

## Therapeutic Recreation Resource List Kitchener/Waterloo

<b>Definitions</b>	
<b>Specialized</b>	Programs are designed specifically for participants with a disability
<b>Inclusive</b>	Participants with a disability are included in programs with participants who don't have a disability. The term "integrated" is also used.
<b>Adapted</b>	Playing area, equipment, rules, or instructional technique are adapted to customize the activity for participants with special needs
<b>Para</b>	Para-sport refers to sports for athletes with physical disabilities

<b>Adapted and Para Sport opportunities, Specialized leisure opportunities</b>	
<b>Art &amp; Drumming</b>	Majestic Mud Pottery studio offers a pottery and drumming program for persons with special needs. Art therapy and camps. Info (519) 593-2323 <a href="http://www.majesticmud.com">www.majesticmud.com</a> <a href="mailto:majesticmud@irisnet.ca">majesticmud@irisnet.ca</a>
<b>Boccia</b>	A strategy sport accessible to persons of all physical ability. Participants throw, kick, or use a ramp to propel a soft leather ball towards a target. The KW program is open to participants ages 8 and up with physical and/or developmental disabilities. Time: Monday evenings, 6:30 – 8:30 Location: Blessed Sacrament School, Kitchener Info: Call Julie at 519-741-2228 or email <a href="mailto:Julie.doherty@kitchener.ca">Julie.doherty@kitchener.ca</a>
<b>Dance</b>	Carousel Dance Studio offers both integrated and specialized programs. Call the studio at 519-746-8877 or visit their website at <a href="http://www.carouseldancecentre.ca">www.carouseldancecentre.ca</a> for more information.
<b>Fencing</b>	Excelsior Fencing Club offers both integrated and specialized programs, including wheelchair fencing. For more information, call Jennifer at 519-745-1381 or visit the club at 61 Willow St, Waterloo on Monday or Wednesday from 6:30 to 10:00.
<b>Golf</b>	An introduction to golf workshop (May) and mini sessions (June) are held in the spring to introduce golf to youth with physical and/or developmental disabilities. For more information call Julie at 519-741-2228 or email <a href="mailto:Julie.doherty@kitchener.ca">Julie.doherty@kitchener.ca</a>
<b>Hockey- KW Sidewinders</b>	A Sledge Hockey team and skill development program for youth and adults with physical disabilities. Participants use a sledge, a specially designed sled with skate blades to propel themselves on the ice. Time: Saturdays Location: RIM Park, Waterloo Info: Heike Kaufmann at (519) 579-1178 or <a href="mailto:kwsidewinders@sympatico.ca">kwsidewinders@sympatico.ca</a>
<b>Hockey- Woolwich Sledge Hockey</b>	Sledge hockey program in Elmira Time: every other Saturday, 5-7pm. Location: Jim McLeod Ice Pad, Elmira Info: Keith Metzger (519) 669-5289 or <a href="mailto:kmetzger@teksavvy.com">kmetzger@teksavvy.com</a>
<b>Hockey- Kitchener Ice Pirates</b>	A hockey team for children and young adults with developmental disabilities. Info: (519) 749-8995 <a href="mailto:petitepied@rogers.com">petitepied@rogers.com</a>

