



# ACTIVITY GUIDE

KITCHENER-WATERLOO  
FALL 2011



## FEATURING -

- Programs, events and groups for children aged 4 to 18 offered by KidsAbility and Community Partners



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## How to access your School Years Therapy Team

As a client on the School Years Registry, you are able to access Physiotherapy, Occupational Therapy, Social Work, and Therapeutic Recreation Services when you need them.

You may call at any time with a question, or if you have a need for therapy services. Please remember that most of the team works on Monday, Tuesday, and Wednesday.

The person to call is Ann MacNeish at  
**519-886-8886 Ext. 1314**



## Are You Growing Up Ready?

KidsAbility has lots of tools and resources to help you get ready for the future. One of our favourite resources is the Growing Up Ready checklists. These checklists look at different areas of your life such as recreation, independent living skills, school, and health. This tool helps you to reflect on what skills you will need as you get older, and how you can work on developing those skills. There are three checklists that look at different skills as you get older. Check it out! Go to [www.hollandbloorview.ca](http://www.hollandbloorview.ca) and type “growing up ready” in the search toolbar. If you have questions about how to develop skills for growing up, please contact your School Years team by calling Ann at 519 886-8886, Ext. 1314.

The School Years therapists have designed many group programs to deliver the benefits of therapy but with a healthy dose of fun and friendship. These groups focus on skill development, and are led by qualified therapists. Take a careful look through this guide to see what groups are coming up. Remember to register early. Sometimes our great programs get cancelled when too many people wait until the last minute to register. Don't wait - register today!

Another way to get ready for the future is to start exploring your community today! There are many activities and programs that will help you to have fun, meet new people, and develop some important skills. Check out the programs listed in this guide for some great ideas!

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## We've Missed You!

KidsAbility has discontinued the Annual Review process, and replaced it with a Client Review process. Client reviews will be held on an as-needed basis, rather than an annual basis. Client reviews can be initiated by clients, families, or therapists. Client reviews can be requested for many different reasons, such as:

- Changes in function/abilities related to growth
- Experiencing challenges with participation
- Investigating new equipment
- Home modification needs
- Advice on planning for the future
- Or just to check in to make sure your child is on track!

If you would like to meet with your team to discuss a particular concern, or simply to check in, please call Ann at 519-886-8886, Ext. 1314.



## 2011 ACS Workshops - All Are Welcome!

Did you know that the Augmentative Communication Service (ACS) at KidsAbility offers **free** workshops on a variety of topics? Topics include:

- Supporting Early Communication
- Using a Speech Generating Device (SGD) Functionally
- Vocabulary Selection and Designing Overlays
- Adaptations to Support Shared Reading
- Visual Strategies for Communication
- Developing and Using Conversation Books
- Using Switches to Play
- Computer Play for Young Children with Disabilities

Workshops offer caregivers the opportunity to learn about strategies, to ask questions and to meet other caregivers and professionals in a small group setting.

We encourage attendance by parents, caregivers, SLP's, OT's, teachers, EA's, community support workers and anyone else with an interest in supporting communication. Your child or client does not have to be currently receiving service or on the ACS waitlist to attend.

Registration is necessary and workshops are offered at KidsAbility sites in Guelph, Cambridge and Waterloo.

An up to date schedule, registration information and a description of workshop content can be found on the KidsAbility Website at <http://www.kidsability.ca/en/Workshops>.

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## our Resource Centre goes the extra mile for you!

The KidsAbility Resource Centre is pleased to announce that our on-line catalogue is up and running. There is now a link to the Resource Centre Catalogue from the KidsAbility Website in the information resources section at: <http://www.kidsability.ca/en/catalogue>. It can also be accessed at: <http://resourcelibrary.kidsability.org>. You can browse and search for materials available at all of the KidsAbility sites which have Resource Centres - Waterloo, Guelph, and Cambridge. If you find something you would like to borrow come in and check it out!



## Don't Miss Another Deadline!

Over the last year, we have heard our families say “I didn’t hear about it” or “Oh yeah, that looked interesting, but we forgot to register.”

We develop and deliver programs based on what you tell us your children need. We need a minimum number of participants to run, and some of our programs get cancelled because we don’t reach the minimum number, and some of your kids miss out on great opportunities to learn new skills!

We are now collecting email addresses for those who wish to receive email reminders about upcoming deadlines for group programs. Sign up for our “reminder list” and never miss a deadline again! Send an email to [sroberts@kidsability.ca](mailto:sroberts@kidsability.ca) with “reminder list” in the subject line. Your email address will not be used for purposes other than reminding you of upcoming registration deadlines for KidsAbility and partnership programs.

