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It’s more than a library!

- Books
- Toys
- Resources
- Equipment Lending
- Support … and so much more!

KidsAbility’s Resource Centres provide many resources that can help you navigate your journey and connect you with community resources, knowledge and support.

**Information Links:** Information and resources in the community and beyond

**Online Resource Centre Catalogue:** resources and information

**KidsAbility Publications:** newsletters, family Welcome Package information

**Therapy Store:** Items for sale on-site including fine and gross motor, sensory and oral motor items. Some items do require a note from a therapist to purchase.

**Meet the Coordinator**

Schedule an appointment at any of KidsAbility’s sites in Cambridge, Fergus, Guelph, Kitchener, Mount Forest or Waterloo to meet with our Resource Centre Coordinator who can assist you in finding answers to questions, researching specific information, or BoardMaker training to help guide you in creating communication tools. You can email rcentre@kidsability.ca to request a meeting.

**Memberships**

Anyone in our community is welcome to borrow items from our Resource Centres. There is an annual fee of $5.00 and you must complete a registration form.

**Online Catalogue:**
resourcelibrary.kidsability.org
Augmentative Communication Services

2017 ACS Workshops

The following ACS Workshops are available in video format: http://www.kidsability.ca

Supporting Early Communication – Part 1 and Part 2
Using a Simple Speech Generating Device
Developing and Using Conversation Books
Visual Strategies for Communication
Adaptations to Support Shared Reading
Using your Speech Generation Device, Aided Language and Beyond Requesting (coming soon)

- **Preregistration is necessary** for all other sessions. Please call 886-8886, ext. 1541 or email us at ACSInfo@kidsability.ca and indicate the date and time(s) of the session(s) you would like to attend. You do not need to attend all sessions on a day! You can choose to attend only those of interest to you.
- You must register by the Wednesday prior to the sessions you wish to attend.
- **Please note the location of the session that you are registering for.**
- Please cancel if you cannot attend!

**Wednesday March 22, 2017 – Guelph site – register by March 15, 2017**
Using your Speech Generating Device, Aided Language and Beyond Requesting 6:00pm to 7:30pm

**Wednesday March 22, 2017 – Waterloo site – register by March 15, 2017**
Getting Started with Augmentative and Alternative Communication 6:00pm to 7:30pm

**Wednesday Apr 12, 2017 – Waterloo site – register by April 5, 2017**
Getting Started with Augmentative and Alternative Communication 6:00pm to 7:30pm

**Wednesday April 26, 2017 – Waterloo site – register by April 19, 2017**
Using your Speech Generating Device, Aided Language and Beyond Requesting 10:30am to 12:00pm

**Wednesday May 17, 2017 – Waterloo site – register by May 10, 2017**
Getting Started with Augmentative and Alternative Communication 6:00pm to 7:30pm

**Wednesday May 24, 2017 – Waterloo site – register by May 17, 2017**
Using your Speech Generating Device, Aided Language and Beyond Requesting 6:00pm to 7:30pm

**Wednesday June 14, 2017 – Waterloo site – register by June 7, 2017**
Getting Started with Augmentative and Alternative Communication 6:00pm to 7:30pm

**Wednesday June 28, 2017 – Guelph site – register by June 21, 2017**
Using your Speech Generating Device, Aided Language and Beyond Requesting 10:30am to 12:00pm

Take a look at our website at kidsability.ca for workshop descriptions and handouts!
Family Bike Experience – Waterloo

We are excited for the snow to melt, the birds to sing again, and for everyone – young and old – to pump up their tires, hop onto their bikes and come out for a bike ride! At KidsAbility we are offering families the opportunity to bring your bikes, helmets and runners to the Waterloo site parking lot to brush off the dust and cobwebs and practice riding your bikes. We’ll have games and prizes, information on bike and equipment safety, and the chance to ride with friends and family on a nice large, smooth level surface for practice. This event will be free of charge!

You do not have to be a KidsAbility client to attend the event, just bring a friend, your sibling and come on out to practice on your bike or trike! We would appreciate RSVP’s in order to plan for approximate numbers. Thank you, see you in the spring!!

Start Date: Saturday, May 27, 2017 (rain date of Sunday, May 28, 2017)
Time(s): 9:30 am – 11:30 am
Location: KidsAbility Waterloo site, 500 Hallmark Drive, Waterloo
Ages: All ages
Cost: Free of charge
To register: Please RSVP by calling 519-886-8886 or toll-free 1-888-372-2259 x1373 or email specialized@kidsability.ca

From Tantrums to Tranquility

A Behaviour Management Workshop for Parents and Primary Caregivers

Are you interested in learning how to manage your child’s challenging behaviours? Children with special needs often require additional supports from parents and caregivers in learning to self-regulate. Come out to our workshop and learn to look for the ‘why’ behind specific behaviours, develop a tailored behaviour plan at home, and learn to employ new approaches to addressing your child’s behaviours.

Dates and Times:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Mar 20/17</td>
<td>1:00 pm to 3:00 pm</td>
<td>Cambridge-Lang’s site</td>
</tr>
<tr>
<td>Mon Apr 10/17</td>
<td>9:30 am to 11:30 am</td>
<td>Kitchener site</td>
</tr>
<tr>
<td>Tues May 16/17</td>
<td>5:30 pm to 7:30 pm</td>
<td>Waterloo site</td>
</tr>
<tr>
<td>Wed June 14/17</td>
<td>1:00 pm to 3:00 pm</td>
<td>Guelph site</td>
</tr>
<tr>
<td>Thurs July 20/17</td>
<td>9:30 am to 11:30 am</td>
<td>Cambridge-Lang’s site</td>
</tr>
</tbody>
</table>

Cost: Free
To Register: Contact Debbie Blazis at dblazis@KidsAbility.ca or call 1-888-373-2259 x6238.
Mothers Addressing Autism Together - Waterloo

- Do you have a child with an autism diagnosis?
- Would you like to talk to other moms who can relate to what you are going through?
- Do you have other questions and concerns related to Autism that you would like to raise for discussion?

*If you answered “YES” to any or all of the above questions then this is the group for you. You are invited to come to the group and have a chance to meet other parents, have a coffee, and share your joys, sorrows, wisdom and struggles. The discussions are based upon the needs of the group and the topics that parents identify. On occasion we will have guest speakers to address specific topics.

Start Date: Every Wednesday January 18 – June 21, 2017
Time: 1:00 pm-2:30 pm
Location: KidsAbility, Waterloo site, 500 Hallmark Drive, Waterloo
Aquatics

Adapted Aquatics
Adapted aquatics is for children and youth with a physical or developmental disability who need 1:1 support to feel comfortable in the water and to progress in their swimming skills. Participants will be taught by an experienced aquatics instructor with support from volunteers as needed. Please see Community Activity Guides for full details on programs.

