

# **Cambridge Recreation Resource List**

## **Support Services:**

### **PAL Card (Personal Attendant for Leisure Card)**

The PAL Card allows individuals with a disability to be accompanied by a personal attendant so they may participate in programs and activities in the City of Cambridge, City of Kitchener, City of Waterloo and the City of Guelph. With an approved PAL card, your personal attendant will not be charged an additional program or admission fee and is present for the purposes of assisting you to participate.

For further information call Andrea Riley at 519-740-4681 ext. 4689 or to apply for a PAL card online visit: [www.city.cambridge.on.ca](http://www.city.cambridge.on.ca)

### **Leisure Buddy**

The leisure Buddy program is a service designed to provide one-to-one support to people with disabilities in a municipal recreation program in Cambridge.

For more information on this program or to request a Leisure Buddy contact Andrea Riley at 519-740-4681 ext. 4689 or email [rileya@city.cambridge.on.ca](mailto:rileya@city.cambridge.on.ca).

### **Inclusion Facilitator**

Often for summer camp opportunities there are Inclusion Facilitator's available to attend the camp with the child. These facilitators may also be available for other non-camp related programs throughout the year. The role of an Inclusion Facilitator is to provide individual support to children and youth with physical, developmental and/or emotional/behavioural disabilities at municipal programs.

To find out more about this service please contact:

Andrea Riley  
PO Box 669 73 Water St. N.  
Cambridge, ON N1R 5W8  
Ph: 519.740.4681 ext. 4689 Fax: 519.740.3011 TTY: 519.623.6690  
email: [rileya@city.cambridge.on.ca](mailto:rileya@city.cambridge.on.ca)

### **Extend-A-Family**

For Services such as Special Services at Home (SSAH), Respite, Best Buddies Canada, and Summer Programming

For more information please call:

519-741-0190  
91 Moore Ave  
Kitchener, ON, N2H 3S4

### **Developmental Services Access Centre**

For people with developmental disabilities only. Service coordination, clinical, training & educational services, assists people in accessing residential, respite, or day program services in Waterloo Region.

Please call Neil Butler for more information: 519-741-1121 ext. 219  
1120 Victoria N Kitchener, ON, N2B 3T2

## **Access 2 Entertainment**

The **Access 2 Entertainment™** card provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission. This program was developed by an advisory group of nine national disability organizations, in conjunction with Cineplex Entertainment.

Persons with a permanent disability who require a support person when attending a movie theatre are eligible for the card. The applicant must agree to follow the terms and conditions for use of the card (see website [www.access2.ca](http://www.access2.ca) ).

A support person is an individual who accompanies a person with a disability to provide those services that are not provided by theatre employees, such as assisting the person with eating, administering medication, communication and use of the facilities.

For more information please visit the Access 2 Entertainment website at [www.access2.ca](http://www.access2.ca)

## **Funding Sources:**

### **Activities for Less (formerly called: C.A.R.E Cambridge Access to Recreation Experience)**

The City of Cambridge believes that all citizens of Cambridge have access to enjoy the many recreational programs offered at our Centres, even when a person's personal or financial circumstances may keep them from participating. For that reason, the City is committed to providing assistance to those individuals and families with low incomes by subsidizing part of the costs of memberships or programs directly run by the Community Services Department. This assistance is based on the 'Statistics Canada Low Income Level Indicators'. If you have any questions regarding this service, please contact Nancy H. at the Community Services Department at 519-654-9001 ext. 226.

### **Canadian Tire Jump Start**

A community-based charitable program that helps kids in financial need participate in organized sports and recreation such as hockey, dance, soccer and swimming. To find out more please visit: [www.canadiantire.ca/jumpstart](http://www.canadiantire.ca/jumpstart)

### **Kids Can Play Association of Cambridge**

Provides financial assistance to children to participate in sport, art and music lessons.

Families must demonstrate financial need.

