

Adapted and Inclusive Recreation

For People with Special Needs/Disabilities

Exploring your Possibilities

We are committed to providing the community with high quality, accessible recreation and leisure opportunities for people of varying abilities. People with disabilities are encouraged to participate in their choice of recreation opportunities at a level of participation suitable to their ability.

If you can't go, let us know!

If you are unable to attend the program you registered for, contact your local community centre or call 416-396-7378 so the spot can be offered to someone else.

Hotline Phone: 416-395-6128

E-mail: aiscw@toronto.ca

TTY  (for deaf, deafened and hard of hearing callers who have a TTY line): 416-395-6128

Before Registering for Adapted Recreation Programs or Inclusive/Integration

To ensure the most enjoyable recreation experience families must first contact the Adapted and Inclusive Recreation Programs central hotline at 416-395-6128 to apply for and receive a membership.

To complete the membership process, caregivers and/or the participant will be requested to complete information forms and meet with staff for a confidential intake meeting to discuss the participant's needs before determining what program is appropriate.



Before choosing an adapted recreation program or inclusive/integration, it is important to give consideration to the following:

1. What environment is the participant best suited for?
2. What is the ideal ratio for the participant when attending a recreational program?
3. What is the participant's ability level?
4. What is the participant's level of socialization?
5. What is the participant's level of independence in daily living?

Please allow a minimum of 2 weeks to process a membership prior to registration.

Returning participants

Returning participants will be mailed a package to update participant information annually.

Selecting the Right Service Area – Inclusive/ Integration Services or Adapted Programs

Inclusive/Integration Services

Inclusive/integration services are for individuals that may require some additional assistance in order to participate in a standard recreational programs. An inclusive recreation program staff (integration staff) assists participants by providing modifications in areas such as program instruction, movement, equipment, communication and promotes socialization amongst peers.

Adapted Recreation Programs

Adapted recreation programs are for individuals who have disabilities and want to participate in recreation programs with others who have similar interests and abilities within smaller ratios.

Check toronto.ca/accessibility for more information about accessibility at the City of Toronto.

How to Register

If participants require 1:1 support for behavioural, personal or medical care, they will be requested to provide their own support worker/family member/volunteer. The support person does not pay a fee to attend.

Adapted Recreation Programs

To register for adapted recreation programs:

1. Ensure you have an active membership.
2. Using the available registration methods, register into adapted recreation program barcode of choice.
3. If the program is full, please register to be on the waitlist.

Inclusive/Integration Services

Arrangements for inclusive/integration staff are based on individual application and availability.

To request inclusive/integration staff (at no extra cost for City of Toronto residents):

1. Ensure you have a membership.
2. Using the available registration methods, register into recreation program barcode of choice.
3. Request inclusive/integration staff by registering for the inclusive/integration wait list barcodes.
4. The district office will contact you to confirm availability of inclusive/integration staff for your request.

For Fall, Winter and Spring

Inclusive/integration staff may be requested for one recreation program per session city-wide.

If inclusive/integration staff are not available, it is the responsibility of the family/caregiver to provide appropriate support.

For Summer

Inclusive/integration staff may be requested for summer camp only, for up to two weeks City-wide. Evening and weekend staff are not available.

Note: If a caregiver is providing their own support worker, the Adapted and Inclusive Recreation Programs office must be notified in advance so the appropriate agreement may be signed and submitted a **minimum of one week** prior to the program start date.

See page 27 for Inclusive/Integration Request information and barcodes.

Adaptive Equipment

Portable Lift with Sling

Available at Douglas Snow Aquatic Centre (416-395-7588) and Regent Park Aquatic Centre (416-338-2237).

The Portable Lift is an assistive device used for participants whose mobility is limited. The device will aid the caregiver in transferring the participant from one piece of equipment to another.

To reserve a time to use the portable lift, call the above facilities directly.

Sledges and Skate Horses

Sledges and Skate Horses are adaptive skating devices that give people with disabilities the opportunity to participate in leisure skate and hockey activities. Book your sledge a minimum of 10 business days before your intended use, by contacting the Adapted and Inclusive Recreation hotline at:

Phone: 416-395-6128

E-mail: aiscw@toronto.ca

Snoezelen Room

Snoezelen Room provides a tranquil, multi-sensory environment that allows individuals with disabilities to enjoy gentle stimulation of the primary senses, including visual, tactile and auditory. The user can relax and have the opportunity to choose an activity at their own pace.

Due to the recent fire, Agincourt RC (31 Glen Watford Dr) is currently closed, visit toronto.ca/accessibility for updates.

Fitness Centres

St. Lawrence Fitness Centre

Accessible fitness equipment available: seated chest press, lat pull down, bicep curl machine, recumbent bike, upper body ergometer.

York Recreation Centre

Accessible fitness equipment available: arm bicycle, recumbent stepper, total body exerciser (both upper and lower body workout with varying resistances), a Smith machine for overhead lifting, and a dual pulley high and low machine for a variety of resistance exercises.