CAMBRIDGE
Cambridge adapted aquatics is taught 1:1 or 1:2 by a lifeguard instructor. After the lesson participants are invited to stay for the open swim with their parents/guardians. See YMCA website for more information: http://www.ymcacambridgekw.ca/en/health-fitness-aquatics/chaplin/Aquatics-Specialized-Programs.asp

Dates: Saturdays, March 25 – June 24, 2017 (14 weeks)
Times: 4:00-4:30pm; 4:30-5:00pm; 5:00-5:30pm; 5:30-6:00pm
Location: Chaplin Family YMCA, 250 Hespeler Road, Cambridge
Ages: 3 years+
Cost: Members $100 or non-members $140
To Register: Contact Cambridge YMCA Membership Services desk and fill out an adapted aquatics registration form. For more information contact Laura Grimm at 519-623-9622 ext. 230 or lgrimm@ckwymca.ca.

FERGUS
Spring Session Times:
Tuesdays (April 18-June 13) 4:00-4:30 pm, 4:30-5:00
Wednesdays (April 19-June 14) 4:00-4:30 pm; 5:00-5:30 pm; 5:30-6:00 pm
Thursdays (April 20-June 15) 5:30-6:00 pm
Fridays (April 21 – June 16) 5:00-5:30 pm
Saturdays (April 22-June 17) 9:00-9:30 am
Sundays (April 23-June 18) 6:30-7:00, 7:30-8:00

Summer Session Times (once a week format):
Wednesdays (July 5-August 30) 4:00-4:30, 5:00-5:30, 7:30-8:00
Fridays (June 23 – Aug 25) 4:00-4:30
Saturdays (June 24-Aug 26) 10:00-10:30
Sundays (June 25-Aug 27) 6:00-6:30

Summer Session Times (daily format – Monday to Friday):
July 3-July 13 - 8:45-9:15, 9:45-10:15
July 17-July27 – 8:45-9:15, 9:45-10:15
July 31 – Aug 10 - 8:45-9:15, 9:45-10:15
August 14-Aug 24 8:45-9:15, 9:45-10:15

Summer Session Times (twice a week, Tuesday and Thursdays)
July 4-August 1 – 4:00-4:30
August 3-August 31 – 4:00-4:30
Location: Centre Wellington Sportsplex, 550 Belsyde Ave, Fergus
Ages: All ages
Cost: $69.35

To Register: Registration starts on March 15, 2017. Registration can be done in person at the Centre Wellington Community Sportsplex or online at https://econnect.centrewellington.ca/Activities/ActivitiesAdvSearch.asp.
For more information call 519.846-9691 ext 321

GUELPH

Adapted Aquatics – Preschool
Age: 3-6yrs
Fee: $73.40 for 10 weeks
Date: Thurs. April 6 6:00 pm (10 wks) West End Community Centre, 21 Imperial Rd. S. Guelph
Sat. April 8 9:45 am (10 wks) - Centennial Pool, 289 College Ave W, Guelph

Adapted Aquatics – Just Starting
Age: 7-11yrs
Fee: $78.50 for 10 weeks
Date: Thurs. April 6 6:30pm (10 wks) - West End Community Centre, 21 Imperial Rd. S. Guelph
Sat. April 8 10:15am (10 wks) - Centennial Pool, 289 College Ave. W, Guelph

Adapted Aquatics – Starting Strokes
Age: 7-11yrs
Fee: $78.50 for 10 weeks
Thurs. April 6 6:30pm (10 wks) - West End Community Centre, 21 Imperial Rd. S. Guelph
Sat. April 8 10:15am (10 wks) - Centennial Pool, 289 College Ave. W, Guelph

Adapted Aquatics – Next Steps
Age: 7-11yrs
Fee: $78.50 for 10 weeks
Date: Thurs. April 6 6:30pm (10 wks) - West End Community Centre, 21 Imperial Rd. S. Guelph
Sat. April 8 10:15am (10 wks) - Centennial Pool, 289 College Ave. W, Guelph

Adapted Aquatics – Teen
Age: 12-18yrs
Fee: $89.90 for 10 weeks
Date: Sat. April 8 9:00am (9wks) - Centennial Pool, 289 College Ave. W, Guelph

Adapted Aquatics – Adult
Age: 18+
Fee: $93.00 for 10 weeks
Date: Sat. April 8 9:00am (9 wks) - Centennial Pool, 289 College Ave. W, Guelph
ADAPTED AQUATICS – PRIVATE LESSONS
Provides one to one instruction to individuals with disabilities to help adapt programming and continue to develop skills at the swimmer’s own pace with the assistance of our highly trained instructors. Please note: One2One Support registration is not required.

*Please see the City of Guelph guide for various options for Adapted Aquatics – Private Lessons

To Register: Registration can be done in person at the West End Community Centre, online at https://regexpress.guelph.ca/Start/Start.asp, or by phone at (519) 837-5699. Registration opens on March 1st, 2017.

KITCHENER
Beginner, Intermediate & Advanced: Thursdays (Apr 6 – Jun 1) 6:00-6:40pm; 6:40-7:20pm
Fit Swim: Thursdays (Apr 6 – Jun 1) 7:20-8:00pm
Location: Forest Heights Pool, 253 Fischer-Hallman Road, Kitchener
Ages: 4 years old - Adulthood
Cost: $77.85 for 9 week session
To Register: Registration can be done in person at the Forest Heights Pool or online at www.kitchener.ca/webreg. See the City of Kitchener Leisure Guide or call Forest Heights Pool directly at 519-741-2493 for more information.

WATERLOO
Lessons for 5-12 year olds: Saturdays (starting April 1 to June 17th, no class in April 15) 4:00-4:30pm; 4:30-5:00pm; 5:00-5:30pm; 5:30-6:00pm
Lessons for 12 years – Adulthood: Thursdays (starting March 30th to June 15th) 4:00pm-4:45pm
Location: Waterloo Swimplex, 101 Father David Bauer Dr., Waterloo
Ages: 5 years old - Adulthood
Cost: Lessons for 5-12 years old: $99.44 for 11 week session
Lessons for 12 years-Adulthood: $132.21 for 12 week session
To Register: Registration opens Feb 21st. Registration can be done in person at the Waterloo Swimplex or online at http://expressreg.waterloo.ca. See the City of Waterloo Program & Activities Guide for more information or call Waterloo Swimplex at (519) 886-3844.

