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
  mhwatin@cogeco.ca www.ghdsa.org
  Burlington Vipers (Wheelchair Basketball) Contact: Chris Chandler (905) 332-9261
  c.chandler@cogeco.ca
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, Brucelade 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@quickclic.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 infromation.

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
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
*New for kids and youth (through the Special Olympics) Floor Hockey
Tuesday evenings 7:00 – 8:30 p.m.
441 Old Brock Rd., Greensville, Contact: Casey Duffy (905) 527-5092 ext. 2353 or
9095) 388-1881

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. Making Waves Program (one to one swimming lessons for children 3-18 with
Visual impairment or physical disability)Rents space at the Downtown YMCA
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
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 forth 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: Missisauga 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.vietyontario.ca
Wheelchair Rugby: Toronto www.cwsa.ca/natteam.html or Chris Stevenson (416) 622-7926
Freedom Wings- Gliding www.freedomwings.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 requires 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](http://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 snoezlen 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](http://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](http://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](http://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
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.