For fitness centre information, see the Toronto/East York and West Toronto/York Districts *FUN Guide* or visit toronto.ca/fitness.

Program Descriptions

All programs listed in this section are for individuals with special needs/disabilities.

Active8

- Activities may include: co-operative games, arts, sports, basic cooking skills, swimming, physical activity workshops, community walks and drumming.
- Participants must be able to independently participate within a program ratio: 1 staff to 8 participants.

Adapted Cooking

- Introductory cooking class for children or youth with intellectual disabilities.
- Focus on the basics of cooking and making healthy food choices with easy to make recipes.
- Participants must be able to function independently within a program ratio: 1 staff to 5 participants.



Adapted Dance

- Basic dance program will introduce participants to a variety of dance techniques.
- Focus on flexibility, strength and endurance.
- Will combine the influences of lyrical, jazz, ballet, hip hop and modern dance.
- Participants must be able to function independently within a program ratio: 1 staff to 8 participants.

Adapted Ready, Set, PLAY!

- Introduces fundamental movement skills in a fun, safe environment.
- Provides opportunity for participant's to learn new skills and become confident competent movers.
- Caregiver involvement is encouraged and helps facilitate the growth of self-esteem and the ability to socialize with peers.
- Participants must be able to function within a program ratio: 1 staff to 4 participants.

Adapted Social

- Activities include going to the movies, swimming, bowling and socializing with theme nights and games. There will be a cost associated with some of the outings.
- These programs meet every other week.
- Program ratio: 1 staff to 5 participants

Adapted Young Artists

- Variety of arts and crafts are done using various materials.
- Participants must be able to follow verbal and visual instructions.
- Participants must be able to function independently within a program ratio: 1 staff to 3 participants.

Swim Programs

Adapted Swim Lessons

- Learn to swim program will encourage individuals with special needs to increase their comfort level in the water and promote aquatic skill development.
- Caregivers may be required to provide one to one support in the water.
- Program ratio: 1 staff to 3 participants

Adapted Leisure Swim

- A drop-in and unstructured swim opportunity.
- Family members, caregiver and/or personal care attendant of the participant with disabilities are welcome to attend.



Summer Camps

Adapted Adventure Camp

A day camp for children and youth with developmental disabilities/ASD who require a smaller ratio in camps.

Campers will be involved in:

- general recreational programming
- arts and crafts
- swimming
- special events
- balance of quiet and active games
- sensory activities
- local trips
- outdoor activities
- games and sports

Edithvale CC

Ratio: 1 staff to 3 participants

Earl Bales CC

Ratio: 1 staff to 3 participants

Adapted Leadership Program

This program is designed for participants with intellectual and physical disability.

Participants must:

- Be independent/responsible for themselves
- Be able to effectively communicate and follow directions
- Have the ability to perform simple tasks independently
- Be able to travel to and from training/program locations

Participants attend weekly workshops to learn about child development, leadership, group dynamics, community engagement. Participants also are placed in camp programs in the district.

Toronto Islands



Activities everyone can enjoy for a fun-filled day!

The Toronto Islands provide a great, refreshing escape from downtown with a beautiful view of Lake Ontario on one side, and the city skyline on the other. The Islands area is a great place to bask on blue flag beaches, and offers other tourist features such as the Gibraltar Point Lighthouse, Franklin Children's Garden and Centreville Amusement Park.

Ferries to the Toronto Island leave from the Ferrydocks at 9 Queens Quay West, located south of Queens Quay between Yonge Street and Bay Street. Please check ferry schedules ahead of time as departures vary throughout the seasons.

For more information and to download ferry schedules, visit:

toronto.ca/ferry



Call **3-1-1**

Inclusive/Integration Request

Day	Time	Start	Code
Spring Session			
Inclusive/Integration Request			
		4 yrs+	Free/9 wks
M-Su	9AM-9PM	Apr 4	3281856
Summer Session			
Inclusive/Integration Request			
		4 yrs+	Free/9 wks
M/Tu/ Th/F	9AM-4PM	Jun 29	3282026
		Free/5 days	
M-F	9AM-4PM	Jul 6	3282027
M-F	9AM-4PM	Jul 13	3282028
M-F	9AM-4PM	Jul 20	3282029
M-F	9AM-4PM	Jul 27	3282030
		Free/4 days	
Tu-F	9AM-4PM	Aug 4	3282031
		Free/5 days	
M-F	9AM-4PM	Aug 10	3282032
M-F	9AM-4PM	Aug 17	3282033
M-F	9AM-4PM	Aug 24	3306779

Antibes CC

140 Antibes Dr, 416-395-0475 

Day	Time	Start	Code
Adapted Cooking 13-19 yrs Free/9 wks			
Thu	6:30PM-8:30PM	Apr 9	3282474