WOOLWICH
Spring Session: Friday March 24- June 9 (No lesson April 14) 11 weeks
Preschool (Preschool 1-5) 4:15pm
Beginner (Swimmer 1-2) 4:45pm
Intermediate (Swimmer 3-5) 5:15pm
Strokes (Swimmer 6-8) 5:45pm
Teen (13 – 18 yrs) 6:15pm (45 minute class)

Location: Woolwich Memorial Centre, 24 Snyder Ave. South, Elmira
Ages: Preschool - Teens
Cost: $96.03 for a Woolwich resident, $110.55 for a non-resident

To Register: Registration for Spring session opens March 7th at 6:30am, and to register, in person at the Woolwich Memorial Centre or by emailing mhilborn@woolwich.ca
Community Programs

Summer Session: Adapted lessons offered on an as-needed basis
Preschool (Preschool 1-5)
Beginner (Swimmer 1-2)
Intermediate (Swimmer 3-5)
Strokes (Swimmer 6-8)
Teen (13 – 18 yrs)

Location: Woolwich Memorial Centre, 24 Snyder Ave. South, Elmira
Ages: Preschool - Teens
Cost: $69.84 for a Woolwich resident, $80.40 for a non-resident

To Register: Registration for Summer session opens June 13th at 6:30am, and to register, in person at the Woolwich Memorial Centre or by emailing mhilborn@woolwich.ca

KidsAbility Open Swims - Waterloo Site

KidsAbility’s unsupervised therapeutic pool is available to clients and their families, as well as individuals with special needs in our community. The pool is 0.75m in depth so is very much appropriate for young children or those who would benefit from a warm, relaxing, shallow swimming pool. Our pool and change rooms are accessible and there is a ramp leading down into the water (pool chairs available) as well as options for adapted floatation available on deck.

A responsible adult who has completed a pool orientation may supervise up to four individuals (no more than three of whom can be under the age of 13 in each session) during Open Swim. To book an orientation session, contact KidsAbility reception at 519-886-8886 x0. For more information visit www.kidsability.ca/swimming

Times: (beginning January 3rd, 2017):
Open Swim: Mondays from 6:00 – 7:30pm and Wednesdays from 5:00 – 6:15pm or 6:15 – 7:30pm.
Adult (18+ only) Open Swims: Tuesdays and Thursdays from 4-5pm
Therapy Swim (a quiet swim time for those working on therapy goals. Maximum three swimmers plus assistants.) Mondays from 9am-12pm and Wednesdays from 3pm-5pm
Sensory Swims (a dedicated swim time for those who would prefer a quiet, splash free environment. If your child cannot maintain this environment, please attend the Open swim program instead.) Fridays, 4 – 6pm.
Cost: $2/swimmer or $5/family. Yearly memberships (Sept – June) available for $50. PAL card accepted.
Firefly Swimming Lessons - Waterloo

Firefly Therapy Services swimming program provides an opportunity for children to learn basic swimming skills in a safe and supportive environment. Our accessible pool is a welcoming place to practice and grow confident in new abilities. The instructors are patient, knowledgeable, and have experience working with a wide range of needs. This program was designed as an alternative to swimming lessons in a traditional setting. It is intended to be sensory-friendly and individualized. We use a wide range of strategies to develop skills in a positive, fun setting.

**Dates:** April 4- May 23, 2017  
**Times:** 5:15-6:00 or 6:15-7:00  
**Location:** KidsAbility, Waterloo site  
**Cost:** $120.00

For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca

Arts

**Arts Abound Art Classes – St. Jacobs**

Let your child discover their creative side at Arts Abound. Arts Abound is a brand new art studio in St. Jacobs that offers classes in all forms of the arts for kids of all abilities and all ages. Visual art and crafting classes allow participants to work on individualized projects in a social environment, without the need to “keep up” with their peers. Both inclusive and specialized programs are available.

Visit our website at [www.artsabound.ca](http://www.artsabound.ca) for a full schedule of classes. Our goal is to find a class where your child can thrive and enjoy the arts. Contact Arts Abound at 519-206-ARTS or at [info@artsabound.ca](mailto:info@artsabound.ca) to find the right class for your child.

Camps

**March Break Camps**

The following camps offer additional supports and/or specialized programming for children and/or youth with special needs. Please contact the camp directly or the City’s Inclusion Coordinator to find out more about the supports offered, and if it might be a good fit for your child.

- Arts Abound (St. Jacob’s) – [www.artsabound.ca](http://www.artsabound.ca) 519-206-2787  
- Carousel Dance Centre (Waterloo) – [www.carouseldancecentre.ca](http://www.carouseldancecentre.ca) or 519-746-8877  
- Camp C-Bridge Teen Camp (Cambridge) – Email [hylandr@cambridge.ca](mailto:hylandr@cambridge.ca) or call 519-740-4681 x4292  
- City of Cambridge – Email [hylandr@cambridge.ca](mailto:hylandr@cambridge.ca) or call 519-740-4681 x4292  
- City of Guelph – Email [Jessica.Gregoire@guelph.ca](mailto:Jessica.Gregoire@guelph.ca) or call 519-822-1260 x 2606  
- City of Kitchener – Email [access@kitchener.ca](mailto:access@kitchener.ca) or call 519-740-2200 x7225  
- City of Waterloo – Email [access@kitchener.ca](mailto:access@kitchener.ca) or call 519-740-2200 x7225
# Summer Camp Options

Start planning for summer early! Many camps in our community provide extra supports and or/specialized programming for youth with special needs, however supports are often limited, so it is best to start planning early. Supports could include paid camp staff providing 1:1 support, volunteers, or specialized programming with lower camper to staff ratios. If the camp provides 1:1 camp counsellors or Inclusion Facilitators, it will be noted in the description. Otherwise, please contact the camp directly to explore if the programming and supports they offer are a good fit for your child. **Inclusive Camps** are camps where children with and without special needs participate together. **Specialized Camps** have programming designed specifically for children with special needs. Want further assistance or information? Consider attending a Dreaming of Summer workshop. See the KidsAbility Programs and Workshops section of this guide for more details.

