

Community Recreation Programs



"Mainstream " Rec programs

Hamilton call 546-2541

Burlington call 335-7859

Guiding call 549-2429

Scouting call 528-5711

MacNab Street and Ottawa Street YWCA call 522-9922

Hamilton Downtown YMCA call 529-7102

Les Chaters YMCA (Rymal Rd) (905) 667-1515

Burlington YMCA call 632-5000

Flamborough YMCA 690-3555

(For listings of programs available please call the above number or Denise McArthur (905) 521-2100 ext.74482, Therapeutic Recreationist C.D.R.P. If 1-1 is required for "regular "programs, it is the responsibility of the family to provide. Special needs workers can be utilized, and volunteers are usually no charge.)

- Ablesail: The Royal Hamilton Yacht Club

Cost: Introductory first sail is free , \$75 for four weeks (once per week), \$150 for the season (once per week) Additional sails avail. As the schedule allows.

Contact: Jenny McEwen-Hill ablesail@rhyc.ca (evening sails)

www.rhyc.on.ca

- Golden Horseshoe Disabled Sports Association (Burlington Disabled Sports Track and Field, Wheelchair Basketball, Boccia

Cost: \$150 annual fee, age 6-19 yrs, Sept - June

Contact: Marsha Hotten, 2025 Guelph Line Suite 406, Burlington, L7P 4X4

(905) 844-8429 mhawtin@cogeco.ca www.ghdsa.org

Burlington Vipers (Wheelchair Basketball) **Contact:** Chris Chandler (905) 332-9261
c.chandler@cogeco.ca

Community Recreation Programs



- **Hamilton Sports Challengers**

Track and Field and variety of other sports (mainly track and field), Age 6-19 yrs,

Date/Time: Wed 7:00 - 8:15 pm,

Location: Norman Pinky Lewis Recreation Center, 192 Wentworth St N, Hamilton.

Cost: \$ 150. Per season or \$200 annually,

Contact: Kim Morgan (905) 549- 6525

- **Stoney Creek Disabled Sports Association**

A multitude of sports available; track, swimming, bocce, baseball etc.

Date/Time: Thurs. 6:30-8:00 p.m Orchard Park High School (Stoney Creek) From Oct-May (indoor) , May-Sept Outdoor baseball.

Cost: \$50 for full year

Contact: Gary Zik (905) 945-5843

- **Hamilton Challenger Baseball**

Each child is put on a team and plays a set schedule of games. Schedules given for the whole season.(Events happen through the off season Halloween, and Christmas party)

Date/Time: May - Aug. Mon or Tues

Location: Inch Park, Brucedale St.

Cost: \$ 100. season (\$80. +20 fundraising)

Contact: Joanne Kisel (905) 521-5141 (leave message) www.hcba.on.ca

- **Special Needs Skating Program (run by Special Olympics)**

Date/Time: Sept. – 1st week in April, Thursday Night 7:00 – 8:30

Location: Dofasco Park

Cost: \$531 (first year)

Contact: Betty Wainwright (905) 578-7669 or Frank (905) 383-4933

* All participants must wear a hockey helmet and skates*

- **Indoor Soccer Program (run by the Hamilton Challenger Baseball Assoc.)**

Age 5 and up,

Date/Time: Nov. 4th – March 3rd Mondays 6:30 – 8:00

Location: Westmount Rec. Centre

Cost: \$60.00

Contact: Mike Moore (905) 388-4549

- **Kickers (Indoor soccer for individuals with Cognitive impairment or Mild Physical disability) Age 6 to adult**

Date/Time: Wed and Sat 4:30 or Sat 8:45 Fall, Winter, Spring and Summer sessions

Location: Soccer World Frid St.

Cost: \$180 per session plus \$20 annual membership Fee includes uniform

Contact: sherry (905) 527-3490 for more info or to register

Community Recreation Programs



- Saltfleet Soccer Special Team

A modified soccer program for all children with developmental delays or learning disabilities. No competition.

Date/Time: October 24th runs weeks

Location: Sherwood Park (off Fruitland Rd. in Stoney Creek.),

Cost: \$75.00

Contact: Frank (905) 643-0504 jkmlm_frank@hotmail.com

- “New” Not Just Another Dance Studio (integrated)

Date/Time:

18 mths-2 yrs Wed. 9:00 – 10:00 Mom and Me

2-3 yrs Wed. 5:00 – 5:30 Creative Movement for tots

3-4yrs Wed. 10:00 – 10:00 Pre- dance

4-7yrs Mon 6:15 – 7:00 Jazz/Ballet/Creative4 Movement *call for more info

Location: 2481 Upper James Street (Upper Level)

Cost: 50% off = \$50. For 14 weeks

Contact: Amanda Jeffery (905) 529-9885 www.notjustanotherdancestudio.ca

- Especially for You Dance and Drama

Date/Time: Fall (Sept. – Nov.) or Spring (Feb. – April)

Intermediate Class 4 – 14 yrs Tues.. 6:15- 7:00

Senior Class 15 yrs and up Tues. 7:00- 7:45.

