

Recreation Programs for Kids with Special Needs.

- "Regular " Rec programs

Hamilton call 546-2541

Burlington call 335-7859

Guiding call 549-2429

Scouting call 528-5711

MacNab Street and Ottawa Street YWCA call 522-9922

Hamilton Downtown YMCA call 529-7102

Les Chaters YMCA (Rymal Rd) (905) 667-1515

Burlington YMCA call 632-5000

Flamborough YMCA 690-3555

(For listings of programs available please call the above number or Denise McArthur (905) 521-2100 ext.74482, Therapeutic Recreationist C.D.R.P. If 1-1 is required for "regular " programs, it is the responsibility of the family to provide. Special needs workers can be utilized, and volunteers are usually no charge.)

- Ablesail: The Royal Hamilton Yacht Club

Cost: Introductory first sail is free , \$75 for four weeks (once per week), \$150 for the season (once per week) Additional sails avail. As the schedule allows.

Contact; Jenny McEwen-Hill ablesail@rhyc.ca (evening sails)

www.rhyc.on.ca

- Golden Horseshoe Disabled Sports Association (Burlington Disabled Sports Track and Field, Swimming, Wheelchair Basketball, Boccia

Cost \$150 annual fee, age 6-19 yrs, Sept - June

Contact Marsha Hotten, 2025 Guelph Line Suite 406, Burlington, L7P 4X4

(905) 844-8429

mhawtin@cogeco.ca www.ghdsa.org

Burlington Vipers (Wheelchair Basketball) Contact: Chris Chandler (905) 332-9261
c.chandler@cogeco.ca

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- Hamilton Sports Challengers

Track and Field and variety of other sports (mainly track and field),
Age 6-19 yrs, Wed 7:00 - 8:15 pm, Norman Pinky Lewis Recreation Center, 192
Wentworth St N, Hamilton.

Cost \$ 150. Per season or \$200 annually,
Contact: Kim Morgan (905) 549- 6525

- Stoney Creek Disabled Sports Association

A multitude of sports available; track, swimming, bocce, baseball etc.
Thurs. 6:30-8:00 p.m., Orchard Park High School (Stoney Creek)
Contact Gary Zik (905) 945-5843

- Hamilton Challenger Baseball

May - Aug. Tues or Thurs or Sat am.
Location: Inch Park, Bruce Dale St. (Each child is put on a team and plays a set schedule
of games. Schedules given for the whole season. Other events happen through the off
season ... Halloween party, Christmas party)
Cost: \$ 100. season (\$80. +20 fundraising)
Contact: Joanne Kisel (905) 521-5141 (leave message)
www.hcba.on.ca

- Special Needs Skating Program (run by Special Olympics)

Dofasco Park
Learn to skate and Figure Skating skaterswish@quickclick.net
Sept. – 1st week in April, Sundays 3:45- 4:45 or 5:00- 6:00
(has a waiting list) Cost to participant: \$200
All participants must wear a hockey helmet and skates.
Contact: Betty Wainwright (905) 578-7669 or Frank (905) 383-4933

- Cayuga Special Needs Skating

All ages - Must be able to stand on skates in order to participate.
For more information, please call Denise Walkinshaw: 772-1246
Oct. - March: Mondays 6:30 p.m.

- Indoor Soccer Program (run by the Hamilton Challenger Baseball Assoc.)

Age 5 and up, Nov. – March **** currently on hold
Holy Name of Mary School, 185 Meadowlands Dr., Ancaster
Sundays 2:00 – 3:30, Cost \$60.00 + \$2 fee each week to cover the cost of water and
snacks.
Contact: Mike Moore (905) 388-4549

- Ancaster Phoenix Soccer program- All skill levels U4-U14 with Intellectual or Developmental Disabilities. Tues 6:30 –7:30 pm. (eight weeks) May 22 – July 17th /07 \$100, Contact Diana Kay (905) 304-3204 www.ancasteroso.org

- Saltfleet Soccer Special Team

A modified soccer program for all children with developmental delays or learning disabilities. No competition.