<table>
<thead>
<tr>
<th>Cambridge and Area Inclusive Camps</th>
<th>Ages</th>
<th>Details</th>
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</table>
| City of Cambridge                 | 4-12 | Integrated day camp options. 1:1 supports available. Camp information can be found in the City of Cambridge Activity Guide: [https://www.cambridge.ca/en/parks-recreation-culture/Activities-Guide.aspx](https://www.cambridge.ca/en/parks-recreation-culture/Activities-Guide.aspx)  
Deadline for 1:1 support is June 2, 2017.  
| hylandr@cambridge.ca  
519-740-4681 x4292               |      |         |
| YMCA Day Camp (6 yrs+)           | 6-12 | Integrated day camp options. 1:1 supports available. **Need 1:1 support? Contact Pam Shuker (519-623-9622 ext. 255) to discuss your child’s needs prior to registering.**  
Welcome to our traditional YMCA day camp. This camp strives to offer an action-packed adventure and new experiences. Weekly themes, special guests, games, sports, songs, crafts and daily water activities challenge children to learn new skills, make new friends and create wonderful memories. Campers have an hour of swim time each day which is facilitated by a certified YMCA Instructor-Lifeguard. During the pool time, campers will have the opportunity to learn and practice the Lifesaving Society’s Swim to Survive Standard. Camp includes a half-day field trip each session.  
The Chaplin Family YMCA provides a fun, interactive and memorable camp experience to children with a variety of special needs—physical, developmental, emotional and/or behavioural. We request all campers demonstrate functional communication skills and independent mobility. Families are responsible for additional services. Campers may be limited to a one-week session and 2 spots are set aside. Please contact the supervisor of Children’s Programs and Day Camp to register your camper with an inclusion facilitator at 519-623-9622 x 255.  
Have your own worker? Support workers are welcome to attend at no cost.  
Registration begins January 2, 2017 |
pshuker@ckwymca.ca  
519-623-9622 x 255             |      |         |
| YMCA Specialty Camps, Camp Plus, Day Camp (4-5 yrs) and LIT camp pshuker@ckwymca.ca 519-623-9622 x 255 | 4-12 | Provide your own 1:1 support to any of the many camp options. Find the program that suits your needs: http://www.ymcacambridgekw.ca/en/camp-outdoor-centre/Day-Camps.asp  
Registration begins January 2, 2017 |
|---|---|---|
| YWCA Cambridge www.ywcacambridge.ca 519-267-6444 | 4-12 | Integrated day camp options. 1:1 supports available. Families requiring the Camp Inclusion Facilitator will need to book a specific camp week so that we can ensure all children are included. Please submit an Inclusion Registration Form along with your Camp Registration Form.  
Find the program that suits your needs: http://www.ywcacambridge.ca/programs/summer-camps |
| **Cambridge and Area Specialized Camps** | **Ages** | **Details** |
| SunBlast hylandr@cambridge.ca 519-740-4681 x4292 | 5-13 | This specialized playground program is a partnership program designed to support children with Physical and Developmental Disabilities and their siblings or friends.  
Registration will take place Tuesday April 11 2017 from 6-8pm at Cambridge City Hall. |
| Imagination Station hylandr@cambridge.ca 519-740-4681 x4292 | 8-13 | This specialized playground program is designed for children with emotional and behavioral disorders. Children with significant impulsivity, anxiety, difficulty transitioning and who are easily frustrated are best suited for this program experience.  
Registration will take place Tuesday April 11 2017 from 6-8pm at Cambridge City Hall. |
| FunDayz www.communitylivingcambridge.ca 519-623-7490 | 14-21 | Community Living Cambridge offers 6 weeks of summer camp July – mid August for individuals with developmental disabilities. This camp has a ratio or 10-12 campers to 4 camp councillors.  
Contact Christa Moniz at cmoriz@clcambirdge.ca for more information. |
| **Guelph Wellington Inclusive Camps** | **Ages** | **Details** |
| For a listing of further inclusive and specialized camp options and supports in Guelph Wellington, download the Inclusive Recreation Directory provided by Supporting Kids in Camp: www.cmhawwd.ca/SKIC |
| Camp Brebeuf http://cyo.on.ca/brebeuf/ 519-856-2560 | 7-14 | Day camp and residential camp options. 1:1 staff support available. |
| Camp Sunrise www.sunrise-therapeutic.ca 519-837-0558 ext 21 | 5-16+ | Integrated horseback riding day camp, Farm Discovery Camp, LIT program. 1 to 1 supports available |
### Integrated day camp options. 1:1 supports available.

<table>
<thead>
<tr>
<th>City of Guelph</th>
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<tbody>
<tr>
<td><strong><a href="http://www.guelph.ca">www.guelph.ca</a></strong></td>
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<tr>
<td>519-822-1260 ext. 2606</td>
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<tr>
<td><a href="mailto:one2one@guelph.ca">one2one@guelph.ca</a></td>
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### Integrated children’s day camp, LIT program and teen camp for youth with special needs. 1 to 1 supports available.

<table>
<thead>
<tr>
<th>Rainbow Day Camp</th>
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<tbody>
<tr>
<td><strong><a href="http://www.rainbowdaycamp.com">www.rainbowdaycamp.com</a></strong></td>
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<tr>
<td>519-837-0387</td>
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Rainbow Day Camp Teen Camp: Specialized day camp for teens. 1 to 1 supports available. Age 13+  

### Ages  Details  

<table>
<thead>
<tr>
<th>Guelph Wellington Specialized Camps</th>
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<tbody>
<tr>
<td><strong>Kerry’s Place Autism Services</strong></td>
</tr>
<tr>
<td><strong><a href="http://www.kerrysplace.org">www.kerrysplace.org</a></strong> 519-763-5812</td>
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- Specialized day camp for children with ASD. 1 to 1 supports available

<table>
<thead>
<tr>
<th>Youth on the Move</th>
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</table>
| City of Guelph  
| **www.guelph.ca** |
| 519-822-1260 ext 3427 |

- Specialized day camp for teens with disabilities. Daily activities including swimming, sports, arts/crafts, theme days, trips and special guests. 1 to 1 supports available. See City of Guelph Community guide for dates and fees

### Ages  Details  

<table>
<thead>
<tr>
<th>KW and Area Inclusive Camps</th>
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<tbody>
<tr>
<td><strong>Arts Abound</strong></td>
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<tr>
<td><strong><a href="http://www.artsabound.ca">www.artsabound.ca</a></strong> 519-206-2787</td>
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- Let your child discover their Creative Side! All forms of arts for all kids in St. Jacobs.

<table>
<thead>
<tr>
<th>Camp Kummoniwannago</th>
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<tr>
<td><strong><a href="http://www.campk.on.ca">www.campk.on.ca</a></strong> 519-578-4430 x215</td>
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- 1:1 supports available for integrated day camps at Laurel Creek Conservation Area

- **Registration opens February 1, 2017**

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<thead>
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<th>Camp Pride</th>
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<tr>
<td><strong><a href="http://www.pridestables.com">www.pridestables.com</a></strong> 519-653-4686</td>
</tr>
</tbody>
</table>

- Fully integrated summer day camp at a therapeutic horseback riding facility.

<table>
<thead>
<tr>
<th>Canadian Clay &amp; Glass Gallery</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong><a href="http://www.theclayandglass.ca">www.theclayandglass.ca</a></strong> 519-746-1882</td>
</tr>
</tbody>
</table>

- Summer Art Day Camps

<table>
<thead>
<tr>
<th>Carousel Dance Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong><a href="http://www.carouseldancecentre.ca">www.carouseldancecentre.ca</a></strong></td>
</tr>
<tr>
<td>519-746-8877</td>
</tr>
</tbody>
</table>

