquafit and fitness classes available.

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

19+ years Tue., Wed., Fri. 9 am-3 pm Sep 3 - Jun 26

Richcraft-Kanata – 613-580-2424 ext. 29320

19+ years Mon., Thu. 9 am-3 pm Sep 3 - Jun 26

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

19-45 years	Fri.	6:30-9:30 pm
Oct 18-Dec 6	\$101.25	1485953
Jan 17-Mar 6	\$101.25	1485981

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

19-45 years	Fri.	6:30-9:30 pm
Oct 18-Dec 6	\$101.25	1485955
Jan 17-Mar 6	\$101.25	1485983

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

15-64 years	Wed.	5:30-7 pm
Oct 16-Dec 4	\$163.25	1485968
Jan 15-Mar 4	\$163.25	1485994

Arts Centre Black Box Theatre

Explore the world of theatre for youth/young adults with developmental disabilities. Develops their creativity and self-expression. Participants must be able to work in a 1:5 staff client ratio.

Nepean Creative Arts – 613-596-5783

15-46 years	Sun.	10:30 am-noon
Sep 22-Dec 1	\$179.50	1506157

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

35-99 years	Thu.	6-8:30 pm
Sep 19-Nov 12	\$146.75	

Friday Night Two

Social program for adults who have disabilities

Bob MacQuarrie-Orléans – 613-580-9600

27-40 years	Fri.	6-9 pm
Sep 13-Dec 13	\$185.50	1509282
Jan 10-Apr 3	\$159	1509284

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 – 613-580-2424 ext. 29291

21-55 years	Tue.	7-9 pm
Oct 15-Dec 3	\$145.75	1506031
Jan 14-Mar 3	\$145.75	1506040



Hip Hop

An energetic dance class for adults with developmental disabilities. Participants must be mobile and able to work in a 1:5 staff client ratio.

Hintonburg – 613-798-8874

15-45 years	Tue.	6-7 pm
Oct 15-Dec 3	\$101.25	1485960
Jan 14-Mar 3	\$101.25	1485989

Ready, Set, Cook

Improve confidence and independence in the kitchen, for adults with a developmental disability. Participants must be able to work in a 1:5 staff client ratio.

Hintonburg – 613-798-8874

15-45 years	Tue.	6:30-8 pm
Oct 15-Dec 3	\$101.25	1485965
Jan 14-Mar 3	\$101.25	1485991

Saturday Social

An exciting program for adults with developmental delay. A social recreation program that includes cooking, crafts, off site excursions and much much more! Participants must be ambulatory.

McNabb – 613-564-1070

18-55 years	Sat.	1-4 pm
Sep 21-Dec 14	\$156.25	1507243
Jan 11-Mar 21	\$130.25	1507223

The Art Thing

An art program for people with disabilities.

Jack Purcell – 613-564-1050

18+ years	Mon.	1-3 pm
Sep 16-Nov 25	\$100	1499216

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

19-64 years	Thu.	6-9 pm
Oct 17-Dec 5	\$101.25	1485958
Jan 16-Mar 5	\$101.25	1485976

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 – 613-294-4502

21-55 years	Mon.-Fri.	9 am-3 pm
Sep 3-Jun 26		

Carleton Heights – 613-295-2816

21-55 years	Mon.-Fri.	8:30 am-2:30 pm
Sep 3-Jun 26		

Richcraft-Kanata – 613-818-7415

21-55 years	Mon.-Fri.	9 am-3 pm
Sep 3-Jun 26		

Routhier – 613-863-4009

21-55 years	Mon.-Fri.	8:30 am-2:30 pm
Sep 3-Jun 26		

Walter Baker – 613-580-2424 ext. 30375

21-55 years	Mon.-Fri.	9 am-3 pm
Sep 3-Jun 26		

Fitness

Aqua Fitness

An aquafit program designed for individuals with a developmental disability.

Jack Purcell – 613-564-1050

18+ years	Mon.	9:30-10:15 am
Sep 9-Nov 11	\$90	1486218
Nov 18-Dec 16	\$50	1486225
Jan 6-Mar 23	\$110	1486559

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.

Hintonburg – 613-798-8874

15-45 years	Tue.	5:30-6:30 pm
Oct 15-Dec 3	\$112.25	1485971
Jan 14-Mar 3	\$112.25	1485985

Pinecrest – 613-580-9676

16+ years	Fri.	6-7 pm
Sep 20-Dec 6	\$168.50	1496724
Jan 10-Mar 6	\$126.25	1496725

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
Sep 18-Nov 20	\$84	1499140
Jan 15-Mar 18	\$84	1499149

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.	1-2 pm
Sep 17-Nov 19	\$84	1499150
Jan 14-Mar 17	\$84	1499151

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
Sep 13-Nov 15	\$84	1499153
Jan 10-Mar 13	\$84	1499157



Yoga

Ease tension and stress through supported yoga postures, relaxation and breath awareness. Participants should be able to get up and down from floor independently. No prior yoga experience is necessary.

Jack Purcell – 613-564-1050

18+ years	Mon.	10:15-11:15 am
Sep 16-Nov 25	\$84	1499159
Jan 13-Mar 23	\$84	1499164
18+ years	Fri.	1:15-2:15 pm
Sep 20-Nov 22	\$84	1499208

Zumba

Dance-fitness class with zesty Latin music: salsa, merengue 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

15-45 years	Wed.	7:15-8:15 pm
Oct 16-Dec 4	\$101.25	1485973
Jan 15-Mar 4	\$101.25	1485986