Broadlands CC

19 Castlegrove Blvd, 416-395-7966 

Club: Adapted Social			
		19 yrs+	Free/9 wks
Fri	7:30PM-9:30PM	Apr 3	3302510

Dennis R. Timbrell RC

29 St. Dennis Dr, 416-395-7972 

Adapted Swim Lessons: Ultra 1 and Ultra 2			
		5 yrs+	Free/9 wks
Wed	6PM-6:30PM	Apr 1	3293941
Wed	6PM-6:30PM	Apr 1	3293949
Wed	6:30PM-7PM	Apr 1	3293943
Wed	6:30PM-7PM	Apr 1	3293944
Wed	7:30PM-8PM	Apr 1	3293942

Adapted Swim Lessons: Ultra 3 and Ultra 4			
		5 yrs+	Free/9 wks
Wed	7PM-7:30PM	Apr 1	3293945
Wed	7PM-7:30PM	Apr 1	3293947

Adapted Swim Lessons: Adult 1 and Adult 2			
		17 yrs+	Free/9 wks
Wed	7:30PM-8PM	Apr 1	3293948

Douglas Snow Aquatic Centre

5100 Yonge St, 416-395-7585 

Day	Time	Start	Code
Adapted Swim Lessons: Ultra 1			
		5 yrs+	\$93/9 wks
Mon	5PM-5:30PM	Apr 6	3260628
Mon	5:30PM-6PM	Apr 6	3260629

Adapted Swim Lessons: Ultra 2			
		5 yrs+	\$93/9 wks
Mon	6PM-6:30PM	Apr 6	3260630

Adapted Adult Swim 1			
		16 yrs+	\$186/9 wks
Mon	7:30PM-8:30PM	Apr 6	3260631

Adapted Swim and Social Club			
		18 yrs+	\$59/9 wks
Mon	6:30PM-7:30PM	Apr 6	3260632

Earl Bales CC

4169 Bathurst St, 416-395-7873 

Adapted Social Night			
		19 yrs+	Free/9 wks
Fri	6:45PM-8:45PM	Apr 17	3309395

Edithvale CC

131 Finch Ave W, 416-395-6164 

Adapted Social 13-25 yrs \$22/9 wks			
Fri	7PM-9PM	Apr 3	3279542
Adapted Social 19 yrs+ \$22/9 wks			
Fri	7PM-9PM	Apr 3	3279537

Jenner Jean-Marie CC

48 Thorncliffe Park Dr, 416-396-2874 

Adapted: Counsellor-in-Training			
		13-28 yrs	Free/9 days
M-F	9AM-4PM	Jun 29	3282023
		Free/10 days	
M-F	9AM-4PM	Jul 13	3282022
		Free/9 days	
M-F	9AM-4PM	Jul 27	3282024
		Free/10 days	
M-F	9AM-4PM	Aug 10	3282025

North Toronto Memorial CC

200 Eglinton Ave W, 416-392-6591 

Leisure Swim: Open and Inclusive			
		All Ages	Free/12 wks
Wed	9:45AM-10:45AM	Apr 8	3263734

Summer Session

Leisure Swim: Open and Inclusive			
		All Ages	Free/9 wks
Wed	9:45AM-10:45AM	Jul 8	3264010

Roywood Park RC

2 Roywood Dr, 416-395-0159

Day	Time	Start	Code
Adapted Social 13-25 yrs \$22/9 wks			
Tue	7PM-9PM	Apr 7	3281857

Adapted Summer Camps

Earl Bales CC

4169 Bathurst St, 416-395-7873 

Day	Time	Start	Code
Adapted Adventure Camp			
		6-12 yrs	\$110/4 days
M/Tu/ Th/F	9AM-4PM	Jun 29	3282008
		\$137/5 days	
M-F	9AM-4PM	Jul 6	3282010
M-F	9AM-4PM	Jul 13	3282011
M-F	9AM-4PM	Jul 20	3282012
M-F	9AM-4PM	Jul 27	3282013
		\$110/4 days	
Tu-F	9AM-4PM	Aug 4	3282009
		\$137/5 days	
M-F	9AM-4PM	Aug 10	3282014
M-F	9AM-4PM	Aug 17	3306754

Edithvale CC

131 Finch Ave W, 416-395-6164 

Adapted Adventure Camp			
		13-29 yrs	\$110/4 days
M/Tu/ Th/F	9AM-4PM	Jun 29	3282015
		\$137/5 days	
M-F	9AM-4PM	Jul 6	3282021
M-F	9AM-4PM	Jul 13	3282016
M-F	9AM-4PM	Jul 20	3282017
M-F	9AM-4PM	Jul 27	3282018
		\$110/4 days	
Tu-F	9AM-4PM	Aug 4	3282020
		\$137/5 days	
M-F	9AM-4PM	Aug 10	3282019
M-F	9AM-4PM	Aug 17	3306776