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
Must contact the district office to update their membership prior to registration.
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 program within smaller ratios.

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.

Check [toronto.ca/accessibility](http://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.

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**Get your hands dirty!**
Looking to enjoy nature and being outdoors, this is the camp for you!

Parks, Forestry and Recreation offer five outdoor nature camp locations: Camp Claireville, Toronto Island Park Camp, High Park Eco Camp, Camp Naorca and Humriva Day Camp. These camps provide fun, hands-on opportunities to discover the hidden wonders and importance of Toronto’s parks and gardens.

Campers will participate in a number of nature-based activities including: outdoor excursions and nature crafts plus lots of fun and games.

[to](https://www.toronto.ca/camps)
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 calling the Adapted and Inclusive Programs office.

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.

Location: Agincourt RC
31 Glen Watford Dr, Scarborough
Tuesdays: 1PM-5PM
Thursdays/Saturdays: 10AM-4PM
Fee: $7.50/45-minute session
To book a session, call 416-396-5273.

Program Descriptions

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 Basketball
• Focus on basketball skill development as well as the development of self-esteem, confidence and ability to socialize with peers.
• Program ratio: 1 staff to 5 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 Recreation
• Activities include: co-operative games, arts, sports, basic cooking skills, swimming, community trips and special guests.
• Participants must require minimal support with travel on the TTC and must be able to follow verbal and visual instructions.
• Program ratio: 1 staff to 5 participants or 1 staff to 8 participants, depending on location.

Adapted Yoga
• This program is designed to teach individuals basic body and mind strength and awareness skills.
• Participants will learn basic poses in the laying down, sitting, crawling and standing positions as well as simplified breathing techniques.

Social Club
• Program is for individuals with disabilities.
• Activities may include community walks, physical activities, crafts, social time, games, movies and seasonal special events.
FUNdamentals – Partnership program with Special Olympics Toronto

- Introduces the values of positive movement, importance of nutrition and sport-specific activities aimed at improving basic motor and sport skills.
- Caregiver involvement is encouraged and helps facilitate the growth of self-esteem, confidence and ability to socialize with peers.
- Participants must be able to function within a program ratio: 1 staff to 4 participants or 1 staff to 5 participants

Skate Programs

Adapted Leisure Skate
- A drop-in and unstructured skate opportunity.
- Family members, caregivers and/or personal care attendant of the participant with disabilities are welcome to attend.

Sledge Hockey-Beginner
- Introduces participants to Sledge Hockey skills and drills.
- Instructors will assist participants on improving their individual skills each week.

Swim Programs

Adapted Swim Lessons
- Learn to swim program will encourage individuals 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 special needs are welcome to attend.

Community Partner Programs

Barrier Free Access to Swimming Program
- Provides attendant care support in the change rooms by Tobias House Attendance Care Inc. and water support in the pool by recreation staff.
- Participants must live in Toronto, have a physical disability and require assistance before, during or after swimming.
- Call Tobias House at 416-690-8804 to register for the program.

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

Agincourt CI
Ratio: 1 staff to 5 participants

Agincourt RC
Ratio: 1 staff to 4 participants

McGregor RC
Ratio: 1 staff to 4 participants

Birchmount CC
Ratio: 1 staff to 5 participants

For participants with physical disabilities:
Sir Alexander Mackenzie SES
Ratio: 1 staff to 3 participants
### Inclusive/Integration Request

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<th>Time</th>
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### Agincourt RC
31 Glen Watford Dr, 416-396-4037

**Adapted: Preschool Swim 1 and 2**
3-5 yrs | $92/9 wks
---
Tue 4:45PM-5:15PM | Apr 2 3167398
Tue 4:45PM-5:15PM | Apr 2 3167399
Tue 5:15PM-6:15PM | Apr 2 3167400
Tue 5:15PM-6:15PM | Apr 2 3167401

**Adapted: Ultra Swim 1 and 2**
5-16 yrs | $92/9 wks
---
Tue 4:15PM-4:45PM | Apr 2 3167388
Tue 5:45PM-6:15PM | Apr 2 3167397

**Adapted: Ultra Swim 2**
5-16 yrs | $92/9 wks
---
Tue 4:15PM-4:45PM | Apr 2 3167389

**Adapted: Ultra Swim 4 and 5**
5-16 yrs | $92/9 wks
---
Tue 6:15PM-6:45PM | Apr 2 3167391

### Albert Campbell CI
1550 Sandhurst Cir, 416-396-4009

**Adapted: Ultra Swim 1 and 2**
5 yrs | $80/8 wks
---
Mon 6PM-6:30PM | Apr 1 3167694

### Berner Trail CRC
120 Berner Trail, 416-396-4054

**Adapted Yoga**
6-12 yrs | $53/9 wks
---
Tue 6PM-7PM | Apr 9 3184062

**Adapted Yoga**
13-29 yrs | $49/9 wks
---
Tue 7:15PM-8:15PM | Apr 9 3184069

---

### Birchmount CC
93 Birchmount Rd, 416-396-4311

**Adapted: Ultra Swim 1 and 2**
5 yrs+ | $82/8 wks
---
Mon 5PM-5:30PM | Apr 1 3176341
Mon 6PM-6:30PM | Apr 1 3176342
Mon 6:30PM-7PM | Apr 1 3176345

