

# Etobicoke York District Spring and Summer 2012

# Adapted Programs Integrated Services

## For People With Disabilities

## Exploring your Possibilities

**P**articipating together in recreation programs enhances the quality of life for everyone. We are committed to providing the community with high quality, accessible recreation and leisure opportunities for people of all ages and abilities. People with disabilities and special needs are encouraged to participate in recreation opportunities at a level of participation suitable to their ability and program choice. This may be accomplished by registering for programs where an individual may require support in order to participate, or registering for a program that is specifically designed for people with a disability.

Here are some helpful questions to determine whether a participant may need additional support:


- Is extra support required at school or home?
- Is extra help required for personal hygiene?
- Does the participant have a physical and/or developmental disability that requires assistance?
- Does the participant access assistance from a support agency?



## Participant Support Options for Programs and Camps

1. We have a limited number of staff who can provide support for individuals. 3 years and up, in order for them to participate in various programs.
2. A participant may provide their own support person.

Contact the Adapted Programs and Integrated Services recreation staff at the number listed below for assistance in obtaining participant support, or locating a recreation program.

**Adapted & Integrated Information:** (tel) 416-394-8533 • (e-mail) [aiswest@toronto.ca](mailto:aiswest@toronto.ca)  
TTY 416-394-8534 (for deaf and hard of hearing callers who have a TTY line) 

## Registration Information

For information on methods of registration see pages 7-8.

If you are a new participant/family accessing our services, call 416-394-8533, a minimum of 4 weeks prior to the registration date. You will be required to participate in an information sharing session prior to the start of the program. This will assist us in providing you with the appropriate support in our programs and services.

Necessary forms must be submitted to the District's Adapted and Integrated Office prior to the start of the program. These forms are required in order to participate.

Mail completed forms to:

Parks, Forestry & Recreation  
Adapted & Integrated Services  
Etobicoke Civic Centre  
399 The West Mall  
Toronto M9C 2Y2

### Program Integration

To request an integration support staff, all integration registration packages can be obtained through our office (416-394-8533) and MUST be completed and submitted by our deadline on February 23, 2012. Completed forms are welcomed following our deadline and will be processed on a first-come, first-serve basis. Once you have completed and submitted your forms to the Adapted and Integrated office, you may proceed to register into your program(s) of choice on the day of registration via online, touch tone, TTY or in-person. In order to ensure your priority for an integration worker is processed, you must then call or email us at [AISWest@toronto.ca](mailto:AISWest@toronto.ca) confirming your registered program(s). At that time, you will be provided with a barcode to secure your worker.

### Integration with Support Staff

Please note: when requesting an Integration worker, this is only a request and does not guarantee that you will be assigned a worker. Assignments of integration workers are based on staff availability and a first come first served practice. Due to limited resources participants may access a maximum of 2 weeks of day camp during the Summer season with integration support. Should you have any questions, call the office at 416-394-8533.

### Integration without Support Staff

(When your child can participate independently)

Before registering, notify the appropriate recreation staff of your intent. You may refer to the index to find program locations and telephone numbers. Please ensure and discuss the following:

- accessibility of program location
- any special requirements you may have
- if a support person is required
- suitability of the recreation program.

If more in-depth information is required, recreation staff may conduct interviews, or ask you to submit an adapted/integrated information form.

Families providing their own support person must indicate this to the facility supervisor and fill out the appropriate paper work.

You may register by telephone, (through the TTR system) if you have:

- a Family Number
- a Client Number for each person
- and a credit card.

You may also register in person, refer to pages 7-8.

## Program Information

### Program Integration

Integration workers are offered so that participants with disabilities may choose to join programs for the mutual benefit of experiencing recreation interests together with other participants. Integration support is offered in a 1:1 ratio.

### Adapted Programs

Adapted programs are specialized programs for individuals who have special needs and/or disabilities. Programs are for participants who want to be involved in recreation activities with other people who have similar interests, abilities and needs in a safe and positive environment. Staff are appropriately assigned to these programs, therefore eliminating the need for additional support staff.