PO Box 23012

Cambridge, ON N1S 4Z6

519-651-2847

## **Recreation Resources for Cambridge:**

### **The City of Cambridge**

Attn: Andrea Riley  
PO Box 669  
73 Water St. N.  
Cambridge, ON, N1R 5W8  
519-740-4681 ext. 4689

For Services such as PAL Card, Leisure Buddy,  
Inclusion Facilitators, Access Newsletter

### **Cambridge Family YMCA**

Attn: Pamela Shuker  
250 Hespeler Road  
Cambridge, ON, N1R 3H3  
519-621-3250

Programs such as: Summer Camps, Weights & More,  
Just Hangin' Out, Adapted Aquatics  
\*Inclusion Facilitator Support is available for summer  
camp programs.

### **Community Living Cambridge**

Attn: Marcy Kelly  
160 Hespeler Rd.  
Cambridge, ON, N1R 6V7  
519-632-7490

Services such as Pre-School support, Residential,  
Respite services, Recreation Programs and Outings.  
These services are for persons with an intellectual  
disability.

### **Cambridge Libraries and Galleries**

Attn: Robert Thody  
Queen's Square Branch  
1 North Square Galt, ON, N1S 2K6  
519-621-0460

Various Art programs as well as an Inclusive Program  
called Art Ventures offered in partnership with  
KidsAbility.

### **Special Olympics**

KW & District  
519-578-3113  
www.kwspecialolympics.org

In this area the following sports are offered: Swimming,  
Bowling, Speed Skating, Basketball, Soccer, Floor Hockey,  
Track & Field, T-Ball, Curling, Softball, and Powerlifting

### **The Carousel Dance Centre**

East Campus Hall, University of Waterloo  
200 University Avenue West  
Waterloo, Ontario, N2L 3G1  
519-888-4567 ext. 33147

The Carousel Dance Centre offers dance programs at the  
University of Waterloo but also has a partnership with  
KidsAbility and offers an adapted dance program. Call  
519-621-7580 X272 for more details.

### **Cambridge Skating Club**

Galt Arena Gardens,  
98 Shade St.  
Cambridge, Ontario  
519-623-8404

The Cambridge Skating Club offers a Special  
Olympics Ontario Preschool and Learn to Skate  
program for special needs children. This program will  
follow guidelines from Skate Canada's Canskate  
program.

### **SunBlast Summer Playground**

KidsAbility, 250 Hespeler Rd  
Cambridge, ON, N1R 3H3  
519-621-7580 X 272

This summer playground is offered by the SunBlast  
parent committee, KidsAbility, City of Cambridge,  
and Community Living Cambridge. It is designed for  
children with disabilities and their siblings and  
friends.

### **Golf Lessons for Person's with Disabilities**

An Introductory Clinic is offered annually in May, as well as Mini Sessions for keen golfers held in June. Golf camps are also offered.

Grace Niezen, Inclusion Coordinator

City of Kitchener

Phone: 519-741-2228

TTY: 519-741-2385

E-mail: [grace.niezen@kitchener.ca](mailto:grace.niezen@kitchener.ca)

### **Waterloo Region Track 3 Ski School**

Downhill skiing for children with disabilities

396 Morrison Road

Kitchener, Ontario N2A 2Z6

Telephone: +1 (519) 748-9802

### **Cheer Sport Sharks – All Star Cheer Gym**

#### **Special Needs Sand Sharks Team**

250 Thompson Drive, Unit 5,6,7

Cambridge, Ontario, N1T 2E3

519-622-6052

### **Sunrise Therapeutic Riding and Learning Centre**

P.O Box 133, Guelph Ontario, N1H 6J6

Located at: 6920 Concession 1 Puslinch Township

519-837-0558

### **Cambridge Ice Hounds - Special Hockey Program**

Ice hockey for individuals with developmental disabilities

For more information please call: 519-740-4680 ext. 7110

### **Community Connections**

Recreation and Disability Services

Information Fair – annually in April

Contact: Rebecca Rueckwald

519-621-7580 X 272

**Community Resource Guide** Summer Edition is a catalogue full of summer opportunities as well as funding sources. Contact Rebecca Rueckwald 519-621-7580X 272 for a copy.

Watch for the **Activities Guide Cambridge** circulated 4 times each year. This catalogue is full of recreation opportunities in the Cambridge area.

### **KidsAbility Website**

[www.kidsability.ca](http://www.kidsability.ca)

This site lists all recreational programs offered by KidsAbility.

Please note: Kitchener-Waterloo programs may also be offered to Cambridge residents. Inquire with the specific recreation organization or service provider.