May 31st - end of Aug. , Thurs. evenings

Sherwood Park (off Fruitland Rd. in Stoney Creek.), \$25.00

Call: Frank (905) 643-0504 jklm_frank@hotmail.com

**Running indoor soccer at Players Paradise (off QEW near Fruitland Rd.)

Saturday afternoons. Call or e-mail for more information.

- Creative Dance Class (for children with special needs)

Star-lite Dance Studio, 85 Hempstead Dr. Unit B

Wednesdays. Sept. – June, 5:30 –6:00 pm.

Cost : \$32.00 per month Ages: 5 – 11

Contact: Denise McArthur (905) 521-2100 ext. 74482

Star-lite Dance (905) 575-7181

- Rising Star Dance Studio

937 Center Rd., Carlisle (Flamborough)

Sat.4:00 – 5 pm. Sept – June. ,

Age: 5-14, Cost: Free

Contact: Denise McArthur, (905) 521-2100 ext 74482, (Phil Perron – (905)689-3222)

(Referral from Denise McArthur required)

- Mac Dance Kids

Non-competitive, beginner dance program

Fall session, 45 min class \$64, 1hr class \$ 84 (8 classes)

Winter session, 45 min class \$80 , 1 hr class \$105 (10 classes)

Contact: Victor Aquirre (905) 525-9140 ext 24464

- Fresh Fitness 4 Kids; 883 Upper Wentworth, Suite 305, (905) 389-8790

Small group, supervised fitness programs for kids 5-16 yrs. (integrated) \$25 registration fee, \$50 per session (with dr's referral for physio-supervised exercise prog.) or \$122.50 with no referral.

- Gravity Climbing Gym - Kids Climb

(Children with special needs can climb during any open climb time)

Sat. and Sun. 2-4 p.m. \$ 19 per person

Please call in advance to book (905) 522-8778

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- Club Gain – A monthly fun night (dance)
7:00 – 10:00 p.m. Cost \$2. Pop and Chips .50 cents
Run by Community Living Contact : Shonna (905) 527-9423

Horseback Riding for those with Special Needs

1. TEAD (The Equestrian Association for the Disabled)
8360 Leeming Rd. Mount Hope. Age 3 and up (waiting list)
Contact Hillary Webb 679-8323 www.tead.on.ca
2. Sunrise Therapeutic Riding and Learning Center
6920 Concession 1 R.R. #1 Puslinch Contact Ann Caine (519) 837-0558 ext 25
www.sunrise-therapeutic.ca
3. Windrush Stable Therapeutic Centre
9526 First Line, R.R. #1 Moffatt On (near Carlisle) Contact Leslie Ridout Gauer
(905) 854-6008 www.windrushstable.com
4. The Heart of Dreams Equestrian
1657 Colburne St. E, Brantford, ON Contact: Dr. Warren Cummings (519) 750-9940
Animal assisted therapy in a tranquil farm setting (horses)

- Downhill Skiing
HADS - (The Hamilton Association for Disabled Skiers)
Contact 385-7724**** ON HOLD AS CHEDOKE SKI HILL IS CLOSED, however
Programs are available at Chicopee (Kitchener 519-894-5610 or toll free 1-877-244-
2673) (519)748-9802 www.waterlootrack3.com or Glen Eden (Milton 905-878-5011 ext.
221 or 222)

- Rythmic Gymnastics (run by the Special Olympics.)
Monday evenings, Oct. – May, 5:30 – 7 p.m.
Huntington Park Rec Center
\$75.00/ \$80.00 one sport additional \$20 for other sports
Contact: Sue-Ann Laxton (905) 388-8763 salaxton@gmail.com

- Sledge Hockey
Hamilton and Area Sledge Hockey Association
Fall and Winter, Chedoke Twin Pad Arena, Recreational and competitive streams
available. Sat 12:30- 3:30, Mon. 7:30 - 9:30
Cost: \$400. - Junior and Senior House league, \$400 - Junior and Senior Competitive
Travel Team + equipment.
Contact: Brenda Jackson (905) 388- 8176 for more information and registration dates.

- Yoga: www.yogabilities.ca
22 Bluebell Cres., Ancaster, (Check out the website , or call for more information)
Ages: 3-12 yrs. Mondays, Wednesdays or Saturdays
Cost: \$105 per session
Contact : Sarah (289)237-4677

- Wheelchair Tennis

1. Hamilton Wentworth Wheelchair Tennis Assoc

Call: for dates, times, fees etc.