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***We are making it easier for you!***

## Register on-Line!

We now have the ability for you to register for KIDSABILITY programs on-line! Visit our website at [www.kidsability.ca](http://www.kidsability.ca). Go to the Activities and Events Calendar near the bottom of the screen and click on the date and program you would like to register for. Check it out! If you still prefer to call, 519-886-8886 Ext. 1550.

**COMING SOON...**on-line payment option!





## Waterloo Region Family Network (WRFN)

*Parents, take a look!*

[www.waterlooregionfamilynetwork.com](http://www.waterlooregionfamilynetwork.com)

The WRFN is a local network of parents and community partners offering lifelong support to families as they navigate the world of “disability”. WRFN helps all families of children and youth with special needs, regardless of their diagnoses. WRFN programs include parent-to-parent mentoring, workshops and seminars on a variety of topics, support groups and personal guidance. They know what it’s like to raise a child with special needs and they want to ensure families are aware of and appropriately connected to community resources. Provide WRFN with your email address and they will keep you up to date on what is available in this community for children and youth with disabilities.

Contact them at: [admin@waterlooregionfamilynetwork.com](mailto:admin@waterlooregionfamilynetwork.com) or 519-804-1786. Or check them out on Facebook.



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## Volunteer opportunities

We believe that our older (high school age) teens have a lot to offer our younger (elementary school age) clients in the way of support, guidance and even just friendship. We would love for the older teens to help us run some of our groups. If you are interested in volunteering, you must first contact Annie Crump, our Volunteer Coordinator at 519-886-8886, Ext. 1272 or [acrump@kidsability.ca](mailto:acrump@kidsability.ca) and then check this Guide for opportunities. These volunteer hours will count towards the 40 hours of community involvement activities that are required for high school graduation.



## Social Networking Workshop

(Hosted by Ability online - [www.abilityonline.org](http://www.abilityonline.org))

### PROGRAM DESCRIPTION:

Do you love the idea of social networking but hate the potential risks that are now associated with it? Come and learn about the pros and cons of connecting online; learn how to improve your “text” communications, and discover one site that has minimized those Internet risks so that all its members can have a great and safe online experience.

Cohosted by KidsAbility and Waterloo Region Family Network

**AGES:** Youth aged 12+ and their parents

**DATE:** Tuesday, September 27, 2011

**TIME:** 7:00 to 8:30 p.m.

**COST:** Free

**LOCATION:** KidsAbility, Waterloo Site, 500 Hallmark Drive, Waterloo

**NOTE:** *Parents and youth will attend separate workshops for the first hour and then the whole group will come together for the last half hour.*

**REGISTRATION INFORMATION:** Call the KidsAbility Registration Hotline at: 519-886-8886, Ext. 1550.

**REGISTRATION DEADLINE:** *September 20, 2011*



## Sports Experience PD Day Program

### PROGRAM DESCRIPTION:

Come out and join KidsAbility and Parasport Ontario for an exciting day of para sports such as wheelchair basketball, wheelchair rugby, wheelchair tennis, and boccia. All equipment provided.

**AGES:** Grades 1-12

**DATE:** Friday, November 18, 2011

**TIME:** 9:00 a.m. to 3:00 p.m.

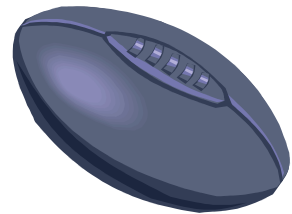
**COST:** \$20.00 per family (Pizza lunch included)

**LOCATION:** To be determined

**ELIGIBILITY:** KidsAbility school age clients, their siblings and friends

**REGISTRATION INFORMATION:** Call the KidsAbility Registration Hotline at: 519-886-8886, Ext. 1550.

**REGISTRATION DEADLINE:** *Friday, November 11, 2011*





## KidsAbility Karate Mini Session

### PROGRAM DESCRIPTION:

Come give karate a try with this three week mini session. Kitchener Kicks Dragon Hearts program is a Karate program specially designed for children and youth with physical disabilities. Come out and give it a try!

**AGES:** 4 +

**DATE/S:** Saturdays, September 17, 24 and October 1

**TIME:** 9:00 a.m. to 9:50 a.m.

**LOCATION:** Kitchener Kicks, 50 Ottawa Street South, Kitchener

**ELIGIBILITY:** Youth with physical disabilities. Call to enquire about sibling participation.

**COST:** \$15.00

**REGISTRATION INFORMATION:** Contact Kitchener Kicks at 519-741-5425.

**REGISTRATION DEADLINE:** *September 12, 2011*





## Bocce Ball

### PROGRAM DESCRIPTION:

A strategy sport accessible to persons of all physical abilities. Participants throw, kick or use a ramp to propel a soft leather ball towards a target. This program is open to participants ages 8 and up with physical and/or developmental disabilities.

