

Recreation Services and Programs

Disclaimer: This is strictly for information purposes only, and does not represent a comprehensive list. Compass Club does not endorse any particular program, product or service.

Autism Services, Kerry's Place Autism Services - Millcreek Drive – Mississauga

www.kerrysplace.org

Baseball - Hamilton Challenger Baseball Association

A sports and social program for youth and adults with disabilities.

www.hcba.on.ca

Brain Injury Services

Brain Injury Services provides a continual of services for people living with the effects of a brain injury or concussion living in Hamilton, Burlington, and Haldimand, Norfolk and Brant Counties. There are two portals for applicants: government funded and third party funding. The agency has residential homes, an outreach service, and a recreation program. Rehabilitation is individualized following a fulsome assessment and typically focuses on functional skills such as: memory strategies, initiation, anger, daily living activities, and community integration.

www.braininjuryservices.com

Community Skills Program - Niagara Support Services

Provides recreation and leisure activities on site and in the community for adults with developmental disabilities. Activities are offered to create a learning and development-based environment

www.ntec-nss.com.

Community Support Program Services - YWCA Hamilton

Life skills training * Medical/dental coordination * Recreation/leisure support * Emotional counselling * Financial support * Case management * Advocacy

www.ywcahamilton.org

Exercise - Blossom Club

A community based organization providing residential, respite and day supports to individuals with a developmental disability.

www.rygiel.ca/blossom.php

Exercise - Boys and Girls Club of Brantford - Adult Fitness and Leisure Services

www.bgcbrant.ca

Exercise - McMaster University - Ivor Wynne Centre, Rm E105 - Physical Activity Centre of Excellence (PACE) MacWheelers Exercise Program

An adapted exercise and wellness program, providing inclusive and accessible opportunities for those living with spinal cord injuries.

<http://pace.mcmaster.ca/programs/mac-wheelers>

Exercise - McMaster University - Pulse Fitness Centre (The) – Special Needs Assistance Program

Program allows users of all physical abilities to enjoy the physical, psychological, and social benefits of an active lifestyle. Pairs fitness centre members with special needs with a crew of volunteers who assist in the delivery of a safe exercise program.

<http://rec.mcmaster.ca/programs/pulse-fitness-centre/services>

Exercise - McMaster University - Superhero Training Academy

Assists special needs children, with exercises accommodating their needs. The 10 week program provides a one on one volunteer and/or a group environment incorporating equipment and fun gym activities to strengthen their bodies and mind.

<http://rec.mcmaster.ca/programs/classes/superhero-training-academy>

Fencing - Toronto Fencing Club

www.tfc.on.ca

Friendship Group, Immanuel Christian Reformed Church

Friendship group for the developmentally challenged and those with cognitive impairments.

<http://immanuelministries.ca>

Gliding - Freedom Wings Gliding

www.freedomswings.ca/fw/

Golf for the Physically Challenged - The Tee Zone Driving Range

Individuals with all different types of disabilities are welcome to enjoy an afternoon at the driving range.

www.challengegolfgta.ca

Haldimand Abilities Centre

A partnership of The Alzheimer Society of Haldimand Norfolk, Brain Injury Services and CNIB Outreach Program.

<http://haldimandabilitiescentre.ca>

Horseback Lessons - The Equestrian Association for the Disabled (TEAD)

A charity dedicated to enhancing quality of life through a unique form of proven therapy, with the use of horses.

www.tead.on.ca

Horseback Lessons - EquineAbility Therapeutic Riding Centre

Provides therapeutic horseback riding lessons to individuals with various disabilities in the region of Niagara.

www.equineabilityniagara.com

Horseback Lessons - I Can Therapeutic Equestrian Riding Association of Niagara

www.icanter.ca

Horseback Lessons - Golden Horseshoe Disabled Sports Association

www.ghdsa.org

Horseback Lessons - Speak and Ride

Burlington, combines speech therapy and horseback riding

www.andersonspeech.com

Horseback Lessons - Windrush Stable - Therapeutic Riding Centre

Horseback riding offers a chance to be successful at a unique activity while receiving educational and therapeutic benefits. The relationship students develop with their equine and volunteer partners promotes emotional and social growth.

www.windrushstable.com

Horseback Lessons - Community Association for Riding for the Disabled

www.card.ca

Hockey - Electric Wheelchair Hockey

www.tpwhl.com

Martial Arts - Hamilton School of Martial Arts - Fun and Fitness for Special Needs