- Program participation supports available. Contact the camp to discuss your child’s needs
<table>
<thead>
<tr>
<th>City of Kitchener</th>
<th>4-12</th>
<th>Contact <a href="mailto:access@kitchener.ca">access@kitchener.ca</a> for more information or to register for the Every Kid Counts program (1:1 support). Apply February 3-10, 2017 to be guaranteed support.</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Waterloo</td>
<td>4-12</td>
<td>Contact <a href="mailto:access@kitchener.ca">access@kitchener.ca</a> for more information or to register for the Every Kid Counts program (1:1 support). Apply February 3-10, 2017 to be guaranteed support.</td>
</tr>
<tr>
<td>Engineering Science Quest</td>
<td>Grade 1-9</td>
<td>Program participation support available. Contact the camp to discuss your child’s support needs. Registration opens end of February 22, 2017.</td>
</tr>
<tr>
<td>J. Steckle Heritage Homestead</td>
<td>Little Farmers and Agiventure Camps. 1:1 support (if required) must be provided by the family.</td>
<td></td>
</tr>
<tr>
<td>K/W and Area Specialized Camps</td>
<td>Ages</td>
<td>Details</td>
</tr>
<tr>
<td>All About Youth</td>
<td>13-17</td>
<td>Specialized camp for teens with a disability run by the City of Kitchener</td>
</tr>
<tr>
<td>Arts Abound</td>
<td>4.5-15</td>
<td>One week of specialized camp specifically for children with special needs</td>
</tr>
<tr>
<td>Arts Express</td>
<td>6-14</td>
<td>Integrated arts camp for children with special needs and their siblings/friends. Will run July 10-14, 2017. Offered by Wilfrid Laurier University in partnership with KidsAbility, Carousel Dance, Conestoga College, and University of Waterloo.</td>
</tr>
<tr>
<td>Registration opens March 1st</td>
<td></td>
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<tr>
<td>Body Worx</td>
<td>6-14</td>
<td>A research based summer camp run by Physical Education at Wilfrid Laurier University. Two weeks of half day programming specifically for children with special needs.</td>
</tr>
<tr>
<td>Camp Pride</td>
<td>13+</td>
<td>Camp Pride offers one week of camp for individuals with a disability ages 13 years and older. July 31 – Aug 4, 2017 ½ day and full day options are available</td>
</tr>
<tr>
<td>Carizon</td>
<td>8-12</td>
<td>Camp for children affected by FASD</td>
</tr>
<tr>
<td>Carousel Dance Centre</td>
<td>teens</td>
<td>One week camp program for teens with special needs</td>
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<tr>
<td><a href="http://www.carouseldancecentre.ca">www.carouseldancecentre.ca</a></td>
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<tr>
<td>519-746-8877</td>
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<tr>
<td>Extend-A-Family Summer Program</td>
<td>13+</td>
<td>Day camp and overnight camp options. For youth and young adults with disabilities</td>
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<tr>
<td><a href="http://www.eafwr.on.ca">www.eafwr.on.ca</a></td>
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<tr>
<td>519-741-0190</td>
<td></td>
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</tr>
<tr>
<td>Firefly Therapy Camps</td>
<td>6-17</td>
<td>From social skills to technology, to being a rock star, we have something for everyone.</td>
</tr>
<tr>
<td><a href="http://www.kidsability.ca/aboutfirefly">http://www.kidsability.ca/aboutfirefly</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>519-886-8886 x1349</td>
<td></td>
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</tr>
<tr>
<td>KJingle Music</td>
<td>4+</td>
<td>Specialized music camp for children, youth and young adults with special needs.</td>
</tr>
<tr>
<td><a href="http://www.kijingle.ca">www.kijingle.ca</a></td>
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<tr>
<td>519-998-9413</td>
<td></td>
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<tr>
<td>Lighthouse</td>
<td>Teens</td>
<td>New facility offering opportunities for sensory and gross motor play as well as social skill, life skill, and recreation skill development.</td>
</tr>
<tr>
<td><a href="http://www.lighthouseprograms.com">www.lighthouseprograms.com</a></td>
<td></td>
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<tr>
<td>226-338-2681</td>
<td></td>
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<tr>
<td>McLennan Speech Services</td>
<td></td>
<td>Speech and social skill therapy camps</td>
</tr>
<tr>
<td><a href="http://www.mclennanspeech.com">www.mclennanspeech.com</a></td>
<td></td>
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<tr>
<td>YEP (Youth Exploring Possibilities)</td>
<td>16-21</td>
<td>A great combination of life skills and FUN! Explore the community via GRT</td>
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<tr>
<td><a href="http://www.kwhab.ca">www.kwhab.ca</a></td>
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<tr>
<td>519-208-2225</td>
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<tr>
<td><strong>Waterloo Region, Wellington County and Beyond</strong></td>
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<tr>
<td>Autism Behavioural Services</td>
<td>4-16</td>
<td>Therapy camps for children and youth with ASD</td>
</tr>
<tr>
<td><a href="http://www.autismbehaviouralservices.com/">http://www.autismbehaviouralservices.com/</a></td>
<td></td>
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<tr>
<td>226-370-0208</td>
<td></td>
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<tr>
<td>Hidden Acres</td>
<td>5-15</td>
<td>Inclusive day camp for ages 5-12 and residential camps for ages 6-15 with 1:1 support available. Supported Young Adults Camps (Residential, Specialized) for ages 15-30</td>
</tr>
<tr>
<td><a href="http://www.hiddenacres.ca">www.hiddenacres.ca</a></td>
<td>15-30</td>
<td></td>
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<tr>
<td>519-625-8602</td>
<td></td>
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</tr>
<tr>
<td>Camp McGovern</td>
<td>6-16</td>
<td>1:1 support available for this residential camp near Hanover</td>
</tr>
<tr>
<td><a href="http://www.campmcgovern.com">www.campmcgovern.com</a></td>
<td></td>
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<tr>
<td>519-364-3975</td>
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</tbody>
</table>

Registration opens early February 2017.
### Conestoga Sailing Club
[www.kwsailing.org](http://www.kwsailing.org)

**9-18**

The Sailing club has two accessible sailboats just waiting to hit the water!

### Country Side Camp (Camp Shalom)
[http://ontariochristiancamp.ca/](http://ontariochristiancamp.ca/)
1-888-226-7722

**10+**

Specialized residential camp for youth and adults with special needs

### Easter Seals
[http://www.eastersealscamps.org/programs](http://www.eastersealscamps.org/programs)

**8-26**

Specialized residential camps for youth with physical disabilities.

Camper applications for 2017 will be available online on January 10, 2017. If you would like to be added to the e-mail list to receive and electronic copy of the application, or the mailing list to receive a hard copy, please contact the recreation coordinator at 416-421-8377 x 325 or toll-free at 1-800-668-6252 x 325 or email camp@easterseals.org.

### Camp Awakening
416-487-8400

**9-24**

Specialized residential camps and leadership programs for youth with physical disabilities.

Prospective parents, campers & leadership participants are encouraged to call the camp office at (416) 487-8400 to discuss session placement and/or general eligibility for all Camp Awakening programs.

*Camper Applications for Summer 2017 will be available in November 2016.*

### Ontario Camping Association
[www.ontariocampsassociation.ca](http://www.ontariocampsassociation.ca)

Directory to search for Ontario camps using various criteria such as location or specialization

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**Arts Express Summer Camp - Waterloo**

Save the Date! Arts Express 2017 will be from July 10 – 14. Arts Express provides an inclusive arts experience for children with special needs, their siblings, and friends. Support provided by the Augmentative Communication Team for participants with speech generating devices. This camp is run by Wilfrid Laurier University’s Music Therapy program in partnership with KidsAbility, Conestoga College's ECE program, University of Waterloo, and Carousel Dance Centre. This camp is hosted at KidsAbility’s Waterloo site with a final performance taking place at WLU on Friday afternoon for friends and family. Registration opens March 1st, and is expected to fill very quickly. Ages 6-14 yrs. Contact Emily at WLU at 519-884-0710 x2658 or ecarruthers@wlu.ca for more information.
Firefly Friends Summer Camp – Waterloo

Everyone is welcome for our traditional summer camp experience! Activities include but are not limited to: games, crafts, music, outdoor play, swimming and much more! Each week we will have an exciting new theme that will promote learning, exploring and creating fun camp memories. Parents have peace of mind knowing that their children are happy enjoying themselves under the guidance and careful supervision of well-trained, experienced staff with a low camper-to-staff ratio.