<b>Hockey- Power Wheelchair Hockey</b>	An exciting sport for power wheelchair users! Info: Chris Hodnett (519) 885-6640 or kwaa@kwa.on.ca
<b>Horseback Riding- CODRP/Pride</b>	Pride Stables in Kitchener operates C.O.D.R.P (Central Ontario Developmental Riding Program) and is affiliated with OnTRA. For riders with physical or developmental disabilities. For more information call (519) 653-4686 / 653-8736 or visit their website at <a href="http://www.pridestables.com">www.pridestables.com</a>
<b>Horseback Riding- Sunrise</b>	Sunrise Therapeutic Riding and Learning Centre is located in Puslinch. This centre provides instruction by coaches certified through CanTRA. For riders with physical or developmental disabilities. For more information, call (519) 837-0558 or visit their website at <a href="http://www.sunrise-therapeutic.ca">www.sunrise-therapeutic.ca</a>
<b>Sailing</b>	Conestoga Sailing Club operates an Able Sail program to introduce sailing to people with disabilities. They own two adapted/accessible sailboats. For information, call (519) 638-5241 or visit their website at <a href="http://www.kwsailing.org">www.kwsailing.org</a>
<b>Sportball (Adapted)</b>	An introductory sport skills program for children with special needs, ages 3-8. Sessions offered in the spring and fall. Info: call 1-877-678-5437 or visit their website at <a href="http://www.sportball.ca">www.sportball.ca</a>
<b>Skiing- Downhill</b>	Track 3 ski club operates out of Chicopee and provides specialized ski instruction to persons with physical or developmental disabilities. Info: call 519-748-9802 or email <a href="mailto:track3@golden.net">track3@golden.net</a> or visit their website at <a href="http://www.waterlootrack3.com">www.waterlootrack3.com</a>
<b>Skiing- Nordic</b>	The Waterloo Region Nordic Sports Ski Club offers clinics and provides equipment for individuals with disabilities to try cross country skiing (seated or standing). Info: call Kevin at 519-894-4776
<b>Special Olympics</b>	For athletes ages 8 and up with developmental disabilities. KW sports include: bowling, basketball, curling, floor hockey, figure skating, soccer, martial gym, power lifting, swimming, speed skating, snowshoeing, Boccia, golf, soccer, softball, track and field. Info: visit <a href="http://www.kwspecialolympics.org">www.kwspecialolympics.org</a> , call 519-578-3113 or email <a href="mailto:info@kwspecialolympics.org">info@kwspecialolympics.org</a>
<b>Sports for Special Athletes</b>	Integrated sport participation for athletes ages 6 and up with special needs. Sports include: bowling, curling, basketball, powerlifting, floor hockey, swimming, speed skating, blastball, softball, lawn bowling, mini golf Info: Call (519) 584-2418 or email <a href="mailto:liz.costello@rogers.com">liz.costello@rogers.com</a> or visit their website at <a href="http://www.sportsforspecialathletes.org">www.sportsforspecialathletes.org</a>
<b>Swimming Adapted Aquatics</b>	Swimming lessons for children and youth with special needs. Info: Kitchener: See the Slash! Guide for info on classes or visit <a href="http://www.kitchener.ca">www.kitchener.ca</a> Info: Waterloo: Look in the City of Waterloo Programs and Activities guide or call Gus at 519-886-7122 x229 or visit <a href="http://www.waterloo.ca">www.waterloo.ca</a>
<b>Swimming (competitive)</b>	Region of Waterloo Swim Club operates a para-swimming program. Info: cal (519) 885-1310 or email <a href="mailto:office@rowswimming.com">office@rowswimming.com</a> or visit their website at <a href="http://rowswimming.pbworks.com">http://rowswimming.pbworks.com</a>
<b>Swimming Synchro</b>	The K-W Synchronized Swim Club program for athletes with a disability (ages 8 and up). Info: (519) 620-3846 <a href="http://www.kwsynchro.on.ca">www.kwsynchro.on.ca</a> <a href="mailto:kwsynchro@golden.net">kwsynchro@golden.net</a>
<b>Track and Field</b>	The Kitchener-Waterloo Track and Field association runs the FasTrack program for athletes with a disability. The club holds practices from

	November to April at the Memorial Rec Complex (100 Father David Bauer Dr. Waterloo) and from May to July at Centennial Stadium (400 East Ave. Kitchener). Info: (519) 725-3343 or <a href="mailto:info@kwfta.ca">info@kwfta.ca</a> or <a href="http://www.kwfta.ca">www.kwfta.ca</a>
<b>Wheelchair Basketball</b>	The TC Speedy Spinners is an integrated wheelchair basketball program Time: Mondays and Thursdays, 6-9pm Location: Doon Ave. Public School, Kitchener Info: Ann Marie Hagey (519) 880-8145 <a href="mailto:hageya187@rogers.com">hageya187@rogers.com</a>
<b>Wheelchair Sports</b>	The SWAD (Spinners Wheelchair Activity Days) program offers wheelchair sports (basketball, tennis, curling, bowling, karate, etc.) Time: every other Saturday (times and locations vary) Info: Pamela Johnston (519) 894-2110 <a href="mailto:pj.rose23@sympatico.ca">pj.rose23@sympatico.ca</a>
<b>Yoga</b>	Blue Skies Yoga Studio offers inclusive yoga classes for children and youth, and offers private yoga sessions for children with special needs. Info: (519) 574-1941 <a href="mailto:info@blueskiesyoga.com">info@blueskiesyoga.com</a> <a href="http://www.blueskiesyoga.com">www.blueskiesyoga.com</a>

<b>Leisure Supports</b>	
<b>Every Kid Counts</b>	City of Kitchener / City of Waterloo program that provides children and youth with special needs the opportunity to attend municipal summer programs with one-on-one assistance. Volunteer assistance available for municipal programs year round. Kitchener Info: (519) 741-2225 Waterloo Info: (519) 747-8651
<b>PAL Card</b>	The personal Attendant for Leisure Card allows a person with a disability to have a personal attendant attend a program at no charge Kitchener Info: (519) 741-2224 Waterloo Info: (519) 885-1220 x225
<b>Inclusion Facilitators</b>	Inclusion facilitators are available at several regional camps to provide one to one assistance for children with special needs to attend camp. Participating camps include: City of Kitchener, City of Waterloo, Engineering Science Quest, Camp McGovern, Camp Kumoniwannago, and Hidden Acres Mennonite Camp.
<b>Access 2 Entertainment</b>	A card that allows individuals with disabilities to attend movies (and some area attractions) with an attendant at no extra cost. Info: Visit <a href="http://access2.ca">access2.ca</a>