Promotes the health and wellness of adults with special needs by providing opportunities to have fun in a group setting. Areas of focus include confidence & self-esteem, co-ordination and muscle strength, overall health, and the development of skills in peer interaction, teamwork, and friendship-building.

www.hsma1.com

Recreation - Burlington Parks and Recreation Department - Programs for People with Disabilities

www.burlington.ca/en/live-and-play/Diversity-Camp.asp

Recreation and Integration Services - March of Dimes Canada

Six day recreation programs in Geneva Park, Orillia for people with physical disabilities
* Social events, swimming, water sports, canoeing, art, nature trail walks, and out trips into the community are all included

www.marchofdimes.ca/EN/programs/recreation/Pages/srp.aspx

Recreational Respite

One to one or group-based therapeutic recreation for children, youth, adults and older adults with cognitive, developmental, physical or mental health needs * Applied Behaviour Analysis (ABA) group programs available in Thornbury, ON.

www.recrespite.com

Recreation - Variety Village

www.varietyontario.ca

Rowing - Argonaut Rowing Club

www.argonautrowingclub.com

Rugby - Wheelchair Rugby

www.cwsa.ca/natteam.html

Sailing - Ablesail

The Royal Hamilton Yacht Club

www.rhyc.on.ca

Sailing - Queen's Quay Disabled Sailing Association

www.disabledsailing.on.ca

School - Essential Skills Upgrading at the Redhill Adult Learning Centre

Basic literacy and life skills program, which helps to identify learning goals for both lifestyle and employment. Individuals must be independently mobile.

www.hwdsb.on.ca/cce/adult-programs/literacy-and-basic-skills/essential-skills-upgrading/

Scuba - Adapted Scuba Association

www.enablelink.org

Skiing - Ontario Track 3 Ski Association for the Disabled - Glen Eden

Offers daytime program for school groups and evening program for individuals at Glen Eden in Milton and other locations in Ontario.

www.track3.org

Sledge Hockey - Hamilton and District Sledge Hockey Association

Adapted hockey for individuals with physical and intellectual disabilities.

www.hamiltonsledgehammers.ca

Snnozelen Room - CHOICES

A physical space geared toward people with profound disabilities meant to provide pleasurable or therapeutic sensory stimulation.

<http://choicesgroup.org>

Social - Best Buddies Canada

Best Buddies provides participants with a once-in-a-lifetime opportunity to make a new friend. We have chapters in every province in Canada.

info@bestbuddies.ca.

Social - Club Gain

The Gateway to Adult Independence and Networking (GAIN) is a dance and social night held for people with developmental disabilities * Gatherings offer young people the opportunity to socialize with their peers in a safe, fun happy atmosphere

www.clubgain.ca

Social - Hamilton and District Extend a Family

Peer buddy program- matches children and teenagers with physical and developmental disabilities to volunteers in their community.

www.extendafamilyhamilton.on.ca

Sports - Special Olympics Ontario - Norfolk Branch

Fitness, recreation and sport program for athletes who are intellectually disabled * Swimming, bowling, softball, floor hockey, basketball. Also t-ball, softball, Golf in the summer months

<http://southwest.specialolympicsontario.ca>

Sports - Special Olympics Ontario – Toronto

Provides sport training and opportunities to compete for people with an intellectual disability. Sports include basketball, swimming, bowling, figure skating, and softball.

<http://specialolympicsontario.com>

Sports - Cruisers Sports for the Physically Disabled of Halton-Peel

Provides active living, sports and recreational opportunities to people with physical disabilities living in Peel and Halton.

www.cruisers-sports.com

Sports - Brock Niagara Penguins

Swim, wheelchair basketball and Paralympic boccia team for youth and young adults with a physical disability. They can be a member of a swim team, boccia team and/or a competitive wheelchair basketball team. The wheelchair basketball team trains and competes against teams around Ontario throughout the season.

www.niagarapenguins.org

Therapeutic Recreation - Jackson Therapeutic Recreation

Helps those with barriers and challenges get involved in meaningful and productive recreational activities to improve their quality of life.

www.jacksonservices.ca

Therapeutic Recreation - St Joseph's Healthcare Hamilton - Schizophrenia & Community Integration Service (SCIS) – Centralized Rehabilitation Services, Therapeutic Recreation

This service utilizes functional intervention, leisure education and recreation participation processes. Service is focused on the acquisition and maintenance of resources, skills, knowledge and behaviours, which allow for independent functioning and optimal benefits of a balanced leisure lifestyle. A referral to Therapeutic Recreation can provide services within physical, social, cognitive, spiritual and effective domains, on site and in the community.

www.stjoes.ca