Location: Marydale Park, 5999 Chippewa Rd. Mount Hope

Cost: \$100 per session

Contact: (905) 578-1009 especiallyyouprogram@gmail.com especiallyyou.weebly.com

- Creative Dance Class (for children with special needs)

Star-lite Dance Studio, Ages 5 - 11

Date/Time: Wednesdays. Sept. – June, 5:30 –6:00 pm.

Location: 85 Hempstead Dr. Unit B

Cost : \$32.00 per month **Contact:** Star-lite Dance (905) 575-7181

- Rising Star Dance Studio

Date/Time: Sat.4:00 – 5 pm. Sept – June .Age: 5-14,

Location: 937 Center Rd., Carlisle (Flamborough)

Cost: Free

Contact: Phil Peron – (905)689-3222)

(Referral from Denise McArthur required)

- Spirit In Motion

Dance class for young adults with developmental disabilities.

Community Recreation Programs



Date/Time: Wednesday evenings 7:30 – 8:30 September - June

Location: 40 Mill St. Waterdown ON

Cost: \$52.70 per month.

Contact : (905) 690-0060 www.waterdowndancers.com

- Gravity Climbing Gym - Kids Climb
(Children with special needs can climb during any open climb time)

Date/Time: Sat. and Sun. 2-4 p.m

Location: 70 Frid St Hamilton, ON L8P 4M4

Cost: \$19 per person

Contact: Please call in advance to book (905) 522-8778

Horseback Riding for those with Special Needs

1. TEAD (The Equestrian Association for the Disabled)

Location: 8360 Leeming Rd. Mount Hope. Age 3 and up (waiting list)

Contact: Hillary Webb 679-8323 www.tead.on.ca

2. Sunrise Therapeutic Riding and Learning Center

Location: 6920 Concession 1 R.R. #1 Puslinch

Contact: Ann Caine (519) 837-0558 ext 25 www.sunrise-therapeutic.ca

3. Windrush Stable Therapeutic Centre

Location: 9526 First Line, R.R. #1 Moffatt On (near Carlisle)

Contact: Leslie Ridout Gauer (905) 854-6008 www.windrushstable.com

4. The Heart of Dreams Equestrian

Location: 1657 Colburne St. E, Brantford, ON

Contact: Dr. Warren Cummings (519) 750-9940

Animal assisted therapy in a tranquil farm setting (horses)

- Downhill Skiing

HADS - (The Hamilton Association for Disabled Skiers)

Contact 385-7724**** ON HOLD AS CHEDOKE SKI HILL IS CLOSED, however

Programs are available at Chicopee (Kitchener 519-894-5610 or toll free 1-877-244-

2673) (519)748-9802 www.waterlootrack3.com or Glen Eden (Milton 905-878-5011 ext.

221 or 222)

- Rythmic Gymnastics (run by the Special Olympics.)

Monday evenings, Oct. – May, 5:30 – 7 p.m.

Huntington Park Rec Center

\$75.00/ \$80.00 one sport additional \$20 for other sports

Community Recreation Programs



Contact: Sue-Ann Laxton (905) 388-8763 salaxton@gmail.com

- Sledge Hockey Hamilton and Area Sledge Hockey Association

Date/Time: Fall and Winter, Sat 12:30- 3:30, Mon. 7:30 - 9:30

Location: Chedoke Twin Pad Arena

Cost: \$400. - Junior and Senior House league, \$400 - Junior and Senior Competitive Travel Team + equipment.

Contact: Sandra Walker d_walker@sympatico.ca or Brenda Jackson (905) 388- 8176 for more information and registration dates. www.hamiltonsledgehammers.ca

*Recreational and competitive streams available

- Wheelchair Tennis

1.Hamilton Wentworth Wheelchair Tennis Assoc

Call: for dates, times, fees etc.

2.Ancaster Tennis Association : Contact Al Nicolls (905)648-7136 for dates, times, fees etc.

