



Spring 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.

Children

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 30 mins.

Bob MacQuarrie – Orléans – 613-580-9600

6-8 years	Fri.	6:45-7:15 pm
Apr 9-Jun 4	\$134.50	1590596
6-8 years	Mon.	4-4:30 pm
Apr 12-Jun 14	\$134.50	1590591

Inclusive Swim Kids 1 – Parented

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Bob MacQuarrie – Orléans – 613-580-9600

9-12 years	Fri.	7:15-7:45 pm
Apr 9-Jun 4	\$134.50	1590602
9-12 years	Mon.	4-4:30 pm
Apr 12-Jun 14	\$134.50	1590601

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Youth

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
Apr 9-30	\$57.50	1590354
May 14-Jun 11	\$57.50	1590357

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 9-Jun 4	\$163.25	1590683

Yoga

A yoga class for youth and adults who have disabilities.

Hintonburg – 613-798-8874

15-50 years	Mon.	5:30-6:30 pm
Apr 12-May 3	\$57.50	1590423
May 10-Jun 7	\$57.50	1590424

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Adult

Acquired Brain Injury - Virtual

This is a virtual program where participants maintain and improve functional, physical, cognitive and social skills through leisure activities, fitness and cognitive activities.

Bob MacQuarrie - Orléans - 613-580-9600

19-85 years	Thu.	9-10:30 am
Apr 8-Jun 24	\$42.50	1590652
Apr 12-Jun 21	\$35.25	1590645
19-85 years	Thu.	11 am-12:30 pm
Apr 8-Jun 24	\$42.50	1590654
Apr 12-Jun 14	\$35.25	1590653
19-85 years	Thu.	1-2:30 pm
Apr 8-Jun 24	\$42.50	1590656
Apr 12-Jun 21	\$35.25	1590655

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
Apr 9-30	\$57.50	1590364
May 14-Jun 11	\$57.50	1590369

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
Apr 9-30	\$57.50	1590396
May 14-Jun 11	\$57.50	1590397

Aqua Fitness

An aquafit program designed for individuals with a developmental disability.

Jack Purcell – 613-564-1050

18+ years	Mon.	9-9:45 am
Apr 12-Jun 28	\$99	1592429

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 6-May 25	\$156.25	1590681

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. An intake meeting is required for new participants prior to the start of program.

Hintonburg – 613-798-8874

15-50 years	Tue.	6-7 pm
Apr 6-27	\$57.50	1590452
May 11-Jun 1	\$57.50	1590453