

**Toronto and  
East 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 416-397-4690**

**TTY 416-392-4773 (for deaf and hard of hearing callers who have a TTY line)** 

## Registration Information

If you are a new participant/family accessing our services, call 416-397-4690, 3-4 weeks prior to the registration date. You will be asked to attend 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 will be provided and 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  
East York Civic Centre  
850 Coxwell Ave, 2nd floor, Toronto M4C 5R1

### Please keep in mind:

- Parents/guardians must pay the program fee.
- If an integration worker is assigned to the participant, there will be no additional cost.
- Parents must arrange, or provide, transportation to programs.
- All applications are processed on a first-come, first-serve basis.
- In order to ensure equitable access, with our limited resources, participants may access a maximum of 2 courses (one aquatics and one general program) in the Spring session and 2 weeks of day camp during the Summer session with integration support.
- Integration staff provide support during the camp program, but not during extended care.

**Important:** Once you have registered your child in a program, you **MUST** register for an integration worker using the codes provided. However, this is only a request and dependant on staff availability. Should you have any questions, call 416-397-4690.

### Registration Methods:

Registration information, see pages 7-8.

1. **Program Integration registrations for spring and summer:** Online/Touch Tone/ Telephone Assisted/In Person/Mail
2. **Adapted Program registrations:**
  - A) Spring – All methods in #1, except Online
  - B) Summer – All methods in #1.

## 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 may be offered in a 1:1, 1:2 or 1:3 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

### Snnozelen Room

A Snnozelen 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.

## Spring Programs

We have a variety of high quality recreation and leisure programs for individuals of all ages. If you have a disability/special need, and staff support is needed:

- Register for your program.

**NEW** – If you are requesting a support worker to assist your child in a program, also register for support using the code below.

Day	Time	Start	Code
Integration Worker		3-15 yrs	Free
M-Su	9AM-9PM	Various	1963193

### Note:

1. There is a limited number of support staff available. Registration for support is provided on a first-come, first-serve basis and based on staff availability.
2. You may provide your own one-on-one support person. Call 416-397-4923 or 416-397-4690 for further details.

### Adapted Aquatics - Instructional (3 yrs+)

This program is designed to encourage individuals with special needs to enjoy the pool and work on enhancing their swimming capabilities. Assistance must be provided by a caregiver for individuals requiring support in the change rooms and entering or exiting the water.

### Adapted Aquatics - Recreational (15 yrs+)

This program is designed to encourage individuals or groups with special needs to enjoy the pool and increase their comfort level and swimming capabilities. Assistance must be provided by a caregiver for individuals requiring assistance in the change rooms and entering or exiting the water.

### Adapted Baseball (6 yrs +)

Participants experience a variety of skill development, social interaction, and game-play opportunities; learn basic techniques such as catching, throwing, batting, fielding, positional play and an understanding for the rules of the game.

### Adapted Yoga (6 yrs+)

Exercises that promote flexibility, proper breathing and relaxation while strengthening and toning muscles. Exercises and techniques can be done sitting or in a wheelchair.

### Arthritis Aqua Fitness (19 yrs+)

A very gentle aquatics fitness program that benefits participants who live with Arthritis.

### Bulldogs Social Club (25 yrs+)

A social program for youth and young adults with special needs where they can enjoy physical activity, fine motor activities and a food and nutrition component. Participants will work together with staff to prepare and enjoy a light dinner. Personal support workers are welcome to join in.

### Learning for Life (13-29 yrs)

A life skills program designed for youth with disabilities. Learn new skills in various activities of daily living such as cooking, money management, self care, community safety etc. This program strives to provide youth with disabilities the opportunity to make new friends in a fun learning environment.

### Making Friends (6-12 yrs)

A social program for children with special needs where they can enjoy fun recreational activities, develop their social skills and make new friends. Activities include: community outings, arts and crafts, physical activity etc.

### Therapy Swim (18 yrs+)

Recreational swimming for adults and older adults who are recovering from an injury or are looking to exercise on referrals from health care professionals. Swimming is independent; instructors are not present. Temperature of the pool is 89-90 degrees Fahrenheit from October to April. During the summer months (May to September) the temperature of the pool is lowered to 86-87 degrees Fahrenheit.

### Track and Field (6 yrs+)

Track and field activities, such as wheelchair racing and “putting” (shot putting).

No prior knowledge or skill required. Learn the basics of mobility, positioning in the chair, flexibility, turning and control and specific techniques.

### Wheelchair Tennis (6 yrs+)

Participants will learn the rules and develop skills required to play the game, including: moving in the chair with and without a racquet, forehand and backhand swings, serving the ball and playing games against each other. Various sized multi-sport wheelchairs used.



