

*Section 6*

*Recreation*

## **A NOTE ABOUT RECREATION**

Space limitations and the changing activities do not permit the listing of all recreation and leisure information within this booklet. Seasonal activities (specific to autumn, winter, spring or summer) can be found by contacting the cities, townships, newspapers and agencies. Readers are also encouraged to consult the following:

**1. Access Waterloo Region website at [www.accesswaterlooregion.ca](http://www.accesswaterlooregion.ca)**

The *Access Waterloo Region* website is the first step in creating a unique resource specific to this area for those living, working or supporting someone with a disability. It offers an easy way to search for options and make decisions about programs that may meet needs and interests.

You will find an electronic version of this booklet along with many other resources for people with disabilities. The online Events Calendar and Links section are updated regularly.

**2. Summer Camps and Recreation Programs at [http://www.kitchener.ca/pdf/summer\\_camp\\_catalogue.pdf](http://www.kitchener.ca/pdf/summer_camp_catalogue.pdf)**

This resource contains a listing of day camps, specialty camps and residential camps for children and youth in the Region of Waterloo including the cities of Cambridge, Kitchener, Waterloo and some farther a field.

Printed copies of this booklet are also available at Kitchener City Hall and public libraries.

**3. Inclusion Coordinators for the cities of Cambridge, Kitchener and Waterloo**

These individuals are knowledgeable about recreation and leisure opportunities for individuals with disabilities available throughout the region, including the townships. They can also help with questions related to recreation such as funding, equipment and staffing.

Cities of Kitchener and Waterloo  
Phone: 519-741-2224  
TTY: 519-741-2385

City of Cambridge  
Phone: 519-740-4681 ext. 4689  
TTY: 519-623-6690

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**Belwood Lodge and Camp**

**224**

**Address:** RR 1, Belwood NOB 1J0

**Phone:** 519-843-1211 **Fax:** 519-843-8398

**Contact:** Chris Murdoch ~ cmurdoch@belwoodlodgeandcamp.ca

**Eligibility:** Children 7 years and over with disabilities

**Services:** Residential camp ~ supervised indoor and outdoor activities: swimming, boating, archery, sports, hiking, crafts, adaptive bikes, day trips, mini-golf ~ 4:1 ratio for adults, 3:1 ratio for children ~ one, two and three week sessions available

**To Apply:** Application package available on website

**Hours:** Summer camps held Jun-Sept ~ 2 week sessions

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**Cambridge Committee for Physically Disabled Adults (Cambridge Capables)**

**225**

**Address:** c/o John Andrews, 55 Norfolk Ave, Cambridge N1R 3T7

**Location:** Lions Community Hall, 50 Ainslie St N, Cambridge

**Contact:** John Andrews, Secretary

**Eligibility:** Adults 19 years and over with physical disabilities

**Services:** Social and recreational activities ~ monthly social evening for friendship and entertainment ~ transportation arranged for all programs where needed through MobilityPlus ~ 8 week social and recreational program in summer

**Serves:** City of Cambridge

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**Cambridge. Cambridge Libraries and Galleries, Cambridge Galleries**

**226**

**Address:** 1 North Sq, Cambridge N1S 2K6

**Phone:** 519-621-0460 **Fax:** 519-621-2080

**Contact:** Mary Misner, Director ~ mmisner@cambridgegalleries.ca

**Services:** Regional, national and international exhibitions ~ permanent collection of contemporary Canadian fibre art works ~ art classes, lectures, concerts, group talks, bus trips, studio programs for all ages ~ art exhibition spaces at Queen's Square and Preston Libraries, and University of Waterloo School of Architecture (Design at Riverside) ~ Arts and Soul Workshop: free art therapy workshop held 1st Wed of month, with focus on mental health

**Serves:** City of Cambridge ~ surrounding area

**Hours:** Mon-Thu 9:30am-8:30pm, Fri-Sat 9:30am-5:30pm ~ summer hours Mon-Thu 9:30am-8:30pm, Fri-Sat 9:30am-5:30pm, Sun 1-5pm (Summer hours June-Aug)

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**Cambridge. Cambridge Libraries and Galleries, Cambridge Galleries, Art Ventures**