**Adapted: Ultra Swim 3 and 4**
5 yrs+ | $82/8 wks
---
Mon 5:30PM-6PM | Apr 1 3176343
Fri 9AM-3PM | Apr 12 3183295

**Adapted Sports-Drop in**
19 yrs+ | Free/9 wks
---
M/W/F 9:30AM-11:30AM | Apr 8 3186853

### Cedarbrae CI
550 Markham Rd, 416-396-4006

**Adapted Leisure Swim**
All Ages | Free/10 wks
---
Tue 6PM-8PM | Apr 2 3163350

### Curran Hall CC
277 Orton Park Rd, 416-396-5156

**Adapted Social Club**
16-29 yrs | $21/9 wks
---
Fri 6:30PM-9:30PM | Apr 12 3190721

**Active8**
19 yrs+ | $134/9 wks
---
Wed 9AM-9PM | Apr 10 3186915

**Heron Park CRC**
292 Manse Rd, 416-396-4035

**Active8**
19 yrs+ | Free/9 wks
---
Mon 9AM-9PM | Apr 8 3186916

### L’Amoreaux CI
2501 Bridletown Cir, 416-396-4005

**Adapted: Ultra Swim 1 and 2**
3 yrs+ | $90/9 wks
---
Sat 1PM-1:30PM | Apr 6 3167241
Sat 12:30PM-1PM | Apr 6 3167240

### St. Mark’s United Church
115 Orton Park Rd, 416-396-5143

**Adapted Social Club**
24 yrs+ | $21/9 wks
---
Tue 11AM-2PM | Apr 9 3190730

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### Toronto Pan Am Sports Ctr
875 Morningside Ave, 416-283-5222

**Adapted: Ready, Set, PLAY! with Caregiver**
2-5 yrs | $50/9 wks
---
Fri 9AM-9:45AM | Apr 5 3176589

**Adapted: Ready, Set, PLAY! with Caregiver**
3-5 yrs | $50/9 wks
---
Wed 5:30PM-6:15PM | Apr 3 3176511

**Adapted: Ultra Swim 1 and 2**
5-12 yrs | $92/9 wks
---
Wed 4PM-4:30PM | Apr 10 3168662
Wed 4:30PM-5PM | Apr 10 3168661

**Adapted: Ultra Swim 3 and 4**
5-12 yrs | $92/9 wks
---
Wed 5PM-5:30PM | Apr 10 3168663

**Adapted: FUNdamentals**
6-12 yrs | $51/9 wks
---
Wed 6:30PM-7:30PM | Apr 3 3173172

**Adapted: Ultra Youth Swim 1**
13-18 yrs | $92/9 wks
---
Wed 5:30PM-6PM | Apr 10 3168660

**Adapted: Basketball**
13-29 yrs | $50/9 wks
---
Wed 7:45PM-8:45PM | Apr 3 3173173

**Adapted: Ultra Youth Swim 1**
16 yrs+ | $92/9 wks
---
Fri 12NOON-12:30PM | Apr 12 3168665
---
Fri 12NOON-1PM | Apr 12 3168664

**Adapted Splash Club**
17 yrs+ | $23/9 wks
---
Fri 10AM-11AM | Apr 12 3168666

**Warden Hilltop CC**
25 Mendelsohn St, 416-392-7640

**Adapted-FUNdamentals**
6-12 yrs | $49/9 wks
---
Sat 10AM-11AM | Apr 6 3174426

**Adapted Basketball**
13-29 yrs | $59/9 wks
---
Sat 11:15AM-12:30PM | Apr 6 3174427

**Adapted Recreation**
13-29 yrs | $144/9 wks
---
Sat 1PM-4PM | Apr 6 3184962

**Active8**
19 yrs+ | $134/9 wks
---
Tue 9AM-3PM | Apr 9 3174420
Thu 9AM-3PM | Apr 11 3174422
### Wexford CI
1176 Pharmacy Ave, 416-396-4016

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### Summer Camps

#### Agincourt CI
2621 Midland Ave, 416-396-7760

<table>
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### Toronto Islands

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](http://toronto.ca/ferry)

### Agincourt RC
31 Glen Watford Dr, 416-396-4037

#### Extended Hours

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<th>Extended Hours: AM</th>
<th>6-12 yrs</th>
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Activities everyone can enjoy for a fun-filled day!

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### Agincourt CI

#### Extended Hours: AM

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### Agincourt RC
**Day Time Start Code**
- **Extended Hours: AM**
  - 6-12 yrs $8/4 days
  - Tu-F 8:30AM-9AM Aug 6 3174614
  - M-F 8:30AM-9AM Aug 12 3190362
- **Extended Hours: PM**
  - 6-12 yrs $8/4 days
  - Tu-F 4PM-4:30PM Jul 2 3174615

### Berner Trail CRC
**Active8**
120 Berner Trail, 416-396-4054
- 19-65 yrs $107/4 days
  - Tu-F 9AM-3PM Jul 2 3184313
  - M-F 9AM-3PM Jul 8 3184315
  - M-F 9AM-3PM Jul 15 3184316
  - M-F 9AM-3PM Jul 22 3184318
  - M-F 9AM-3PM Jul 29 3184319
  - Tu-F 9AM-3PM Aug 6 3184443
  - M-F 9AM-3PM Aug 12 3184461

### Birchmount CC
**Adapted Adventure Camp**
- 13-18 yrs $109/4 days
  - Tu-F 9AM-4PM Jul 2 3174566
  - M-F 9AM-4PM Jul 8 3174567
  - M-F 9AM-4PM Jul 15 3174568
  - M-F 9AM-4PM Jul 22 3174569
  - M-F 9AM-4PM Jul 29 3174570
  - Tu-F 9AM-4PM Aug 6 3174571
  - M-F 9AM-4PM Aug 12 3174572

### McGregor Park RC
**Adapted Adventure Camp**
- 6-12 yrs $109/4 days
  - Tu-F 9AM-4PM Jul 2 3174559
  - M-F 9AM-4PM Jul 8 3174560
  - M-F 9AM-4PM Jul 15 3174561
  - M-F 9AM-4PM Jul 22 3174562
  - M-F 9AM-4PM Jul 29 3174563