## Community Partner Programs

### AcTiVe8 (19 yrs+)

This program runs in collaboration with Community Living Toronto and Pegasus Community Project. AcTiVe8 provides adults with developmental disabilities daytime recreation opportunities. Participants enjoy a range of activities which include components on nutrition, physical activity, fine arts, workshops, community outings and more.

### Barrier Free Access to Swimming Program (16 yrs+)

The program provides attendant care support in the change rooms and water support in the pool. Change room support is provided by Tobias House Attendance Care Inc. and water support is provided by Parks, Forestry and Recreation staff. To be eligible for the program participants must live in Toronto, have a physical disability, and require assistance before, during or after swimming. Call the Tobias House at 416-690-8804 ext. 303 for more information and to register for the program.

## Painting & Drawing/Art Alive

(19 yrs+)

An inclusive and supportive atmosphere for participants with all levels of art experience. Designed for psychiatric survivors who are comfortable with the general public. To register call Trinity Recreation Centre at 416-392-0743.

## Pegasus Community Project

(21 yrs+)

A wide range of activities for adults with developmental disabilities. Swimming and other fitness, drama, life skills, vocational experiences, exploring the city, studio work and social coaching. Emphasis on participating in everyday community life. Qualified staff and volunteers. Monthly fee applies. Call 416-691-5651 to register.

## Pop Can Club (13-40 yrs)

Community Living Toronto in partnership with Parks, Forestry & Recreation offers a drop-in social and recreational program for people of all abilities. Activities include: arts and crafts, physical activity, cooking, seasonal dances etc.

## Special Olympics Ontario – Downtown Sports Club (14 yrs+)

This program is designed to encourage individuals or groups with special needs to take part in sports activities. Sports include basketball and ball/floor hockey. To register contact Special Olympics Ontario at 416-447-8326 ext. 227.

## BEACHES RC

6 Williamson Rd, 416-392-0740

Day	Time	Start	Code
<b>Making Friends</b>		6-13 yrs	Free/9 wks
Sat	9AM-12NOON	Mar 31	1963184
<b>Learning for life</b>		13-29 yrs	\$99/9 wks
Sat	1PM-4PM	Mar 31	1963173

## BROWN CC

454 Avenue Rd, 416-392-6826

<b>Adaptive Aquatics</b>		3 yrs+	\$72/9 wks
Tue	5:30PM-6PM	Mar 27	1952605
Thu	7PM-7:30PM	Mar 29	1952607
Sat	9AM-9:30AM	Mar 24	1952608
<b>Making Friends</b>		6-13 yrs	Free/9 wks
Sat	9AM-12NOON	Mar 31	1963183
<b>Learning for life</b>		13-29 yrs	\$99/9 wks
Sat	1PM-4PM	Mar 31	1963172

## EARL BEATTY CC

455 Glebeholme Blvd, 416-392-0752

<b>Adaptive Aquatics</b>		3 yrs+	\$72/9 wks
Fri	5PM-5:30PM	Mar 30	1982594
Fri	5PM-5:30PM	Mar 30	1982598
Fri	5:30PM-6PM	Mar 30	1982595
Fri	5:30PM-6PM	Mar 30	1982597
Fri	6PM-6:30PM	Mar 30	1982599
Fri	6PM-6:30PM	Mar 30	1982601
Fri	6PM-6:30PM	Mar 30	1982602
Fri	6:30PM-7PM	Mar 30	1982600
Fri	6:30PM-7PM	Mar 30	1982596
Fri	6:30PM-7PM	Mar 30	1982603

## SUMMER SESSION

<b>Adaptive Aquatics</b>		3 yrs+	\$72/9 days
M-F	9AM-9:30AM	Jul 3	1988315
M-F	9AM-9:30AM	Jul 16	1988318
M-F	9AM-9:30AM	Jul 30	1988319
M-F	9AM-9:30AM	Aug 13	1988320

## EAST YORK CC

1081½ Pape Ave, 416-396-2880

<b>Adaptive Aquatics</b>		3 yrs+	\$74/9 wks
Wed	4:30PM-5PM	Mar 28	1947705
Wed	5PM-5:30PM	Mar 28	1947706
Wed	5:30PM-6PM	Mar 28	1947707

## FAIRMOUNT PARK CC

1757 Gerrard St E, 416-392-7060

Day	Time	Start	Code
<b>Adaptive Aquatics</b> 3 yrs+ \$72/9 wks			
Mon	5PM-5:30PM	Mar 26	1989028
Mon	5PM-5:30PM	Mar 26	1989030
Mon	5:30PM-6PM	Mar 26	1989031
Mon	5:30PM-6PM	Mar 26	1989032