- Strike Force – Bowling for Individuals with Special Needs

Date/ Time: Saturdays 1:00 – 3:00 pm (or as long as it takes to bowl 2 games)

Location: Mountain Lanes, Upper Wentworth and Concession

Cost: \$9:00 to bowl, plus whatever food the individual would like to buy

Contact: (905)574-8974

- Superhero Training Academy

Date/Time: 10 weeks from Sept. to Nov.

10week sessions

Location: The Pulse @ McMaster University

Cost: \$120 per session.

Contact: Julie Hiemstra @ the Pulse (905) 525-9140 ext. 24464 or email thepulse@mcmaster.ca

- SNAP : Special Needs Assistance Program

The Pulse @ McMaster University, a fitness program where adults with a Disability are matched with a volunteer to assist them to work out. Times are negotiable. Free to Pulse members

- Femata Music Therapy (No Bounds Special Needs Music Program)

Date/Time: Call to see available dates and times

Location: 809 King Street E. Hamilton Ontario

Cost: \$48/hr \$24/half an hr.

Contact: Daniel Hyams 905-979-0899

- Hamilton Suzuki School of Music, 167 Appleford Crt, Hamilton

Community Recreation Programs



Contact: (905) 577-6477 (Suzuki music lessons – integrated)
www.hssm.ca

Swimming:

1. The City of Hamilton:

Date/Time: Saturday mornings (call for exact time)

Location: Benneto Rec Center , Hughson St. N

Cost: 67.50 for 12 weeks

Contact: (905) 546-4944

2. Special Olympics learn to swim program, (Winter, Spring, Summer)

Date/Time: Friday evenings 7:30 - 9:00 p.m.

Location: St. Joseph's Villa pool (Governor's Rd. Dundas)

Contact: Rob (905) 575-3585

3. Making Waves Program (one to one swimming lessons for children 3-18 with Visual impairment or physical disability) Rents space at the Downtown YMCA

Contact: Jennifer 1- (888) 530-5618

www.makingwaveshamilton.org

4. Little Sharks (private lessons for kids with a disability) at the Les Chaters YMCA Must have Y Youth Memb. \$30.50 per mth or \$330 per year. (Times vary call for more info Aquatics Supervisor (905) 667-1515 Ext. 8021

- YAC

A youth group for teens 12 and up from CDRP. Plan 4 special events for each other as well as other teens from the center.

- Christmas Dance, Hanging Out, Bowling, BBQ/ Fun Fair

Date Time: 1st Friday of every month. 5-7 pm.

Location: Holbrook Building or community Chedoke Rm A122.

Contact: Denise McArthur (905)521-2100 ext 74482

*Can collect volunteer hours for high school community service hours requirement if registered with the Hospital Volunteer Association.)

- Cadets (integrated): Year round :Navy League of Canada, 595 Catherine St. Ham.
Navy Cadets: Age 9-12 yrs. Thurs. 6:15- 9:00 pm Cost \$35. Reg. fee
Sea Cadets: Age 12-18, Wed. 6:30 – 9:30 pm Cost Free
Contact: (905) 522-4414 for more information

- Hamilton School of Martial Arts

Community Recreation Programs



Designed for individuals with Special Needs

Date/Time: Saturday 11:30 – 12: 30

Location: 1085 Barton Street East (at Ottawa) Not currently wheelchair accessible, but call for a location in Burlington. hsmal@hsmall.com

Contact: Mickey (905) 544-9788 or Sally (905) 973-8368

Special Olympic Programs :

Recreational and competitive activities for older youth, teens and adults with cognitive disabilities (may have physical disabilities also)

5-pin Bowling

Starts: September , Operates: Saturdays 1:00p.m. - 3:30 pm

Location: Sherwood Centre, 1095 Fennell Ave. E at Upper Ottawa

Bus: UPPER OTTAWA at FENNELL

Contact: Paula Swick (905) 544-9780

10-pin Bowling

Starts: October , Operates: Sundays 1:30p.m. - 3:00p.m.

Location: Skyway Lanes, 235 Melvin Ave
(near Parkdale Ave. N. & Barton St E)

Bus: MELVIN opposite ADAIR

Contact: Darlene Stewart (905) 578-3813

Basketball - C Team

Starts: October , Operates: Wednesdays, 6:00p.m. - 8:00p.m.

305 EAST 37TH ST (gym building is on EAST 38th ST)

Bus: FENNELL at EAST 37TH

Contact: Alex Robertson (905) 517-2716

Basketball - D Team

Starts: October , Operates: Wednesdays, 6:00p.m. - 8:00p.m.

Location: Helen Detwiler School, 320 Brigade Dr.

Bus: UPPER WELLINGTON at BYNG

Contact: Sylvia Holinaty (905) 719-7810

Curling

Starts: October , Operates: Sundays, 6:30p.m. - 8:00p.m.