2. Ancaster Tennis Association : Contact Al Nicolls (905)648-7136 for dates, times, fees etc.

- Special Olympic Programs :

Recreational and competitive activities for older youth, teens and adults with cognitive disabilities (may have physical disabilities also)

Basketball : Tuesdays 6:30 – 8:15 , Oct.- May Contact Alex before 9 (905) 296-1786

10 Pin Bowling : Sundays 1:30 – 4:00 Contact Rob (905) 575-3585

5 Pin Bowling : Saturdays 1:00 – 3:30 Contact (905) 549-2568 or 544-9780

Curling: Every Second Sunday 6:30 – 8:00 Nov. – April Contact Ted (905) 870-9180

Floor Hockey : Mondays 6:30- 7:30 Oct. – May Contact John (905) 573-6020

Powerlifting: Contact (905) 692-3984

Indoor Soccer: Wednesdays 5:00 – 6:30, Oct – May Contact Rob (905) 575-3585

Outdoor Soccer: Wednesdays 5:00 – 6:30 May – Oct. Contacts same as Indoor soccer

Softball: Tuesdays 6:00 – 8:00 May – Aug. Contact Alex (905) 296-1786

Track and Field: Sundays 2:00 – 4:00 May – Aug. Contact Rob (905) 575-3585

Burlington Special Olympics: 5 pin bowling and softball (905) 689-2504

- Superhero Training Academy

Age 5-16 with a disability that require a one to one volunteer to work out in a

Group setting. 8 week sessions \$110 per session. The Pulse @ McMaster University

Contact Julie Hiemstra @ the Pulse (905) 525-9140 ext. 24464 or email

thepulse@mcmaster.ca

- SNAP : Special Needs Assistance Program

The Pulse @ McMaster University, a fitness program where adults with a

Disability are matched with a volunteer to assist them to work out. Times are

negotiable. Free to Pulse members

- No Bounds Special Needs Music Program

Hamilton Conservatory for the Arts, 126 James Street South

Saturdays 1/2 hr lessons Approx. \$21 per class

Contact: Rachel (289) 396-2678 for more information or to set up a free introductory lesson or (905) 528-4020. Wheelchair accessibility is provided at the rear of the building.

- Hamilton Suzuki School of Music, 167 Appleford Crt, Hamilton
Contact: (905) 577-6477 (Suzuki music lessons – integrated)
www.hssm.ca

- Swimming:

1. The MacNab Street YWCA Adapted Aquatics for beginners 6-13 years
Saturdays 1:30- 2:15 p.m. 12 weeks, cost - \$60
Contact Denise McArthur (905) 521-2100 ext. 74482
2. The City of Hamilton: Contact (905) 546-4944
Benneto Rec Center Saturdays 9:15- 9:45 Ages 13 &older or 9:45- 10:15 am.
for ages 3- 12 years Fall, Winter, Spring, Summer
3. Dundas Sea Hawks Swim Club
Competitive swim program, sponsored by the Special Olympics
Dundas Community Pool, Thurs. 7:30 – 8:00
Contact Rob (905) 575-3585
4. Special Olympics learn to swim program
Friday evenings 7:30 - 9:00 p.m.
St. Joseph's Villa pool (Governor's Rd. Dundas)
Contact: Rob (905) 575-3585
5. McMaster (David Braley Athletic Center Pool, McMaster University)
Making Waves Program (one to one swimming lessons for children 3-18 with
Visual impairment or physical disability)
Saturdays 12:00 noon – 1:00 pm., Cost: \$40 per session
Contact: Elizabeth Lee 1- (888) 530-5618 ext 102
www.makingwavesmcmaster.org

- YAC

A youth group for teens 12 and up from CDRP. Meet 1st Friday of every month.
5-7 pm. Plan 4 special events for each other as well as other teens from the center.
Holbrook Building, Chedoke Rm D179. Contact: Denise McArthur (905)521-2100 ext
74482

- Christmas Dance
- Hanging Out
- Bowling
- BBQ/ Fun Fair

Can collect volunteer hours for high school community service hours requirement if
registered with the Hospital Volunteer Association.)