## HILLCREST CC

1339 Bathurst St, 416-392-0746

<b>Adaptive Aquatics</b> 3 yrs+ \$72/9 wks			
Wed	7:30PM-8PM	Mar 28	1952705
Mon	7:30PM-8PM	Mar 26	1952707

## JIMMIE SIMPSON RC

870 Queen St E, 416-392-0751

<b>AcTiVe8</b> 19 yrs+ \$47/9 wks			
Mon	10AM-3PM	Apr 9	1963160
Thu	10AM-3PM	Apr 12	1963162

## JOHN INNES CRC

150 Sherbourne St, 416-392-6779

<b>AcTiVe8</b> 19 yrs+ \$47/9 wks			
Tue	9AM-3PM	Apr 10	1963165

## MAIN SQUARE CRC

245 Main St, 416-392-1070

<b>Adaptive Aquatics</b> 3 yrs+ \$72/9 wks			
Mon	6PM-6:30PM	Mar 26	1955828
Tue	7PM-7:30PM	Mar 27	1955829
Thu	7PM-7:30PM	Mar 29	1955830
Fri	6:30PM-7PM	Mar 30	1955831

## MARY McCORMICK RC

66 Sheridan Ave, 416-392-0742

<b>Adaptive Aquatics</b> 3 yrs+ \$74/9 wks			
Thu	4PM-4:30PM	Mar 29	1956412
Thu	4:30PM-5PM	Mar 29	1956411
Thu	5PM-5:30PM	Mar 29	1956410
Thu	5:30PM-6PM	Mar 29	1956409
Thu	6PM-6:30PM	Mar 29	1956408
Thu	6:30PM-7PM	Mar 29	1956407

## MASARYK-COWAN CRC

220 Cowan Ave, 416-392-6928

<b>AcTiVe8</b> 19 yrs+ \$120/9 wks			
Tue	10AM-3PM	Apr 10	1963163
Thu	10AM-3PM	Apr 12	1963164

## RAMSDEN PARK

1020 Yonge St, 416-392-6826

Day	Time	Start	Code
<b>Wheelchair Tennis</b> 6 yrs+ \$32/9 wks			
Wed	6PM-7:30PM	Apr 25	1963200
<b>SUMMER SESSION</b>			
<b>Wheelchair Tennis</b> 6 yrs+ \$32/9 wks			
Wed	6PM-7:30PM	Jun 27	1963360

## S.H. ARMSTRONG CRC

56 Woodfield Rd, 416-392-0734

<b>OSO-Downtown Sports Club</b> 14 yrs+ Free/12 wks			
Tue	6PM-8PM	Mar 27	1963441

## ST. LAWRENCE CRC

230 The Esplanade, 416-392-1347

<b>Adaptive Aquatics</b> 3 yrs+ \$72/9 wks			
Wed	4PM-4:30PM	Mar 28	1940360
Wed	4PM-4:30PM	Mar 28	1940361
Wed	4:30PM-5PM	Mar 28	1940362
Wed	4:30PM-5PM	Mar 28	1940363

## SUMMER SESSION

<b>Adaptive Aquatics</b> 3 yrs+ \$72/9 wks			
Thu	7PM-7:30PM	Jul 5	1940450
Thu	7:30PM-8PM	Jul 5	1940451

## SCADDING COURT CC

707 Dundas St W, 416-392-0335

<b>Adaptive Aquatics</b> 15 yrs+ Free/9 wks			
M/Th	6:30PM-8PM	Mar 26	1944473
<b>SUMMER SESSION</b>			
<b>Adaptive Aquatics</b> 16 yrs+ Free/7 wks			
M/Th	6:30PM-8PM	Jul 5	1944493

## STAN WADLOW CLUBHOUSE

373 Cedarvale Ave, 416-396-2842

Day	Time	Start	Code
<b>Bulldogs Social Club</b> 25 yrs+ \$64/9 wks			
Mon	6PM-8PM	Apr 2	1963159

## WALLACE EMERSON CC

1260 Dufferin St, 416-392-0039

<b>Adaptive Aquatics</b> 3 yrs+ \$72/9 wks			
Wed	4PM-4:30PM	Mar 28	1956183
Wed	4:30PM-5PM	Mar 28	1956184
Wed	5PM-5:30PM	Mar 28	1956185
Wed	5:30PM-6PM	Mar 28	1956186
Wed	6PM-6:30PM	Mar 28	1956189
Wed	6:30PM-7PM	Mar 28	1956187