Dates: July 4-7, 2017
July 17-21, 2017
July 24-28, 2017
July 31-August 4, 2017
August 7-11, 2017
August 14-18, 2017
August 21-25, 2017

Times: Drop off: 8:30am-9:00am
Pick-up: 4:00pm-4:30pm

Location: KidsAbility, Waterloo site, 500 Hallmark Drive, Waterloo

To register: For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca Community Programs
Summer Camp & Recreation Fair

Showcasing Programs & Services for Children, Youth and Adults with Special Needs

Wednesday, March 8
6-8:30 pm

The Gym at
The Family Centre
65 Hanson, Ave.
Kitchener

For More Information Contact
Krista McCann, Waterloo Region Family Network
krista.mccann@wrfn.info
519-886-9150 ext. 2

Are you looking for the right camp or recreation program for your loved one? The Camp & Recreation Fair is a great place to learn about the variety of options available for your family in Waterloo Region and beyond. Connect with camp and recreation providers to ask questions and find out which programs are the right fit for your family. This is a drop-in session, no registration necessary.

Everyone's Welcome!

Offered in partnership by:

K-W Sports Council
Accessible Sport Committee

KidsAbility
Waterloo Region Family Network
PCDT
Passport Community Development Team
Camp Supports

Every Kid Counts: (City of Kitchener / City of Waterloo)
This program provides support for children attending City of Kitchener or City of Waterloo summer camps or summer playgrounds. Support can be provided by volunteers or by trained camp staff depending on the needs of the camper. The application process begins February 3 – to deadline February 10, 2017. Any applications for support received after this deadline will be placed on a waitlist.

To access a Leisure Support Volunteer or the Every Kid Counts program contact Inclusion Services at 519-741-2200 x7229 or email access@kitchener.ca

Supporting Kids in Camp (Guelph Wellington) provides children who have special needs with trained and experienced one to one support counsellors so that they may attend specialized and/or integrated community camps. There is no cost to families for this service! This program is funded by the Ministry of Children and Youth Services (MCYS) and will address one-to-one support needs during summer camps, March Break camps, Winter Break camps, and Professional Development Day camp. Registration for Summer 2017 will open April 3, 2017.

Eligibility: Ages 4-18 with physical or cognitive challenges, living in Guelph-Wellington

To access an application contact:
Go to http://cmhaww.ca/SKIC
Or Contact Tiffany Fagan, Inclusion Facilitator Coordinator
(519) 821-8089 ext: 7033 or tfagan@cmhaww.ca

The City of Cambridge provides children who have special needs with trained and experienced one-to-one workers called Inclusion Facilitators. Support is available year round through the Leisure Buddy program and is available for March break and summer camps. Inclusion Facilitators assist children attending integrated City of Cambridge programs. Support may be provided on a higher ratio depending on individual needs.

There is no cost to families for this service! Applications are available on the City of Cambridge website: https://www.cambridge.ca/en/learn-about/Inclusion-Services.aspx

Summer Application Deadline: June 2, 2017. This deadline is for both City of Cambridge summer program registration and Inclusion Facilitator application form. Further questions can be directed to: Robyn Hyland 519-740-4681 ext 4292 or hylandr@cambridge.ca

The City of Guelph One2One Support is offered to individuals diagnosed with physical, medical and/or developmental disabilities, providing assistance when participating in camps. Participants must be registered in a City of Guelph camp to be eligible for One2One Support.

How to register for One2One Support in Camps:
1. Register for your recreation program.
2. Register for your One2One Support using the barcode corresponding with your camp week.
3. A staff will be in contact with you regarding One2One Support for the camp season.

For additional information, please contact:
Jessica Gregoire, Recreation Coordinator – Inclusion
City of Guelph - 519-822-1260 x3427 - jessica.gregoire@guelph.ca
Dance and Performing Arts

Arts Abound – St. Jacobs

Let your child discover their creative side at Arts Abound. Arts Abound is a brand new art studio in St. Jacobs that offers class in all forms of the arts for kids of all abilities. At Arts Abound, we believe that every child can be successful in the arts. Arts Abound offers a variety of inclusive and specialized arts programs in dance, music, visual arts, theatre, creative writing, and crafting. Our specialized programs combine multiple art forms into one class designed specifically for exceptional children. These classes are smaller and offer more one-on-one support so that each child can be successful.

Visit our website at www.artsabound.ca for a full schedule of inclusive classes. Our goal is to find a class where your child can thrive and enjoy the arts. Contact Arts Abound at 519-206-ARTS or at info@artsabound.ca to find the right class for your child.

Creative Dance for Children with Special Needs - Guelph

The Guelph Youth Dance Training Program has partnered with KidsAbility to bring creative movement classes to Guelph for children 6-10 years with physical and developmental disabilities. A maximum of 8 students and more individual attention with the help of volunteers will ensure all students have the opportunity to explore themselves through dance. Children will learn the fundamentals of movement and explore their own unique way of moving in an interactive environment where children share the space and explore movement together. This class is taught by Catrina von Radecki.

Start Date: Spring: Thursdays, March 23- May 18, 2017
Time(s): 5:30-6:15 pm
Location: 42 Quebec St, Guelph
Ages: 6-10 years
Eligibility: Children with special needs
Cost: Spring: $120 plus HST

Guelph Youth Dance Private Classes
If you would like to benefit from one-on-one training to prepare for integrating into one of the mainstream classes or prefer the focused attention of a private class, we would be happy to schedule private sessions on request. These sessions are an excellent way to get comfortable with the teacher and space and to work on movement fundamentals and creative exploration that is completely geared to the student’s needs.

Fees: $60 plus HST one hour session
$30 plus HST half hour session

Please call or email Catrina directly to book private classes

To Register: For questions about the school and to register please contact Managing Director of the Training Program, Catrina von Radecki Catrina@guelphdance.ca, 519-803-8829 or go online at www.guelphyouthdance.ca
Carousel Dance for Everybody - Waterloo

At Carousel Dance Centre, we believe that all individuals should have the opportunity to experience dance and have developed a unique program which builds a repertoire of movement technique adapted to meet the needs of children and adults with both physical and developmental disabilities. Our co-ed program fosters creative and artistic expression within a socially interactive environment and encourages enjoyment of dancing through participation. Specialized programs include classes for children with ASD, developmental disabilities, and physical disabilities. Dancers with disabilities may also choose to participate in integrated classes. Visit www.carouseldancecentre.ca or call Heidi at 519-746-8877 for more information.