**227**

**Address:** 1 North Sq, Cambridge N1S 2K6

**Location:** Clemens Mill Library, 50 Saginaw Pkwy, Cambridge

**Phone:** 519-621-0460 **Fax:** 519-621-2080

**Contact:** Daphni Gilad

**Eligibility:** Children ~ children with disabilities

**Services:** Art classes

**Serves:** City of Kitchener ~ City of Waterloo ~ City of Cambridge

**Hours:** 6 week sessions (Jan-Mar)

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**Cambridge. Community Services Department, Inclusion Services**

**228**

**Address:** 50 Dickson St, Box 669, Cambridge N1R 5W8

**Location:** 50 Dickson St, Cambridge

**Phone:** 519-740-4681 ext 4689 **Fax:** 519-740-7302

**Contact:** Andrea Riley, Recreation Coordinator ~ riley@cambridge.ca

**Services:** Provides individual volunteer or staff support to individuals with disabilities ~ Leisure Buddy program: provides 1:1 support for children, youth and adults 3-21 years with special needs ~ Kids In Camp program provides individual support for summer playground participants ~ adaptive equipment rentals ~ PAL Cards allow personal attendants to accompany individuals with disabilities to City of Cambridge facilities, without paying additional program or admission fees ~ SunBlast Playground Program ~ accessible playground at Churchill Park

**Serves:** City of Cambridge

**Hours:** Mon-Fri 8:30am-4:30pm

**Language:** English ~ Translators available

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**Carousel Dance Centre** **229**

**Address:** D7-550 Parkside Dr, Waterloo N2L 5V4

**Phone:** 519-888-4567 ext 33147 **Fax:** 519-884-8009

**Eligibility:** Individuals 3 years and over

**Services:** Dance school ~ modern, creative, ballet, jazz, character and choreography ~ Royal Academy of Dance (RAD) examinations ~ Junior and adult programs ~ program for children with disabilities ~ noncompetitive performances

**To Apply:** Preregistration required

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**Central Ontario Developmental Riding Program** **230**

**Address:** 584 Pioneer Tower Rd, Kitchener N2P 2H9

**Phone:** 519-653-4686 **Fax:** 519-653-5565

**Email:** info@pridestables.com

**Contact:** Heather MacKneson, Executive Director

**Eligibility:** Individuals with disabilities

**Services:** Instruction in therapeutic horseback riding and horsemanship skills ~ participants arrange own transportation

**Serves:** Waterloo Region

**To Apply:** Medical approval and insurance forms required

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**Clay Days Pottery Studio** **231**

**Address:** 49 Chapel St, Kitchener N2H 2S9

**Phone:** 519-578-7306

**Contact:** Rachel Tanner

**Eligibility:** Individuals 5 years and over

**Services:** Pottery studio ~ classes integrated for children with special needs

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**Community Living Cambridge, The Dream Team** **232**

**Address:** 160 Hespeler Rd, Cambridge N1R 6V7

**Location:** Trillium Room, 162 Hespeler Rd, Cambridge

**Phone:** 519-623-7490 **Fax:** 519-740-8073

**Contact:** Denise Gruber, Director, Program Services ~ dgruber@communitylivingcambridge.ca

**Eligibility:** Adults 18 years and over with developmental disabilities

**Services:** Support and self advocacy group ~ recreational activities

**Serves:** City of Cambridge ~ City of Kitchener ~ City of Waterloo ~ Township of North Dumfries

**Hours:** Meets last Fri of month 6:30-8:30pm

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**Conestoga Sailing Club** **233**

**Address:** 256 King St N, Box 38077, Waterloo N2J 4T9

**Phone:** 519-638-5241 (club)

**Email:** information@kwsailing.org

**Services:** Teaches and promotes sailing skills; lessons for adults and children ~ Able Sail: program for individuals with physical disabilities ~ racing clinics, biweekly races, social events ~ recreational sailing ~ training at Conestoga Lake

**Hours:** Club May-Sep ~ school Jul-Aug

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**Excelsior Fencing Club** **234**

**Address:** 61 Willow St, Waterloo N2J 2J2

**Contact:** Johnathon Holtz, Club President ~ (H) 519-591-2924

**Eligibility:** Individuals 9 years and over

**Services:** Recreational and competitive fencing club ~ hosts and participates in tournaments ~ offers instruction; lessons in foil, epee and sabre ~ beginner programs ~ Wheelchair Fencing: beginning instruction for individuals with physical disabilities 10 years and over

**Serves:** Waterloo Region

**Language:** English ~ Polish

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**K-W Sidewinders Sledge Hockey Club**