**AGES:** 8 years and up

**DATE:** Monday evenings

Fall: September 26 to November 28, 2011

Winter: January 16 to March 26, 2012

Spring: April 9 to June 11, 2012

**TIME:** 6:30 p.m. to 8:30 p.m.

**COST:** \$55.00

**LOCATION:** Blessed Sacrament School, 367 The Country Way, Kitchener

**REGISTRATION INFORMATION:** Contact Julie Laderoute at 519-741-2228 or email [Julie.Laderoute@kitchener.ca](mailto:Julie.Laderoute@kitchener.ca) for more information.





## Kidengle Inclusive Music Education

### PROGRAM DESCRIPTION:

Group and individual music lessons for children and youth with special needs

**AGES:** Children and Youth and Young Adults

**DATE:** September 28 and 29 to December 14 and 15, 2011

**TIME:** Wednesday and Thursday evening one hour classes at 5:15 to 6:15 pm and 6:30-7:30 pm

**COST:** \$300.00 for the 12 week course; Individual lessons are \$30.00 per half hour lesson

**LOCATION:** Classes held at KidsAbility, 500 Hallmark Drive, Waterloo  
Individual lessons available elsewhere

**ELIGIBILITY:** Children and Youth and Young Adults interested in developing musical skills and who have had a class placement assessment

**REGISTRATION INFORMATION:** Prospective students must have a registration form filled out and attend a class placement assessment. Please contact Kim at 519-573-4154 to arrange an assessment time.

**REGISTRATION DEADLINE:** Monday, September 12th, 2011



## Wheelchair Basketball Skills Program



### PROGRAM DESCRIPTION:

A new team for children and youth with a focus on skill development! The Twin City Spinners Mini/Junior program will combine fun and skills in this new wheelchair basketball program

**AGES:** No age restrictions. The program is designed for elementary aged students and those wishing to work on skill development.

**DATE:** Fall details to be determined. If interested, contact Meg for more information.

**FOR MORE INFORMATION:** Contact Meg at 519-886-8886, Ext. 1302 or [mshirley@kidsability.ca](mailto:mshirley@kidsability.ca)



## Adapted Aquatics

### PROGRAM DESCRIPTION:

This swimming program is designed for children with disabilities (physical, developmental, behavioural) who require specialized instruction in order to progress in their swimming skills. One instructor will assist a group of 4-6 participants. Each child will receive individual assistance from a trained volunteer.

**PROGRAM:** Children ages 5 years and up, including teens

**DATE/S:** October 13 to December 8, 2011 (9 weeks)

**TIME:** 6:00—6:40 p.m. & 6:40—7:20 p.m. & 7:20—8:00 p.m.

**LEVELS:** Beginner, Intermediate, Advance and Fitness Swim available

**LOCATION:** Forest Heights Pool, Kitchener

**COST:** \$67.20

**REGISTRATION INFORMATION:** Visit Forest Heights Pool or [www.kitchener.ca](http://www.kitchener.ca)



**PROGRAM:** Children ages 5 - 12 years

**DATE/S:** 9 week session, Begins Saturday September 25 to December 11, 2011

**TIME:** Swim Kids 1, 2, 3 : 4:00 - 4:30 pm; 4:30 - 5:00 pm; 5:30 - 6:00 pm  
Swim Kids 4, 5, 6: 5:00 - 5:30 pm

**COST:** \$82.00

**LOCATION:** Waterloo Swimplex, Waterloo

**REGISTRATION INFORMATION:** Visit the Swimplex or visit [www.waterloo.ca](http://www.waterloo.ca)



**PROGRAM:** Teens

**DATE/S:** 9 week session, Thursday, September 30 to December 9, 2011

**TIME:** 4:00 - 4:45 p.m.

**COST:** \$91.53

**LOCATION:** Waterloo Swimplex, Waterloo

**REGISTRATION INFORMATION:** Visit the Swimplex or [www.waterloo.ca](http://www.waterloo.ca)



**For more information, contact Gus at 519-886-3844, Ext. 229.**

**Registration begins September 7, 2011 at 7:00 a.m.**





CAROUSEL  
DANCE CENTRE INC.