# Adaptive Equipment

## Sledges

Sledges are adaptive skating devices that give people with disabilities the opportunity to participate in leisure skate and hockey activities. This equipment makes our facilities more accessible to all. Book your sledge a minimum of 10 business days before your intended use, by calling your district representative.

**Etobicoke York:** 416-394-8533

**North York:** 416-395-6183

**Scarborough:** 416-396-7760

**Toronto & East York:** 416-397-4923

## Snoezelen Room

A Snoezelen Room provides a multi-sensory environment that allows individuals with disabilities to enjoy gentle stimulation of the primary senses, including visual, tactile, auditory and aromatherapy. This room aims to provide an oasis of tranquility where the user can relax and be given the opportunity to choose an activity at their own pace. Session times must be pre-booked in advance.

**Location:** Scarborough District  
Agincourt RC, 31 Glen Watford Dr  
(Sheppard Ave E/Midland Ave area)

**Days & Times:** Tue, 1PM-6PM & Thu/Sat, 10AM-4PM

**Fee/Length of Sessions:** \$6/45 minute session

For more information, or to book a session call 416-396-7760.

# Program Descriptions

## Adapted Swim

This program offers water activity, instruction and free time for fun and socializing. Experienced aquatic staff will help the beginner swimmer overcome their fears and the more experienced swimmer improve their aquatic skills, with the objective of increasing independence, self-esteem and self-reliance. The benefits of water activity includes free movement, increased flexibility and greater stamina. If you require assistance in the change room, with toileting or showering, or are unable to independently bear weight, we ask you to bring a support person each week – can be family, friend or professional agency worker.

## Crafty Kids (6-12 yrs)

This program will take children into the realm of abstract art, where no linear rules or colour coordination pose as barriers to expression! Experience various artistic mediums including: paint, clay, food, textile, water, etc. Family support staff will be welcomed with no additional charge. For more information, call 416-394-8701.

## Fitness-Child (6-12 yrs)

Children who have decreased muscle tone, attention challenges, hyperactivity etc. will all benefit from this physical program. Body movement to the sounds of catchy tunes will invigorate muscles and get the heart pumping. Family support staff will be welcomed with no charge.



## Friday Nighters (13-21 yrs)

Our aim is to provide young people with a disability an enjoyable recreation experience while at the same time enhancing social skills. Activities are created and planned by club members and may include bowling, movies, restaurant nights, sports programs, crafts and seasonal special events. The club generally meets every other Friday.

## Kingsway Club (21 yrs+)

This recreation and social club is for adults who have a developmental/intellectual disability. Activities are planned by the members and may include sports, drama, bingo, musical events, cooking, movies, dancing, dining out and seasonal special events. The club generally meets every other Monday.

SPACE IS VERY LIMITED SO REGISTER EARLY! (An additional fee for refreshments is included in the course fee.)

## Laugh, Splash & Learn

We invite families with special needs members (any age or ability) to enjoy an adapted swim program as a family unit.

## Learning for Life (13-30 yrs)

Learn new skills in a social and recreational environment through sports, cooking and arts and crafts. Participants may be required to provide their own one-on-one support. Call 416-394-8533 for further information.

## Swim & Social (18 yrs+)

For adults who have a physical limitation, disabling illness or chronic health condition, this program is most beneficial. The first hour is spent in the pool. The second hour is spent in the lounge socializing and sharing refreshments.

## Swim & Trim (18 yrs+)

A popular swim program for adults with developmental/intellectual disabilities includes exercises, instruction, fun and games.

## Fitness & Friends (13-30 yrs)

An opportunity for youth to engage in various physical activities such as: yoga, low-impact cardio, strength training and overall fitness. Following the physical activity, there will be social time for youth to connect and learn about how to implement healthy lifestyle choices. Light snacks provided.

## Community Sponsored Youth Programs

**All participants must be accompanied by a parent/guardian or personal attendant.**

### Drumming-Hand

Drumming is a great activity for all ages and abilities, it builds self-confidence and reduces stress. Support workers are not available, but are welcome to attend for free. For more information call 416-395-0145.