**235**

**Address:** c/o Ron Perrin, 52 Willison St, Ayr N0B 1E0  
**Email:** kwsidewinders@sympatico.ca  
**Contact:** Ron Perrin ~ (H) 519-632-7282  
**Services:** Recreational and competitive sledge hockey  
**Serves:** Waterloo Region  
**Hours:** Oct-Mar ~ summer evenings Jun-Aug

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**K-W Synchronized Swim Club**

**236**

**Address:** 525 Highland St W, Ste 411, Kitchener N2M 5P4  
**Phone:** 519-620-3846 **Fax:** 519-744-7621  
**Email:** kwsynchro@golden.net  
**Contact:** Valerie Hoag, President  
**Eligibility:** Individuals 6 years and over  
**Services:** Recreational, competitive and pre-competitive synchronized swimming club ~ offers instruction; lessons at recreational level ~ swim and train at various pools ~ summer day programs ~ Athletes with a Disability: teaches basic and synchronized swimming skills for children 8 years and over with developmental or physical disabilities; 11 week program offered twice yearly ~ Adult Rec program runs Sept to May ~ Water Show every Dec and May  
**Hours:** Sep-Jun ~ registration begins summer

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**Kitchener. Community Services Department, Aquatics and Athletics, Adapted Aquatics Program**

**237**

**Address:** Box 1118, Kitchener N2G 4G7  
**Location:** Forest Heights Pool, 253 Fischer-Hallman Rd, Kitchener  
**Phone:** 519-741-2493 **Fax:** 519-741-2724  
**Contact:** Janet Zomer, Supervisor of Aquatics ~ 519-741-2989 ~ janet.zomer@kitchener.ca  
**Eligibility:** Children 5-13 years with physical, developmental or behavioural disabilities  
**Services:** Specialized swimming instruction ~ individual assistance with trained volunteer  
**Serves:** Waterloo Region  
**To Apply:** Registration required  
**Hours:** Thu 6-8pm ~ 9 week sessions (Sept-June)

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**Kitchener. Community Services Department, Inclusion Services**

**238**

**Address:** Box 1118, Kitchener N2G 4G7  
**Location:** 200 King St W, 7th Flr, Kitchener  
**Phone:** 519-741-2225 **Fax:** 519-741-2723  
**Email:** info@kitchener.ca  
**Contact:** Johanna Ellis ~ johanna.ellis@kitchener.ca  
**Services:** Provides leisure opportunities, specialty programs, education, community grants ~ provides individual volunteer or staff support to individuals with disabilities ~ K-W Sport for Physically Disabled Legacy Fund provides financial assistance for athletes with physical disabilities to participate in competitive sport ~ PAL Cards allow personal attendants to accompany individuals with disabilities to facilities without paying additional program or admission fees ~ provides Leisure Access Cards to participate in municipal recreational programs for reduced fee: available to City of Kitchener residents with low income ~ equipment available: sledges and skates, accessible jogger, audiballs, all-terrain wheelchairs  
**Serves:** City of Kitchener ~ City of Waterloo  
**Hours:** Mon-Fri 8:30am-5pm  
**Language:** English ~ Translators available

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**Leisure Possibilities**

**239**

**Address:** c/o Bruce Mutton, 394 Veronica Dr, Kitchener N2A 4E8  
**Contact:** Bruce Mutton ~ mutton@golden.net ~ (H) 519-894-1687  
**Eligibility:** Individuals with disabilities  
**Services:** Develops recreational and leisure programs  
**Serves:** Waterloo Region ~ surrounding area