- Cadets (integrated): Year round :Navy League of Canada, 595 Catherine St. Ham.
Navy Cadets: Age 9-12 yrs. Thurs. 6:15- 9:00 pm Cost \$35. Reg. fee
Sea Cadets: Age 12-18, Wed. 6:30 – 9:30 pm Cost Free
Contact: (905) 522-4414 for more information

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- Hamilton School of Martial Arts

Day and Saturday afternoon classes designed for individuals with Special Needs
1085 Barton Street East (at Ottawa) Not currently wheelchair accessible, but call for a location in Burlington.

hsmal@hsmal1.com

Call: Mickey (905) 544-9788 or Sally (905) 973-8368

- Curling

Brantford Golf and Country Club www.brantfordgolf-cc.com Contact: Kaye Clarke
(519) 752-3731

- Square Dancing: Hamilton Steel City Wheelers, 185 Jackson St., Ham.
18 yrs of age and older, for individuals who use wheelchairs, second and fourth
Wednesday of each month 7-9 pm. Contact Pat Cameron (905) 662-6186 for more
information.

- Hang Gliding: Tandem flights, Intro lessons, Full courses (fully accessible)
1190 Kramp Rd. Breslau, ON N0B 1M0 (519) 635-8847 or (905) 929-1662
Takes place in the Kitchener/ Guelph area. Tandem flights \$150 per flight.

- Golf: Woodside Greens Golf Park, 847 Charlottesville Rd 10, Simcoe
Single rider (accessible) golf carts available, call (519) 428-0030 to book a tee time
(Dick one of the golf pros is available to meet with golfers Thurs. from 4-6 call (519)
428-1204 to book)

- South Coast Special Needs Kids : Simcoe area, programs for children 3 and
with special needs, Saturdays. (Baseball, Basketball, Curling, Golf, Sledge Hockey,
Swimming) <http://specialneedskids2000.homestead.com>

- Brock Niagara Penguins : Wheelchair basketball, gymnastics and swimming
At Brock University campus (905) 359-6283 www.niagarapenguins.ca

- Burlington Programs (Call (905) 332-1996 ext 227

Adventures and Aquatics: Age 5-12, Saturdays, 9:30 am – 12 noon, Tansley Woods

Dunk and Dive: Ages 13-21, Saturdays, 12:00 – 3:00 pm, Tansley Woods

Friday Activity Night (F.A.N.): Ages 16+, Fridays 7:00- 10:00 pm, Brant Hills
Community Center

Out and About: Ages 16+, Thursdays 7:00 – 9:00 pm, Varied Locations

Travelcrafts: For groups homes and assisted living residence, flexible times and dates

- Y Knot Abilities: Mississauga YMCA ; Swimming, wheelchair basketball and
Recreation gym activities for children and youth with a physical disability and their able
bodied siblings. Contact: Elizabeth Cummings (905) 897-6801 ext. 487

- Accessible Canadian Adventures : Designs, coordinates and arranges hunting, Fishing and wildlife photography adventures for sportsman or women with a disability
Contact: Bobby Schmutz (416) 885-3474 Streetsville, ON www.acadventures.com

- Toronto and area Programs:

Adapted Scuba Association www.enablelink.org (416) 534-2527

Argonaut Rowing Club www.argonautrowingclub.com

Barrier Free Access to Swim: Toronto

www.mssociety.ca/chapters/toronto/community_programs.htm

Bloorview Kids Rehab- Family Swim www.bloorview.ca

CARD- community Association for Riding for the Disabled www.card.ca

Electric Wheelchair Hockey www.tpwhl.com

Martial arts: Richmond Hill Budakon Unit 31, 120 Newkirk Rd, Richmond Hill (905) 770-0457

Ontario Track 3 Ski Association: www.track3.org

Paddleall: Canoeing, Kayaking, Dragon Boating; (905) 767-3330 www.westrougecc.org