### Sportability

Sportability allows participants to learn basic sport skills at their own pace in a fun and stimulating environment. Sportability helps to build speed, endurance and strength while improving coordination and self-esteem. Support workers are not available, but are welcome to attend for free. For more information call 416-394-8701.

## ALBION POOL

1485 Albion Rd, 416-394-8676



Day	Time	Start	Code
<b>Adapted Aquatic Programs 4 yrs+ Free/9 wks</b>			
Sat	11:30AM-12NOON	Mar 24	N/A
Sun	11:30AM-12NOON	Mar 25	N/A
Tue	5PM-5:30PM	Mar 27	N/A
Wed	7PM-7:30PM	Mar 28	N/A
Fri	6:45PM-7:15PM	Mar 30	N/A

### SUMMER SESSION

<b>Adaptive Aquatics All Ages 3 yrs+ Free/9 days</b>			
M-F	9:30AM-10AM	Jul 3	N/A
M-F	9:30AM-10AM	Jul 16	N/A
M-F	9:30AM-10AM	Jul 30	N/A
M-F	9:30AM-10AM	Aug 13	N/A
Free/4 wks			
M/W	6:15PM-6:45PM	Aug 1	N/A

## AMESBURY CC

1507 Lawrence Ave W, 416-395-0145



<b>Drumming Club-Hand 8 yrs+ \$33/9 wks</b>			
Sat	2PM-3PM	Mar 31	1960221
<b>Drumming Club-Hand 13 yrs+ \$33/9 wks</b>			
Sat	3PM-4PM	Mar 31	1960288

## BLOORDALE CS

10 Toledo Rd, 416-394-8699



<b>Friday Nighters 13-21 yrs \$15/10 wks</b>			
Fri	7PM-9PM	Mar 23	N/A

## CENTENNIAL RC WEST

2694 Eglinton Ave W, 416-394-8533



<b>Adaptive Aquatics 3 yrs+ Free/9 wks</b>			
Sat	11:15 AM-11:45 AM	Mar 24	N/A
Sat	12:15PM-12:45PM	Mar 24	N/A
Sat	1:15PM-1:45PM	Mar 24	N/A
Sun	12:30PM-1PM	Mar 25	N/A
Sun	11:30 AM-12NOON	Mar 25	N/A

### SUMMER SESSION

<b>Adaptive Aquatics 3 yrs+ Free/8 wks</b>			
Sat	10:30 AM-11 AM	Jun 23	N/A
Sat	11:15 AM-11:45 AM	Jun 23	N/A

## GUS RYDER POOL

1 Faustina Drive, 416-394-8533



<b>Laugh Splash &amp; Learn 3 yrs+ \$32/9 wks</b>			
Sun	2:30PM-4PM	Mar 25	N/A
<b>Swim &amp; Social 18 yrs+ \$52/9 wks</b>			
Wed	11AM-1PM	Mar 28	N/A
Thu	11AM-1PM	Mar 29	N/A



## Summer Programs Special Needs/Integrated

We welcome children with special needs to explore our summer camp opportunities. In order to make full use of our limited resources, a maximum of two weeks of support may be provided. Please see page 16 for registration details.

### Junior Buddies Day Camp (4-8yrs)

Junior Buddies Day Camp is a camp supporting the individual needs of children with special needs. Campers will take part in a variety of activities including crafts, games, dancing and songs that will centre around a different theme each week. Our dedicated staff ensures that any necessary adaptations are made to each camp activity to best suit the needs of every child. Out trips, swimming and special guests will also be a part of this exciting camp. Our mission is to provide a safe, fun, and socially interactive environment for all campers.

### New Strides Day Camp (10-21 yrs)

An adapted recreational summer program that was established in 1977 and is accredited with the Ontario Camping Association. Designed to meet the needs of youth that require more closely supervised summer activities. The focus is to have one leader to five participants independently. Any additional requests should be directed to our office.

Program offers games, crafts, swimming, sports, outdoor activities, hiking and special events. Optional door-to-door transportation is provided by a third party service for campers in the Etobicoke York District. Registration is limited to 4 weeks, unless space permits.

Inquire about our “Leaps & Bounds” program for participants who require a smaller group setting.

