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

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
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

Snoezelen Room - CHOICES
A physical space geared toward people with profound disabilities meant to provides 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