Queen's Quay Disabled Sailing Association www.disabledsailing.on.ca

Toronto Fencing Club www.tfc.on.ca

Toronto Power Wheelchair Hockey League www.tpwhl.com

Variety Village www.varietyontario.ca

Wheelchair Rugby: Toronto www.cwsa.ca/natteam.html or Chris Stevenson (416) 622-7926

Freedom Wings- Gliding www.freedomswings.ca/fw/

- Programs specifically available for those individuals with Autism:

Building Blocks Speech Pathology- Social Skills Program , ½ day program To register or for more information call (905) 628-1129 autismhamilton@gmail.com

Winner's Circle (Christmas, winter respite days, summer camp) For children with high needs autism age 7-13 yrs. Must be a member of Autism Ontario Call Autism Hamilton (905) 628-1129 for more information

Speak and Ride, Burlington, combines speech therapy and horseback riding (905) 639-9219 www.andersonspeech.com

Woodview Children's Center: Social and Life Skills Groups , Transition to High School groups, transition to adulthood and Camps. A formal referral through Contact Hamilton is required to access these programs. (905) 570-8888 (For more information contact Colleen Mousseau, cmousseau@autism-woodview.com (905) 575- 7355)

Access to Entertainment Cards

The Access to Entertainment program is one run through Easter Seals Canada. The card provides for access to movies (or a significant discount) for support persons accompanying persons with a disability to the movies as well as some tourist attractions. There is an application form that must be filled out. This form is available on line www.access2.ca
Allow 4-6 weeks for delivery.

Life Stage Transitions Project: Service Navigator and Peer Advisor for Young adults with a disability (Ontario March of Dimes and Easter Seals funded) , A pilot project.
Antonia Hammer (416) 425-3463 ext 7251 ahammer@marchofdimes.ca Mainly special events. Call for more information.

Snoezlen Room : Choices snoezelen room can be booked for 1 hr Mon. – Sun to relax, calm , energize- \$2 per use; Hidegard Residence (905) 628-6147

- New Snoezlen room coming @ Camp Marydale. Open Summer 2012

Charlton House: Out of Home Respite Care (occasional), Under the age of 21, recreational / social activities. Open every weekend and full time during Christmas, March and summer school breaks. Call (905) 526- 9063 for more information
www.communitylivinghamilton.com

Red Roof Retreat: Niagara on the Lake Respite, recreation and education for children and young adults with a variety of special needs. Summer day camp, respite services, daytime activities for young adults and horseback riding. www.redroofretreat.com
Contact: Steffanie Bjoragan (905) 684-0235

Hamilton and District Extend a Family: Peer buddy program- matches children and teenagers with physical and developmental disabilities to volunteers in their community. Also runs special events during the school year and day trips during the summer months
Call (905) 383-2285 www.extendafamilyhamilton.on.ca

Special Services at Home: One on one workers to work with your child on a contract basis. Funds can be used more flexibly to pay for activities. (905)577-8451 , e-mail specialneeds@hhsc.ca

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Funding:

Recreation Assistance Program: Acts as a broker for families who require assistance to financially access recreation programs in the community – Up to \$100 (Sports, music, art or dance). Contact : (905) 546-2424 ext 4569 (Pat Mitchell)

Jump Start (Canadian Tire) : www.canadiantire.ca/jumpstart or contact Warren Oda (City of Hamilton) (905) 546-2424 ext. 1395

KidSport: www.kidsportcanada.ca

ProKids: www.prokids.ca

SportChek: www.forzanigroup.com (power of Sport 4 Kids program)

Community Gym Programs at Ontario Early Years Centers

Busy Babies in the Gym (0-3 years) Every Thursday 10:15 – 11:15

Hamilton East Kiwanis Boys and Girls Club, 45 Ellis Ave.

Gym Program (18mths – 6 years) Third Friday 12-1

St. David Catholic School, 33 Cromwell Cres.

Family Gym Time (0-6 years) Every Friday 9-12

Hamilton East Kiwanis Boys and Girls Club, 45 Ellis Ave.

Music and Movement (18mths – 6 years) Every Friday 10- 11

155 Queen St. North (Hamilton West OEYC main site)

If you have any questions, please do not hesitate to call Denise McArthur, Therapeutic Recreationist CDRP, at (905) 521-2100 ext 74482.