## Carousel Dance Centre

## Dance for Everybody - 2011/2012 Schedule

### **Children's Program A—Ages 3-6**

- for children with ASD
- Saturday 3:15 to 4:00 p.m.
- Session 1—Sept. 24—Nov. 19 (no program Oct. 8)
- Session 2—January 21—March 10
- Fee \$75.00 per session

### **Children's Program B—Ages 7-11**

- for children with physical and/or developmental disabilities
- Friday 6:00 to 6:45 p.m.
- Session 1—Sept. 16—Nov. 25
- Session 2—Dec. 2—Feb. 24 (no program Dec. 23 or 30)
- Session 3—March 2—May 25 (no program Mar 16 or April 6)
- Fee: \$92.36 per session + \$15 annual registration fee

### **Teen Program—Ages 12-20**

- Friday 5:00 to 6:00 p.m.
- Session 1—Sept. 16—Nov. 25
- Session 2—Dec. 2—Feb. 24 (no program Dec. 23 or 30)
- Session 3—March 2—May 25 (no program Mar 16 or April 6)
- Fee: \$123.14 per session + \$15 annual registration fee

### **Adult Program—Ages 21+**

- Monday 10:00 to 11:00 a.m.
- Session 1—Sept. 12—Nov. 21 (no program Oct. 10)
- Session 2—Jan. 9—March 26 (no program Feb. 20 or March 12)
- Fee: \$90.00 per session



## Power Wheelchair Hockey

### PROGRAM DESCRIPTION:



**K-W ACCESS-ABILITY**  
A Community of Equal Access  
and Equal Opportunity

An exciting program for power wheelchair users! Power wheelchair hockey gives people with mobility challenges and limited upper body strength an opportunity to develop skills, be part of a team, and experience friendly competition. Customized sticks can be held or fastened to the chair. All ages and skill levels welcome. We can assist with arranging transportation!

**AGES:** Power wheelchair users, any age!

**DATE/S:** Saturdays, October to June

**TIME:** 10:00 a.m.—noon

**COST:** FREE

**REGISTRATION INFORMATION:** For more information and to register contact Chris Hodnett at 519-885-6640 or email [kwa@kwa.on.ca](mailto:kwa@kwa.on.ca)



## Youth Drop-In

### PROGRAM DESCRIPTION:

A fun and comfortable, social opportunity for youth and young adults with physical, developmental, communication or behaviour disabilities. Please join us for sports, crafts, cooking, friendship and lots of fun!

**AGES:** 13 – 25 years

**DATE/S:** Fridays—September 30, October 28, November 25, 2011  
January 27, February 24, March 30, 2012

**TIME:** 6:30 – 9:00 pm

**LOCATION:** KidsAbility—Waterloo site, 500 Hallmark Drive, Waterloo

**COST:** \$15 per session (includes three evenings)

**REGISTRATION INFORMATION:** Contact Luke Denomme, Program Co-ordinator, at 519-886-8183 or e-mail: [lukedenomme@hotmail.com](mailto:lukedenomme@hotmail.com)

## Youth in Transition



**Independent  
Living Centre**  
of WATERLOO REGION

### PROGRAM DESCRIPTION:

Participants meet weekly in a supportive environment to socialize, learn and prepare for an independent adult life. Each week the group will plan and prepare meals and participate in educational and recreational activities including topics such as employment coaching, stress management, healthy eating, movie nights, craft nights and much more. Participants are involved in the planning of each session.

**AGES:** 15-18

**DATES:** Thursdays, September 15 to December 1, 2011  
February 2 to April 19, 2012

**TIME:** 3:30 p.m. to 7:30 p.m.

**COST:** \$8.00 per night for a total of \$96.00

**LOCATION:** KidsAbility - Waterloo site, Teen Services

**REGISTRATION INFORMATION:** Call (519) 571-6788 or email [bonnie@ilcwr.org](mailto:bonnie@ilcwr.org)

**REGISTRATION DEADLINE:** Ongoing until the group is full



**THERE ARE LOTS OF EXCITING THINGS TO DO IN OUR COMMUNITY.**

Check out some of these programs if you're interested in trying something new!