Location: Hamilton Victoria Curling Club (parking lot entrance off Grant Ave)
568 King St E.

Bus: KING at STEVEN

Contact: Ted Lister (905) 870-9180

Community Recreation Programs



Floor Hockey

Starts: October , Operates: Mondays, 7:30p.m. - 8:30p.m.

Location: Cathy Wever School, 160 Wentworth St. N.

Bus: BARTON at WENTWORTH

John Risidore

Contact: (905) 573-6020

Athletics (Track & Field)

Starts: May , Operates: Mondays

Location: Mohawk Sports Park, 1100 Mohawk Rd E

Hamilton, ON L8T 2S4

Bus: UPPER KENILWORTH at MOHAWK

Contact: Annette Aubert (905) 383-7326

Soccer - Outdoor

Starts: June , Operates: Wednesdays, 6:30p.m. - 7:30p.m.

Location: Barton Secondary School, 75 Palmer Road

Hamilton, ON L8T 3G1

Bus: UPPER GAGE opposite MUIR

Contact: Donna Lazar(905) 389-8012

Softball - C Team

Starts: May , Operates: Tuesdays, 6:00p.m. – 8:00p.m.

Location: T.B. McQuesten Community Park

1199 Upper Wentworth Street, south of Limeridge Road E

Hamilton, ON L8W 2Y7

Bus: UPPER WENTWORTH at PESCARA

Contact: Alex Robertson(905) 516-1786

Kids Floor hockey – Special Olympics

Date/Time: Tuesday Evenings 7:00 – 8:00

Location: 441 Old Brock Rd. Greensville

Contact: Casey Duffy 905-527-5092 ext 2353 or 905-388-1881

Other:

- Curling

Brantford Golf and Country Club www.brantfordgolf-cc.com Contact: Kaye Clarke (519) 752-3731

- Square Dancing: Hamilton Steel City Wheelers, 185 Jackson St., Ham.

Community Recreation Programs



18 yrs of age and older, for individuals who use wheelchairs , second and forth Wednesday of each month 7-9 pm. Contact Pat Cameron (905) 662-6186 for more information.

- Hang Gliding: Tandem flights, Intro lessons, Full courses (fully accessible) 1190 Kramp Rd. Breslau, ON N0B 1M0 (519) 635-8847 or (905) 929-1662 Takes place in the Kitchener/ Guelph area. Tandem flights \$150 per flight.
- Golf: 1. Woodside Greens Golf Park, 847 Charlottesville Rd 10, Simcoe Single rider (accessible) golf carts available, call (519) 428-0030 to book a tee time (Dick one of the golf pros is available to meet with golfers Thurs. from 4-6 call (519) 428-1204 to book) 2. Lakeridge Links and Whispering Ridge Golf courses in Whitby also have accessible golf carts to loan for free.
- South Coast Special Needs Kids : Simcoe area, programs for children 3 and with special needs, Saturdays. (Baseball, Basketball, Curling, Golf, Sledge Hockey, Swimming) <http://specialneedskids2000.homestead.com>
- Brock Niagara Penguins : Wheelchair basketball, gymnastics and swimming At Brock University campus (905) 359-6283 www.niagarapenguins.ca
- Burlington Programs (Call (905) 332-1996 ext 227
Adventures and Aquatics: Age 5-12, Saturdays, 9:30 am – 12 noon, Tansley Woods
Dunk and Dive: Ages 13-21, Saturdays, 12:00 – 3:00 pm , Tansley Woods
Friday Activity Night (F.A.N.): Ages 16 +,Fridays 7:00- 10:00 pm, Brant Hills Community Center
Out and About: Ages 16+ , Thursdays 7:00 – 9:00 pm, Varied Locations
Travelcrafts: For groups homes and assisted living residence, flexible times and dates
- Y Knot Abilities: Mississauga YMCA ; Swimming, wheelchair basketball and Recreation gym activities for children and youth with a physical disability and their able bodied siblings. Contact: Elizabeth Cummings (905) 897-6801 ext. 487
- Accessible Canadian Adventures : Designs, coordiates and arranges hunting, Fishing and wildlife photography adventures for sportsman or women with a disability Contact: Bobby Schmutz (416) 885-3474 Streetsville, ON www.acadventures.com
- Toronto and area Programs:
Adapted Scuba Association www.enablelink.org (416) 534-2527
Argonaut Rowing Club www.argonautrowingclub.com