## Stepping Up – Recreation Life Skills & Leadership (16 yrs+)

A program for youth and young adults with disabilities who are either preparing to, or are currently living independently. Some of the areas of focus are recreation, social skills, communication, team work, problem solving, money management and exploring the community.

Participants must have an interest in working with and relating to others, the ability to actively participate in and benefit from group-based, experiential learning environments. Some of the other abilities needed are basic reading and writing skills, directional perception and the ability to travel independently by public transit.

This seven week program is centered around having participants enhance themselves in a variety of areas such as leadership, creative art in the community, cooking, and in and around the house.

All participants will be contacted by the director and suitability will be evaluated.


The program goals are to:

- develop interpersonal skills
- strengthen communication and problem-solving skills
- assist in gaining an understanding of healthy group dynamics.

There is also a focus on increasing self confidence, independence and the ability to face new and different challenges. The learning is very interactive and exciting. Participants should bring their enthusiasm coupled with a desire to learn more about themselves and others.


**Busing** – There is no busing. Campers are responsible for getting to and from camp.

### HUMBER COMMUNITY POOL

205 Humber College Blvd, 416-394-8533 


Day	Time	Start	Code
<b>Swim &amp; Social</b> 18 yrs+ \$52/9 wks			
Tue	11AM-1PM	Mar 27	N/A
<b>Adaptive Aquatics: Private</b> 1 yrs+ \$297/9 wks			
Wed	8PM-8:30PM	Mar 28	N/A
Wed	8:30PM-9PM	Mar 28	N/A

### MEMORIAL POOL

44 Montgomery Rd, 416-394-8533 


<b>Swim &amp; Trim</b> 18 yrs+ \$72/9 wks			
Wed	7PM-8PM	Mar 28	N/A

### NELSON A. BOYLEN CI

155 Falstaff Ave, 416-394-8533 

<b>Adapted Aquatics-Private</b> 3 yrs+ Free/9 wks			
Sat	11:30 AM-12NOON	Mar 24	N/A
Sat	1PM-1:30PM	Mar 24	N/A

### SWANSEA CRC


15 Waller Ave, 416-392-6796 

<b>Learning for Life</b> 16-30 yrs \$99/9 wks			
Sat	1:30PM-4:30PM	Mar 24	N/A

### SUMMER SESSION

<b>Aqua Fit</b> 17 yrs+ \$74/7 wks			
Mon	7:30PM-8:30PM	Jun 25	1976964
			\$95/9 wks
Wed	7:30PM-8:30PM	Jun 27	1976965

### THE ELMS CS

45 Golfdown Dr, 416-394-8533 

<b>Laugh Splash &amp; Learn</b> 3 yrs+ \$32/9 wks			
Wed	6:30PM-8PM	Mar 28	N/A

## West Mall Swim

This recreational swimming program offers water activity, some instruction and free time for fun and socializing. We have an adapted aquatic staff member at the program and lifeguards on sight. Staff will help the swimmer to get what they need for the program, assist them to improve their aquatic skills, with the objective of increasing independence, self-esteem and self-reliance. The benefits of water activity are many including: freer movement, increased flexibility and greater stamina. If you require assistance in the change-room, with toileting, showering or are unable to independently bear weight, we will ask you to bring a support person to the program each week. This can be a family friend or professional worker supplied by an agency.

### BROADACRES PARK

45 Crendon Dr, 416-394-8533

Day	Time	Start	Code
<b>Leaps &amp; Bounds Day Camp</b> 10-21 yrs \$128/4 days			
Tu-F	9AM-3PM	Jul 3	N/A
			\$155/5 days
M-F	9AM-3PM	Jul 9	N/A
M-F	9AM-3PM	Jul 16	N/A
M-F	9AM-3PM	Jul 23	N/A
M-F	9AM-3PM	Jul 30	N/A
			\$128/4 days
M-F	9AM-3PM	Aug 7	N/A
			\$155/5 days
M-F	9AM-3PM	Aug 13	N/A
<b>New Strides Day Camp</b> 10-21 yrs \$128/4 days			
Tu-F	9AM-3PM	Jul 3	N/A
			\$155/5 days
M-F	9AM-3PM	Jul 9	N/A
M-F	9AM-3PM	Jul 16	N/A
M-F	9AM-3PM	Jul 23	N/A
M-F	9AM-3PM	Jul 30	N/A
			\$128/4 days
Tu-F	9AM-3PM	Aug 7	N/A
			\$155/5 days
M-F	9AM-3PM	Aug 13	N/A