<p><b>Art</b></p>	<p><b>Majestic Mud Pottery Studio</b> offers pottery and drumming classes for youth of all ages and abilities. Call (519) 593-2323 or visit their website at <a href="http://www.majesticmud.com">www.majesticmud.com</a> for more information.</p>
<p><b>Fencing</b></p>	<p><b>Excelsior Fencing</b> offers beginner fencing classes as well as wheelchair fencing and instruction for athletes with a disability. Call Jennifer at 519-745-1381 or visit their website at <a href="http://www.excelsiorfencing.ca">www.excelsiorfencing.ca</a> for more information.</p>
<p><b>Horseback Riding</b></p>	<p><b>PRIDE Stables</b> offers therapeutic horseback riding lessons in Kitchener. To learn more about their programs, call (519) 653-4686 or visit their website at <a href="http://www.pridestables.com">www.pridestables.com</a>. <b>Sunrise Therapeutic Riding and Learning Centre</b> is located in Puslinch. For more information about their programs call (519) 837-0558 or visit their website at <a href="http://www.sunrise-therapeutic.ca">www.sunrise-therapeutic.ca</a>.</p>
<p><b>Judo</b></p>	<p><b>Asahi Judo Club</b> offers inclusive Judo classes for youth of all abilities. For more information, contact the club at 519-743-4998 or <a href="http://www.asahijudo.ca">www.asahijudo.ca</a>.</p>
<p><b>Music</b></p>	<p><b>KiJengle Creative Musicianship</b> classes for children with special needs. Learn to read music and play various instruments. For more information, visit <a href="http://www.kijengle.ca">www.kijengle.ca</a> or email <a href="mailto:kijengle@gmail.com">kijengle@gmail.com</a></p>
<p><b>Special Olympics</b></p>	<p>Swimming, basketball, floor hockey, bowling, figure skating, indoor soccer, curling, and more! In Kitchener-Waterloo, the opportunities for athletes with intellectual disabilities are endless. Call (519) 578-3113 or visit <a href="http://www.kwspecialolympics.org">www.kwspecialolympics.org</a> for more information.</p>



<p><b>Sports for Special Athletes</b></p>	<p>Speed skating, floor hockey, swimming, bowling, and more! Sporting opportunities for athletes with special needs. Call (519) 584-2418 or visit <a href="http://www.sportsforspecialathletes.org">www.sportsforspecialathletes.org</a> for more information.</p>
<p><b>Swimming (Competitive)</b></p>	<p>Have you ever considered taking your swimming to the next level? The <b>Region of Waterloo Swim Club</b> offers a program for athletes with a disability. For more information, call (519) 885-1310 or email <a href="mailto:office@rowswimming.com">office@rowswimming.com</a></p>
<p><b>Synchronized Swimming</b></p>	<p>The <b>K-W Synchronized Swim Club</b> has a program for athletes with a disability (ages 8 and up.) For more information, contact the club at (519) 620-3846 or <a href="mailto:kwsynchro@golden.net">kwsynchro@golden.net</a> <a href="http://www.kwsynchro.on.ca">www.kwsynchro.on.ca</a></p>
<p><b>Track and Field</b></p>	<p>The <b>FasTrack</b> program at the KW Track and Field Association supports the athletic development of athletes with disabilities. Call (519) 725-3343 or visit their website at <a href="http://www.kwtfa.ca">www.kwtfa.ca</a> for more information.</p>
<p><b>Wheelchair Sports</b></p>	<p>The <b>SWAD</b> (Spinners Wheelchair Activity Days) program offers wheelchair basketball as well as other wheelchair sports opportunities. Basketball Manager: AnnMarie Hagey (519) 880-8145 SWAD Coordinator: Pamela Johnston (519) 894-2110</p>
<p><b>Yoga</b></p>	<p><b>Blue Skies Yoga</b> offers inclusive Kids and Family Yoga Programs, as well as “Yoga for the Special Child” yoga therapy. Blue Skies Yoga Studio is located at 55 Victoria Street North, Unit G, Kitchener. Call to register at 519-574-1941 or visit <a href="http://www.blueskiesyoga.com">www.blueskiesyoga.com</a> to register online and to find more information on upcoming programs.</p>

**A Note to Recreation Providers:**

***If you would like your program to be included in this guide, please contact the KidsAbility Recreation Therapist at 519-886-8886, Ext. 1302.***



# Activity Guide

F A L L 2 0 1 1



500 Hallmark Drive  
Waterloo, Ontario N2K 3P5

Phone: 519.886.8886  
Fax: 519.886.7292  
Website: [www.kidsability.ca](http://www.kidsability.ca)



## Welcome

Welcome to the Fall 2011 Activity Guide dedicated to clients aged 4 to 18 at the Waterloo site of KidsAbility.

## our Mission:

KidsAbility empowers children and youth with special needs to realize their full potential.

## our Beliefs:

- We believe that each child is unique and has a right to realize his or her potential.
- We believe in respecting the dignity and privacy of each individual and the cultural diversity of our community.
- We believe that relationships should be governed by mutual respect and impartiality.
- We believe in a partnership with the family and the community governed by the Code of Ethics.
- We believe in providing quality service and effective teamwork in a safe, family-centred environment.

## our Vision for the future:

Potential realized.