

Therapeutic Recreation Resource List Kitchener/Waterloo

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

Adapted and Para Sport opportunities, Specialized leisure opportunities	
Art & Drumming	Majestic Mud Pottery studio offers a pottery and drumming program for persons with special needs. Art therapy and camps. Info (519) 593-2323 www.majesticmud.com majesticmud@irisnet.ca
Boccia	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. Ages 8 and up with physical and/or developmental disabilities. Monday evenings, 6:30 – 8:30, Blessed Sacrament School, Kitchener Info: Call Julie at 519-741-2228 or email Julie.doherty@kitchener.ca
Dance	Carousel Dance Studio offers both integrated and specialized programs. Call the studio at 519-746-8877 or visit their website at www.carouseldancecentre.ca for more information.
Fencing	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.
Golf	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 Julie.doherty@kitchener.ca
Hockey- KW Sidewinders	A Sledge Hockey team and skill development program for youth and adults with physical disabilities. Sledge hockey is played in a seated position. Practices are Saturdays, RIM Park, Waterloo Info: Heike Kaufmann at (519) 579-1178 or kwsidewinders@sympatico.ca
Hockey- Woolwich Sledge Hockey	Sledge hockey program in Elmira Program runs every other Saturday, 5-7pm, at Jim McLeod Ice Pad, Elmira Info: Keith Metzger (519) 669-5289 or kmetzger@teksavvy.com
Hockey- Ice Pirates	A Kitchener hockey team for children and young adults with developmental disabilities. Info: (519) 749-8995 or email petitepied@rogers.com
Hockey- Power Wheelchair	An exciting sport for power wheelchair users! Info: Chris Hodnett (519) 885-6640 or kwa@kwa.on.ca
Horseback Riding- CODRP/Pride	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 www.pridestables.com

For more information about recreation and leisure opportunities and resources, contact:

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(518) 886-8886 x302 or mshirley@kidsability.ca

Horseback Riding-Sunrise	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 www.sunrise-therapeutic.ca
Music- KiJingle Music School	Creative musicianship for children with special needs. For more information, visit their website at www.kijingle.ca or email kijingle@gmail.com
Sailing	Coslestoga 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 www.kwsailing.org
Sportball (Adapted)	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 www.sportball.ca
Skiing- Downhill	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 track3@golden.net or visit their website at www.waterlootrack3.com
Skiing- Nordic	The Waterloo Region Nordic Sports Ski Club offers clinics and equipment for individuals with disabilities to try cross country skiing (seated or standing). Info: call Kevin at 519-894-4776
Special Olympics	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 www.kwspecialolympics.org , call 519-578-3113 or email info@kwspecialolympics.org
Sports for Special Athletes	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 liz.costello@rogers.com or visit their website at www.sportsforspecialathletes.org
Swimming Adapted Aquatics	Swimming lessons for children and youth with special needs. Info: Kitchener: See the Slash! Guide for info or visit www.kitchener.ca Info: Waterloo: Look in the City of Waterloo Programs and Activities guide or call Gus at 519-886-7122 x229 or visit www.waterloo.ca
Swimming (competitive)	Region of Waterloo Swim Club operates a para-swimming program. Info: cal (519) 885-1310 or email office@rowswimming.com or visit their website at http://rowswimming.pbworks.com
Swimming Synchro	The K-W Synchronized Swim Club program for athletes with a disability Info: (519) 620-3846 www.kwsynchro.on.ca kwsynchro@golden.net
Track and Field	The Kitchener-Waterloo Track and Field association runs the FasTrack program for athletes with a disability. Practices run 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 info@kwtfa.ca or www.kwfta.ca
Wheelchair Basketball	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 hageya187@rogers.com

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Wheelchair Sports	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 pj.rose23@sympatico.ca
Yoga	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 info@blueskiesyoga.com www.blueskiesyoga.com

Leisure Supports	
Every Kid Counts	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
PAL Card	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
Inclusion Facilitators	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.
Access 2 Entertainment	A card that allows individuals with disabilities to attend movies (and some area attractions) with an attendant at no extra cost. Info: Visit access2.ca

Funding Assistance	
LAC Card	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
KidSport Ontario	A funding program to help families in financial need to pay for organized sports and the equipment required to play them. Visit www.kidsportcanada.ca
Legacy Fund	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 Julie.doherty@kitchener.ca
Autism Ontario	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: www.autismontario.com/summercamp
Youth Memorial Fund	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

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

Other Sources of Recreation Information	
KidsAbility KW Activities Guide	Published March, August and December. Highlights KidsAbility programs and partnership programs. Mailed to School Years clients. Ask your therapist.
Kitchener Leisure Guide	Published 4x/yr. Look for the guide at community pools, rec centres, libraries, City Hall, etc.
Waterloo Program & Activities Guide	Published 4x/yr. Look for the guide at community pools, rec centres, libraries, City Hall, etc.
Summer Camp and Recreation Program Guide	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.
Access Waterloo Region	An online information hub for people with disabilities in Waterloo Region: www.accesswaterlooregion.ca 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 th , 5:00 – 8:00pm. St. Mary's High School, Kitchener

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