### Broadacres Park continues...

Day	Time	Start	Code
<b>BUSING</b>			
<b>Leaps &amp; Bounds Busing</b> 10-21 yrs \$128/4 days			
Tu-F	8AM-3:45PM	Jul 3	N/A
			\$155/5 days
M-F	8AM-3:45PM	Jul 9	N/A
M-F	8AM-3:45PM	Jul 16	N/A
M-F	8AM-3:45PM	Jul 23	N/A
M-F	8AM-3:45PM	Jul 30	N/A
			\$128/4 days
Tu-F	8AM-3:45PM	Aug 7	N/A
			\$155/5 days
M-F	8AM-3:45PM	Aug 13	N/A
<b>New Strides Busing</b> 10-21 yrs \$128/4 days			
Tu-F	8AM-3:45PM	Jul 3	N/A
			\$155/5 days
M-F	8AM-3:45PM	Jul 9	N/A
M-F	8AM-3:45PM	Jul 16	N/A
M-F	8AM-3:45PM	Jul 23	N/A
M-F	8AM-3:45PM	Jul 30	N/A
			\$128/4 days
Tu-F	8AM-3:45PM	Aug 7	N/A
			\$155/5 days
M-F	8AM-3:45PM	Aug 13	N/A

### CENTENNIAL PARK SKI CHALET

256 Centennial Park Rd, 416-394-8533

Day	Time	Start	Code
<b>Jr Buddies Day Camp</b> 4-8 yrs \$128/4 days			
Tu-F	9AM-3PM	Jul 3	N/A
			\$155/5 days
M-F	9AM-3PM	Jul 9	N/A
M-F	9AM-3PM	Jul 16	N/A
M-F	9AM-3PM	Jul 23	N/A
M-F	9AM-3PM	Jul 31	N/A
			\$128/4 days
Tu-F	9AM-3PM	Aug 7	N/A
			\$155/5 days
M-F	9AM-3PM	Aug 13	N/A

### HOLLYCREST CS

630 Renforth Dr, 416-394-8533



Day	Time	Start	Code
<b>Stepping Up-Rec. Life Skills &amp; Leadership Camp</b> 16 yrs+ \$128/4 days			
Tu-F	9AM-3PM	Jul 3	N/A
			\$155/5 days
M-F	9AM-3PM	Jul 9	N/A
M-F	9AM-3PM	Jul 16	N/A
M-F	9AM-3PM	Jul 23	N/A
M-F	9AM-3PM	Jul 30	N/A

### Hollycrest CS continues...

Day	Time	Start	Code
<b>Stepping Up-Rec. Life Skills &amp; Leadership Camp</b> 16 yrs+ \$128/4 days			
Tu-F	9AM-3PM	Aug 6	N/A
			\$155/5 days
M-F	9AM-3PM	Aug 13	N/A

## Commemorative AccessAbility® Table



Commemorate a special event or person with an accessible picnic table located in a City of Toronto park. This program is a joint venture between the Ontario March of Dimes and the City of Toronto.

Ontario March of Dimes, a non-profit organization dedicated to creating a society inclusive of people with disabilities, has developed the AccessAbility® Table. This universally-designed, accessible picnic table is perfect for all outdoor recreation areas. It is constructed of galvanized steel, stainless steel and plastic wood. All components are maintenance-free, have a long lifespan, and are recyclable. The stainless steel centre can be personalized with an etched dedication and/or company logo, and a built-in chessboard provides an opportunity for recreational interaction. The AccessAbility Table is a perfect way to pay tribute to someone special, honour an occasion, or raise your organization's profile.

For more information please call Elaine Darling at Ontario March of Dimes at 416-425-3463 ext. 369 or e-mail edarling@dimes.on.ca