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- The Muddy Music Centre** **240**  
**Address:** 141 Whitney Pl, Unit 25B, Kitchener N2G 2X8  
**Phone:** 519-519-635-3253  
**Contact:** Shawna Morrisette, Executive Director  
**Services:** Pottery, drumming and glass fusion workshops ~ Camp Woohoo: one week pottery, drumming and film-making camp for children 4-14 years; accepts children with special needs ~ Camp Woo: five half-day pottery and drumming camp for children 4-14 year; accepts children with special needs ~ Camp Hoo: five half-day film-making camp for children 4-14 years; accepts children with special needs ~ Youth Leadership Camp: full week leadership camp for children 10-17 years; accepts children with special needs
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- Ontario Special Olympics Inc, Kitchener Waterloo** **241**  
**Address:** Box 40107 Waterloo Square PO, Waterloo N2J 4V1  
**Phone:** 519-578-3113  
**Email:** info@kwspecialolympics.org  
**Eligibility:** Individuals with mental disabilities  
**Services:** Fitness program ~ opportunity for competition at regional, provincial and national levels ~ swimming, bowling, floor hockey, track and field, speed skating, figure skating, powerlifting, softball, basketball, soccer, curling, rhythmic gymnastics  
**Serves:** City of Kitchener ~ City of Waterloo
- Ontario Special Olympics Inc, New Hamburg** **242**  
**Address:** c/o Jean Schaaf, 255 Waterloo St, New Hamburg N3A 1S5  
**Contact:** Jean Schaaf ~ (H) 519-662-3693 ~ secretaryexpress@rogers.com  
**Eligibility:** Individuals with mental disabilities  
**Services:** Fitness program ~ opportunity for competition at regional, provincial and national levels ~ swimming, bowling, softball, curling
- Ontario Special Olympics Inc, Ontario Special Olympics Cambridge** **243**  
**Address:** c/o Sandra Goodwin, 160 Hespeler Rd, Cambridge N1R 6V7  
**Contact:** Sandra Goodwin ~ (H) 519-623-7704 ~ sand1940@golden.net  
**Eligibility:** Individuals with developmental disabilities  
**Services:** Sports and recreation programs ~ opportunity for competition at regional, provincial and national levels ~ swimming, bowling, floor hockey, softball, darts, figure skating, basketball ~ volunteer opportunities  
**Serves:** City of Cambridge
- Ontario Special Olympics Inc, Woolwich** **244**  
**Address:** c/o Mary Jordan, 117 Arthur St S, Elmira N3B 2N8  
**Contact:** Mary Jordan ~ (H) 519-669-1875 ~ jordankm@golden.net  
**Eligibility:** Individuals with mental disabilities  
**Services:** Fitness program ~ opportunity for competition at regional, provincial and national levels ~ sports include baseball, 5 pin bowling, floor hockey, figure skating
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- Sports for Special Athletes** **245**  
**Address:** Box 3040 Stn C, Kitchener N2G 4R5  
**Phone:** 519-584-2418  
**Email:** s4sa@sympatico.ca  
**Contact:** Adele Couchman, President ~ (H) 519-744-4881 ~ (F) 519-744-9735  
**Eligibility:** Individuals with disabilities  
**Services:** Sport training and recreation programs ~ integrated and non-integrated programs ~ sports include: 5 and 10 pin bowling, powerlifting, swimming, speed skating, softball, blastball, soccer, mini-golf, lawn bowling, shuffleboard  
**Serves:** Waterloo Region
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- Sunbeam Residential Development Centre, Sunbeam Early Years Drop-In Centre** **246**  
**Address:** 68 Biehn Dr, Kitchener N2R 1M3  
**Phone:** 519-744-9223  
**Contact:** Bev Palumbo, Coordinator  
**Eligibility:** Children birth-6 years  
**Services:** Early Years centre ~ parent resource centre ~ parent and child program  
**Serves:** Waterloo Region  
**Hours:** Mon 1-4:30pm; Tue, Thu 9:15-11:15am, 12:30-2:30pm (Sept-June)

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**Sunrise Therapeutic Riding and Learning Centre**

**247**

**Address:** Box 133, Guelph N1H 6J6  
**Location:** 6920 Concession 1, RR 2, Puslinch  
**Phone:** (519) 837-0558 **Fax:** (519) 837-1233  
**Contact:** Lynne O'Brien, Operations Manager ~ (519) 837-0558 ext 31 ~ lynne@sunrise-therapeutic.ca  
**Eligibility:** Individuals with disabilities  
**Services:** Provides therapeutic riding lessons ~ integrated lessons for independent riders 8 years and over ~ summer day camps  
**Serves:** City of Kitchener ~ City of Cambridge ~ surrounding area  
**Hours:** Office Mon-Fri 8am-4:30pm

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**TopSpin Table Tennis Club**

**248**

**Address:** c/o Robert Bryant, 78 Olympic Dr, Kitchener N2M 3S8  
**Location:** Blessed Sacrament School, 367 The Country Way, Kitchener  
**Contact:** Robert Bryant ~ (H) 519-745-2817 ~ (C) 519-591-2817 ~ bryantrj@primus.ca  
**Services:** Recreational and competitive table tennis ~ individuals with disabilities welcome ~ junior training program  
**Serves:** Waterloo Region  
**Hours:** Tue-Fri 7-10pm (Sept-June)