<b>Barrier Free Swim</b> 5 yrs+ Free/9 wks			
Mon	1PM-3PM	Mar 26	N/A

<b>The Pop Can Club</b> 14-60 yrs Free/13 wks			
Sat	6:30PM-9PM	May 5	1963174

<b>T.I.M.E.: Adapted Gentle Fit</b> 19 yrs+ \$117/24 wks			
W/F	12:15PM-1:15PM	Mar 28	1978333

## WELLESLEY CC

495 Sherbourne St, 416-392-0227

<b>Adapted Yoga</b> 6 yrs+ \$41/9 wks			
Mon	7PM-8PM	Mar 26	1963213
<b>Inclusive Youth Council</b> 13-29 yrs Free/9 wks			
Fri	6PM-9PM	Mar 30	1983829

## 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

## Summer Camps

**NEW** – If you are requesting a support worker to assist your child in a camp, please also register for support using the codes below.

Day	Time	Start	Code
<b>Integration Worker</b>		3-15 yrs	Free/9 days
M-F	9AM-4PM	Jul 3	1963356
			Free/10 days
M-F	9AM-4PM	Jul 16	1963357
			Free/9 days
M-F	9AM-4PM	Jul 30	1963358
			Free/10 days
M-F	9AM-4PM	Aug 13	1963359

### Learning for Life Camp (14-29 yrs)

A specialized life skills summer camp program designed for young people with disabilities. Learn new skills in various activities of daily living such as cooking, money management, self care, community safety etc. This program strives to provide youth with disabilities the opportunity to make new friends in a fun learning environment. Activities include: structured activities, day trips, swimming, special events, workshops, guest speakers etc.

**Note:** Learning for Life Camp will only run at Beaches RC. TTC pick up and drop offs will be available for participants needing to travel to this location. Pick up and drop offs will be coordinated after registration has taken place.

### Sr. Leadership Camp (14-29 yrs)

An inclusive summer camp opportunity where youth of all abilities participate together in a fun-filled learning environment. There is a strong emphasis placed on developing one's sense of self and on teamwork. Activities include: day trips, special events, guest speakers, community volunteering, team building activities, recreational activities etc.

### Tweens on the Go Jr and Sr Camp (10-20 yrs)

A specialized summer camp where participants experience recreation in a fun-filled adapted environment under close supervision. There is a large emphasis on developing life and social skills at a level suitable to each participant. Weekly activities include: structured activities, day trips, swimming, special events, guest speakers etc.

#### BEACHES RC

6 Williamson Rd, 416-392-0740

Day	Time	Start	Code
<b>Learning For Life Camp</b>		13-24 yrs	\$192/9 days
M-F	9AM-4PM	Jul 3	1992960
			\$214/10 days
M-F	9AM-4PM	Jul 16	1992962
			\$192/9 days
M-F	9AM-4PM	Jul 30	1992964
			\$214/10 days
M-F	9AM-4PM	Aug 13	1992967

#### JOHN INNES CRC

150 Sherbourne St, 416-392-6779

Day	Time	Start	Code
<b>Sr Leadership Camp</b>		13-24 yrs	Free/9 days
M-F	9AM-4PM	Jul 3	1992968
			Free/10 days
M-F	9AM-4PM	Jul 16	1992969
			Free/9 days
M-F	9AM-4PM	Jul 30	1992970
			Free/10 days
M-F	9AM-4PM	Aug 13	1992971

#### TRINITY CRC

155 Crawford St, 416-392-0743

Day	Time	Start	Code
<b>Tweens on the Go Camp</b>		10-21 yrs	\$192/9 days
M-F	9AM-4PM	Jul 3	1992972
			\$214/10 days
M-F	9AM-4PM	Jul 16	1992973
			\$192/9 days
M-F	9AM-4PM	Jul 30	1992974
			\$214/10 days
M-F	9AM-4PM	Aug 13	1992976

# Exploring

## Toronto's Parks & Trails

*New citywide walking map is now available featuring:*

- Updated trail & route locations, major trail access points & connecting links
- Street names & key TTC connections
- Seasonal & year-round park washrooms
- Popular parks keyed to the map
- Community associations & walking groups offering guided walks
- Info on off-leash areas & recycling bylaws
- Sun safety recommendations
- Volunteering, sponsorship & donation opportunities

*Walk, Hike & Explore!*

*Start exploring today...*

Pick up your map at City Hall or the following Civic Centres: East York, Etobicoke, North York and Scarborough. Call 311 for centre locations.

To view the PDF map online, please visit [toronto.ca/torontomaps/parkstrails.htm](http://toronto.ca/torontomaps/parkstrails.htm)



TORONTO