Community Recreation Programs



Barrier Free Access to Swim: Toronto

www.mssociety.ca/chapters/toronto/community_programs.htm

Bloorview Kids Rehab- Family Swim www.bloorview.ca

CARD- community Association for Riding for the Disabled www.card.ca

Electric Wheelchair Hockey www.tpwhl.com

Martial arts: Richmond Hill Budakon Unit 31, 120 Newkirk Rd, Richmond Hill (905) 770-0457

Ontario Track 3 Ski Association: www.track3.org

Paddleall: Canoeing, Kayaking, Dragon Boating; (905) 767-3330 www.westrougecc.org

Queen's Quay Disabled Sailing Association www.disabledsailing.on.ca

Toronto Fencing Club www.tfc.on.ca

Toronto Power Wheelchair Hockey League www.tpwhl.com

Variety Village www.varietyontario.ca

Wheelchair Rugby: Toronto www.cwsa.ca/natteam.html or Chris Stevenson (416) 622-7926

Freedom Wings- Gliding www.freedomswings.ca/fw/

- Programs specifically available for those individuals with Autism:

Building Blocks Speech Pathology- Social Skills Program , ½ day program To register or for more information call (905) 628-1129 autismhamilton@gmail.com

Winner's Circle (Christmas, winter respite days, summer camp) For children with high needs autism age 7-13 yrs. Must be a member of Autism Ontario Call Autism Hamilton (905) 628-1129 for more information

Speak and Ride, Burlington, combines speech therapy and horseback riding (905) 639-9219 www.andersonspeech.com

Woodview Children's Center: Social and Life Skills Groups , Transition to High School groups, transition to adulthood and Camps. A formal referral through Contact Hamilton is required to access these programs. (905) 570-8888 (For more information contact Colleen Mousseau, cmousseau@autism-woodview.com (905) 575- 7355)

Access to Entertainment Cards

The Access to Entertainment program is one run through Easter Seals Canada. The card provides for access to movies (or a significant discount) for support persons accompanying persons with a disability to the movies as well as some tourist attractions. There is an application form that must be filled out. This form is available on line www.access2.ca
Allow 4-6 weeks for delivery.

Life Stage Transitions Project: Service Navigator and Peer Advisor for Young adults with a disability (Ontario March of Dimes and Easter Seals funded) , A pilot project.

Community Recreation Programs



Antonia Hammer (416) 425-3463 ext 7251 ahammer@marchofdimes.ca Mainly special events. Call for more information.

Snoezlen Room :

1. Choices snoezelen room can be booked for 1 hr Mon. – Sun to relax, calm , energize- \$2 per use; Hidegard Residence (905) 628-6147
2. Mohawk college : Multisensory lab open to the public, multisensorylab@mohawkcollege.ca
3. Snoezlen room coming @ Camp Marydale.
4. Westmount Recreation Center: Contact (905)546-2424 ext 1758
Community Rentals: \$19:30 per hr, all ages
Snoezelenook Rental: \$8:10 45 min, all ages
Sensory Play Program: \$ 3.22 per visit , ages 4-12

Charlton House: Out of Home Respite Care (occasional), Under the age of 21, recreational / social activities. Open every weekend and full time during Christmas, March and summer school breaks. Call (905) 526- 9063 for more information
www.communitylivinghamilton.com

Red Roof Retreat: Niagara on the Lake Respite, recreation and education for children and young adults with a variety of special needs. Summer day camp, respite services, daytime activities for young adults and horseback riding. www.redroofretreat.com
Contact: Steffanie Bjoragan (905) 684-0235

Hamilton and District Extend a Family: Peer buddy program- matches children and teenagers with physical and developmental disabilities to volunteers in their community. Also runs special events during the school year and day trips during the summer months
Call (905) 383-2285 www.extendafamilyhamilton.on.ca

Special Services at Home: One on one workers to work with your child on a contract basis. Funds can be used more flexibly to pay for activities. (905)577-8451 , e-mail specialneeds@hhsc.ca

Funding:

Recreation Assistance Program: Acts as a broker for families who require assistance to financially access recreation programs in the community – Up to \$100 (Sports, music, art or dance). Contact : (905) 546-2424 ext 4569 (Pat Mitchell)

Jump Start (Canadian Tire) : www.canadiantire.ca/jumpstart or contact Warren Oda (City of Hamilton) (905) 546-2424 ext. 1395

KidSport: www.kidsportcanada.ca

ProKids: www.prokids.ca

SportChek: www.forzanigroup.com (power of Sport 4 Kids program)

Community Recreation Programs



If you have any questions, please do not hesitate to call Denise McArthur, Therapeutic Recreationist CDRP, at (905) 521-2100 ext 74482.