D.A.R.E. - Dance Adventure Rhythm Experience – Kitchener

Dance Adventure Rhythm Experience offers an exciting weekly class filled with dance, movement, and music. D.A.R.E. is a class that offers active and social engagement for kids across developmental and physical abilities. The program runs throughout the school year and provides an optional year end stage performance with the Dance Adventure community. We are excited to share our love for music and dance, so come out and enjoy the fun!

D.A.R.E. Junior

Start Date: February 6, 2017 – June 19, 2017
Ages: 4-10 years
Time: Tuesdays – 4:45 – 5:15pm
Location: Dance Adventure Studio, 2900 King St. E. Kitchener, ON 519-576-9393 (www.danceadventure.ca)

For more information or to register please email DARE@danceadventure.ca.

We are accepting new students for the 2016-2017 season until the week of March 20, 2017!
Please note that there is no programming during the months of July and August.
Please email dare@danceadventure.ca for information regarding Fall 2017 registration.

Fergus-Elora Academy of Dance

The Fergus-Elora Academy of Dance has been providing students of all ages and abilities with the opportunity to explore the fine art of dance for over a decade. With over 20 years of teaching experience within the field of Dance Education & Special Education, Mrs. Finlayson-Marak (Owner & Artistic Director of the Fergus-Elora Academy of Dance) believes that the joy of dancing should be shared with and made accessible to every individual, regardless of their age or ability.

We warmly welcome and encourage students of all ages and abilities to give dance a try. Dance is a wonderful art form and past time that encourages and develops muscle movement and tone, mobility, spacial awareness as well as it having many excellent social benefits.

Our specialized programs can be tailored to meet the individual needs of all of our students and are suitable for both boys and girls. We also offer integrated class options within our regular programs.

For more information please contact us at 519-846-6666 or info@ferguseloradance.com
Magic in Movement – Cambridge

Join us at Grand River Academy of Dance for an eight week dance program for your child where we will teach them creative movement and dance with our dedicated and fully qualified Special Needs instructor. At Grand River Academy of Dance, we want all children to experience the fun and excitement of a dance class. In this program children with developmental and physical challenges will be able to explore the world of dance. Dancers with special capabilities are also welcome in our integrated classes. Class space is limited – Register early for your spot in our class.

**Start Date:** March 25, 2017 (offering eight week sessions throughout the year)

**Time(s):** Saturday – 1:15-2:00 pm

**Location:** 800 Franklin Boulevard, Cambridge

**Ages:** 5 to 12 years

**Eligibility:** Children with special needs

**Cost:** $99 plus HST for an eight week session – discounts available for siblings

**To Register:** [info@grandriverdance.com](mailto:info@grandriverdance.com) or 519-896-3589. **Registration Deadline is March 7, 2017.**

MoveAbility – Cambridge & Guelph

MoveAbility Kids - Inclusive recreational programming for children with special needs!

MoveAbility Kids creates adaptive gymnastics, dance and fitness classes built around children’s individual needs in inclusive and controlled environments within amazing facilities. Individual programming, small class ratios and qualified coaches help to empower children to engage in new movements goals while having fun and participating in regular scheduled classes.

This year, we are offering Gymnastics at Dynamo Gymnastics in Cambridge (Guelph location coming soon), and a Dance and Fitness class at BullDog Fitness in Guelph.

MoveAbility Kids also offer monthly MoveActivity Days for children of all abilities to participate in unique sports and Arts programs in the community, such as Rock climbing and circus school Visit www.MoveAbilitykids.ca to see a list of all class descriptions, times and dates to register for your class today!

**Ages:** 4-16

**Eligibility:** Children with special needs

**To Register:** Online at www.MoveAbilityKids.ca, (519) 830-6212, [MoveAbilityGuelph@gmail.com](mailto:MoveAbilityGuelph@gmail.com)
Fitness

Bulldog Interactive Fitness – Guelph
A fun and inclusive environment where children participate in fitness and sports program with a focus on personal goals and development. Bulldog offers fitness and sports programs, day and weekly camps including school break programs, and specialty programs including Shake it Up and MoveAbility Kids for children/teens and adults with special needs.

Location: 259 Grange Road, Guelph
CONTACT: Bobbi Hayes 519-836-3838
Guelph@bulldoginteractivefitness.com
http://guelphbulldog.com/

Trigator – Elmira
The Trigator is a triathlon designed for children where they swim, bike, and run for age appropriate distances. No previous experience is necessary, and all abilities are welcome. If your child would benefit from adapted equipment, modified distances, or other forms of extra support along the way, no problem! Contact the organizing committee to make arrangements. This event is non-competitive and is all about having fun, and trying your best. Children of all abilities are welcome! The entry fee is kept very reasonable in order to make the event accessible to all. For questions or more information about cost, contact Paul at Paul.Helsby@trigator4kids.com

Registration will fill up very quickly! Visit the website at www.trigator4kids.com to join the mailing list for registration and race day information. Register as soon as possible to ensure your spot.

Start Date: Saturday, June 10, 2017
Time(s): Varies depending on ages
Location: Woolwich Memorial Centre, 24 Snyder Avenue South, Elmira
Registration: Registration will open on Saturday, March 4, 2017 at 10am. Register online via www.trigator4kids.com. Registration typically fills in one day.

Creative Movement (for Kids and Fit Club (for Moms) - Kitchener
This 45 minute interactive group will give special needs children 2-4 years an opportunity to participate in an inclusive group setting. Children can discover, play and learn though exploring creative movement and yoga exercises. This class will improve body awareness, motor control and fundamental movement skills.
Ages: 2 to 4 years

For more information on next dates and times or to register call 519-500-2156 or email info@activesoulsproject.com or visit our website at: www.activesoulsproject.com
Gymnastics

**MoveAbility Gymnastics – Cambridge**

A creative and adaptive gymnastics class built around children’s individual needs! Individual coaching on all equipment with small class ratios, closed off private areas and max class sizes. Trampolines, Beam, Bars, Floor Circuit, Foam Pit, ending with a cool down Yoga! A stimulating atmosphere in a quiet and supportive environment guided by qualified gymnastics coaches and Movement Specialists.

MoveAbility was created to empower children with special needs to reach their full potential in sport and the arts. MoveAbility focuses on the rehabilitation of physical and mental disabilities and promotion of emotional growth through movement therapy programs such as gymnastics.

**Start Date:** Saturdays, April – June 2017 (12 weeks)
**Time(s):**
- 4:00-4:55 pm (ages 4-9)
- 3:00-3:50 (ages 9-16)
**Location:** Dynamo Gymnastics, #8 – 650 Jamieson Parkway, Cambridge
**Ages:** 4-18
**Eligibility:** Children with special needs
**Cost:** $264 + HST
**Registration:** Register online at [www.MoveAbilityKids.ca](http://www.MoveAbilityKids.ca). For more information contact Erin at (519) 830-6212 or moveabilityguelph@gmail.com

**Stepping Stones – KW Gymnastics**

Stepping Stones is a gymnastics program designed for children with special needs. Your child will be paired with a trained coach and given the opportunity to be active. An action plan is made by you and your child’s coach to help your child reach their goals.