<b>Funding Assistance</b>	
<b>LAC Card</b>	The Leisure Access Card provides fee assistance to persons from low income families participating in municipal recreation programs Kitchener Info: (519) 741-2382 Waterloo Info: (519) 885-1220 x224
<b>KidSport Ontario</b>	A funding program to help families in financial need to pay for organized sports and the equipment required to play them. Visit <a href="http://www.kidsportcanada.ca">www.kidsportcanada.ca</a>
<b>Legacy Fund</b>	A fund to assist residents of Kitchener and Waterloo who have a physical disability to participate in sports. Info: Call Julie at 519-741-2228 or email <a href="mailto:Julie.doherty@kitchener.ca">Julie.doherty@kitchener.ca</a>

<b>Autism Ontario</b>	Autism Ontario has a fund to reimburse families for the cost of a one-to-one worker for their child to attend summer camp. Only 500 reimbursements are available, so apply early! Info: <a href="http://www.autismontario.com/summercamp">www.autismontario.com/summercamp</a>
<b>Youth Memorial Fund</b>	This fund awards grants annually to youth (ages 14-25) with physical disabilities who are in financial need. (Grant deadline Sept. 30) Info: (519) 745-7821 or mfceast@mennofoundation.ca

<b>Other Agencies offering recreation, leisure or respite programs</b>	
<b>Brain Injury Association</b>	Runs some drop in and evening programs for individuals with brain injuries, their families, and friends. Info: (519) 579-5300 <a href="mailto:biaww@bellnet.ca">biaww@bellnet.ca</a> www.biaww.ca
<b>Canadian Council for the Blind</b>	Social and recreational activities for individuals with visual impairments. Info: (519) 579-3800 www.ccbnational.et
<b>Down Syndrome Society</b>	The Waterloo Regional Down Syndrome society run various social and recreational programs, including a Buddy Choir. Info: (519) 896-4488 <a href="http://www.wrdss.ca">www.wrdss.ca</a>
<b>DSAC</b>	Developmental Services Access Centre provides support to families seeking respite options (summer camps/programs, weekend respite) Info: (519) 741-1121 <a href="mailto:dsac1@on.aibn.com">dsac1@on.aibn.com</a> www.dsac-wr.com
<b>Extend-A-Family</b>	Summer programs and respite support. SSAH administration. Info: (519) 741-0190 <a href="http://www.eafwr.on.ca">www.eafwr.on.ca</a> kwextend@eafwr.on.ca
<b>K-W Access-Ability</b>	Information and recreation programs for individuals with physical disabilities. Info: (519) 885-6640 <a href="mailto:kwa@kwa.on.ca">kwa@kwa.on.ca</a> www.kwa.on.ca
<b>KW Habitation</b>	Youth Exploring Possibilities summer program for youth with developmental disabilities, respite options. Info: (519) 744-6307 <a href="http://www.kwhab.ca">www.kwhab.ca</a>
<b>Ontario March of Dimes</b>	Social and summer programs for individuals with physical disabilities. Info: (519) 579-5530 www.marchofdimes.ca

<b>Other Sources of Recreation Information</b>	
<b>KidsAbility KW Activities Guide</b>	Published March, August and December. Highlights KidsAbility programs and partnership programs. Mailed to School Years clients. Ask your therapist.
<b>Kitchener Leisure Guide</b>	Published 4x/yr. Look for the guide at community pools, rec centres, libraries, City Hall, etc.
<b>Waterloo Program &amp; Activities Guide</b>	Published 4x/yr. Look for the guide at community pools, rec centres, libraries, City Hall, etc.
<b>Summer Camp and Recreation Program Guide</b>	Published each spring. Detailed listings of regional camps and summer recreation programs. Pick up a copy at KidsAbility, City Hall, or your local rec centre.
<b>Access Waterloo Region</b>	An online information hub for people with disabilities in Waterloo Region: <a href="http://www.accesswaterlooregion.ca">www.accesswaterlooregion.ca</a> AWR also hosts an information fair for community members with disabilities and their families. Occurs in April. Includes agencies, organizations and recreation programs. 2010: April 13 <sup>th</sup> , 5:00 – 8:00pm. St. Mary's High School, Kitchener