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**Twin City Spinners Wheelchair Sports Inc**

**249**

**Address:** c/o Anne Marie Hagey, 630 Keats Way, Unit 39, Waterloo N2T 2M8  
**Contact:** Anne Marie Hagey, President ~ (H) 519-880-8145 ~ hageya187@rogers.com  
**Eligibility:** Manual wheelchair users  
**Services:** Promotes recreational and competitive sports for wheelchair athletes; basketball, track and field, volleyball, etc ~ Spinners Wheelchair Activity Days (SWAD): recreational activities for children and youth 5-21 years including wheelchair basketball, baseball, tennis, bowling and karate ~ TC Speedy Spinners: integrated wheelchair basketball; Junior Wheelchair sports camp

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**Waterloo Region Nordic Sports Club**

**250**

**Address:** Box 40031, Waterloo N2J 4V1  
**Phone:** 519-880-1719 (club hotline)  
**Contact:** Greg Harling ~ (H) 519-885-7631  
**Services:** Cross country skiing and related sports ~ recreational and competitive skiing ~ groomed trails at Bechtel Park ~ Para-Nordic Program: all ages recreational and competitive skiing for person with physical disabilities  
**Serves:** Waterloo Region  
**Hours:** Racing: Oct-Mar, Skiing: Jan-Mar ~ registration begins Oct

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**Waterloo Region Track 3 Ski School**

**251**

**Address:** 396 Morrison Rd, Kitchener N2A 2Z6  
**Phone:** 519-748-9802  
**Email:** track3@golden.net  
**Eligibility:** Children and youth 5-18 years with disabilities  
**Services:** Ski program ~ volunteers assist skiers ~ specialized adaptive equipment used  
**Hours:** Office Mon-Wed 9am-3pm (Sep-Mar)

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**Waterloo. Department of Recreation and Leisure Services**

**252**

**Address:** Waterloo City Centre, 100 Regina St S, Waterloo N2J 4A8  
**Phone:** 519-747-8733 **Fax:** 519-747-8754  
**Contact:** Lori Ludwig, Community Development and Inclusion Services ~ 519-885-1220 ext 244  
**Services:** Provides recreational and leisure facilities and services ~ swimming instruction for all ages ~ playgrounds, drop in centres, special interest classes for youth and adults ~ staff assistance available for community groups to help develop recreational and leisure services ~ helps organize neighbourhood associations ~ helps organize and develop recreational and leisure activities for people with disabilities ~ meeting room rental for nonprofit groups ~ volunteer opportunities  
**Serves:** City of Waterloo  
**Hours:** Mon-Fri 8:30am-4:30pm

**Waterloo. Department of Recreation and Leisure Services, Waterloo Memorial Recreation Complex, Adapted Aquatics 253**

**Address:** c/o Waterloo Swimplex, 101 Father David Bauer Dr, Waterloo N2J 4A8

**Phone:** 519-886-7122 ext 229 **Fax:** 519-886-1106

**Contact:** Gus Siountres

**Eligibility:** Children and youth 5-17 years with disabilities

**Services:** Specialized swimming instruction ~ individual assistance with trained volunteer

**Serves:** City of Waterloo

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**Young Men's Christian Association of Cambridge, Chaplin Family YMCA, Adapted Aquatics 254**

**Address:** 250 Hespeler Rd, Cambridge N1R 3H3

**Phone:** 519-621-3250 ext 230 **Fax:** 519-621-6580

**Contact:** Carolynn Thompson, Aquatic Program Supervisor ~ carolynn\_thompson@ymca.ca

**Eligibility:** Children 3-11 years with disabilities

**Services:** Specialized swimming instruction ~ individual assistance with trained volunteer ~ 8 week program

**Hours:** Mon 4:30-5:30pm (Jan-Mar, Mar-May, Sept-Nov)

**Young Men's Christian Association of Cambridge, Chaplin Family YMCA, Just Hanging Out 255**

**Address:** The Z Beside The Y, 258 Hespeler Rd, Cambridge N1R 3H3

**Phone:** 519-623-9622 ext 306

**Email:** ymcambridge@ymca.ca

**Eligibility:** Children and youth 13-19 years with disabilities

**Services:** Drop-in ~ social and recreational activities ~ meals provided

**Serves:** Waterloo Region

**Hours:** Mon 5-8pm ~ 10 week sessions