**Start Date:** Spring Session: April – June (8 weeks)
**Time(s):** Contact the club to book a time that works for you, a coach and the gym
**Location:** KW Gymnastics, 805 Victoria Rd. South, Kitchener
**Ages:** 3+
**Eligibility:** Children with special needs
**Cost:** $100 for 30 minute classes, $130 for 40 minute classes, $160 for 50 minute classes plus $35 Annual Gymnastics Ontario fee
**Registration:** Contact Alicia Hutson at [recreational@kwgymnastics.ca](mailto:recreational@kwgymnastics.ca) or 519-743-4970
Horseback Riding

**Pride Stables - Kitchener**

PRIDE Stables provides therapeutic riding lessons and summer camp programming for people with disabilities, ages four and up. Visit [www.pridestables.com](http://www.pridestables.com) or call 519 653-4686 for more information.

**Sunrise Therapeutic Riding and Learning Centre - Puslinch**

Sunrise Therapeutic Riding and Learning Centre offers therapeutic horseback riding lessons, farm discovery programs, and summer camps. For persons with disabilities ages 4 and up. Located in Puslinch. For more information, visit [www.sunrise-therapeutic.ca](http://www.sunrise-therapeutic.ca) call 519-837-0558 or email info@sunrise-therapeutic.ca

Horticulture

**Guelph Enabling Garden**

The Guelph Enabling Garden (GEG) is a multi-use garden designed for children, the elderly, families, but especially for those community members with varying degrees of physical and cognitive abilities. The key features of an Enabling Garden are:

- Accessibility
- Sensory Interest (sight, sound, smell, touch)
- Reflective areas as with any garden
- Active programming so the experience of gardening is made available to all segments of the population

The concept for the Guelph Enabling Garden began in 1999 when a number of organizations in the city that support those with physical and cognitive challenges, including the City of Guelph, identified the fact that there were no public garden facilities for this segment of Guelph’s population. For further information about programs and events, go to [www.enablinggarden.org](http://www.enablinggarden.org) or email enablinginfo@sympatico.ca

Martial Arts

**Elora Karate Dojo - Elora**

Elora Karate Dojo is a traditional school of goju karate, helping students to develop strength, focus and self-confidence in a safe and friendly environment. Karate is a martial art based on principles of self-improvement and personal growth, so students are encouraged to progress at their own pace and work towards achievable goals. Head Instructor, Sensei Barb Lamble, believes that everyone can benefit from the practice of karate and welcomes all ages and abilities into the program. Integrated and customized programming is available.

Contact Sensei Barb 519-669-0853
[SenseiBarb@EloraKarateDojo.com](mailto:SenseiBarb@EloraKarateDojo.com) or [www.EloraKarateDojo.com](http://www.EloraKarateDojo.com)
Multi-Sport

Active Start
Active Start is designed to teach children 3.5-7 years of age with special needs the fundamental movement skills they need to enjoy an active lifestyle such as running, jumping, catching, throwing, kicking, striking, balancing, and body awareness. This program is able to be used for Special Services at Home. It is also eligible to receive subsidy through KidSport and Jumpstart.

Guelph
Dates: April 11 – June 20 (no class April 25, May 2) – 8 weeks
Time(s): 6:15 – 7:00 pm
Location: St Joseph’s Catholic School, 10 Guelph St., Guelph

Cambridge
Dates: April 26 – June 14 – 8 weeks
Time(s): 5:00-5:45pm
Location: Chaplin Family YMCA, 250 Hespeler Road, Cambridge

Kitchener
Dates: April 22 – June 17 (no class May 20) – 8 weeks
Time(s): 9:00am-9:45am and 10:00am-10:45am
Location: The Family Centre – 65 Hanson Avenue, Kitchener

Waterloo
Dates: April 24 – June 19 (no class May 22) – 8 weeks
Time(s): 6:00pm-6:45pm
Location: KidsAbility Waterloo site – 500 Hallmark Drive, Waterloo

Ages: 3.5-7 years old
Eligibility: Children with special needs
Cost: $120 for 10 week program
To Register: Contact Krista McCann at Waterloo Region Family Network at krista.mccann@wrfn.info or 519-886-9150 x 2
Music

Great Lakes Music Together - Supportive Family Classes - Guelph
A music class designed specifically for families who have one or more children with special needs. The welcoming, fun, community-based, unpressurised experience for the whole family which we have come to expect in Music Together classes continues. Supportive family classes are small and some modification of the songs takes place, in response to the children and families present, so ensuring a successful access point to the music, for everyone. During class we sing, move, play with instruments and more whilst supporting music development and all learning. The Supportive Family Music Together class is taught by Laura Harp, a qualified Music Together teacher and speech-language pathologist.

Location: Guelph Youth Music Centre, 75 Cardigan Street, Guelph
Ages: Infant – 9 years old
To Register: Visit www.greatlakesmusictogether.com and follow the link to Register or phone 519 342 4764 for registration details.

High Notes - Guelph
This program is designed to help children, youth and young adults with special needs “find their voice” and experience community, friendship and acceptance through song in a safe and nurturing environment. Led by trained music therapist, Katie Hampton, participants will come together to learn songs and perform for the public in one concert per session. No musical experience is necessary to participate.

Start Date: Program runs in the fall, winter and spring. See Guelph Youth Music Centre website for additional information.
Location: Guelph Youth Music Centre, 75 Cardigan St, Guelph
Ages: 5-18 years
Children and Youth with special needs
To Register: Contact the GYMC office at 519-837-1119 or download and complete the registration form and deliver to the office or fax to 519-837-1121

KiJengle - Kitchener
KiJengle knows that music is important for the well-rounded development of all individuals. For this reason, music can and should be accessible to anyone and everyone who is interested! KiJengle offers group and individual music lessons, as well as music therapy services for children and youth with special needs. March Break and Summer Camp programs are also offered in the spring and summer months. For more information visit www.kijengle.ca or contact KiJengle at 519-998-9413 or email emily@kijengle.ca
Music Classes at Arts Abound – St. Jacobs
Let your child discover their creative side at Arts Abound. Arts Abound is a brand new art studio in St. Jacobs that offers class in all forms of the arts for kids of all abilities and all ages. Choose between a variety of inclusive classes (has your child ever wanted to learn to play the ukulele?) or the specialized “Music for All” class designed specifically for children with special needs.
Visit our website at www.artsabound.ca for a full schedule of classes. Our goal is to find a class where your child can thrive and enjoy the arts. Contact Arts Abound at 519-206-ARTS or at info@artsabound.ca to find the right class for your child.

Music for Children with Special Needs - Guelph
A music-based program for children with special needs, focusing on creative expression, communication and social skills. For children aged 5 and up. Led by Katie Hampton, a trained music therapist.

Start Date: Program runs in the fall, winter and spring. See Guelph Youth Music Centre website for additional information www.gymc.ca
Location: Guelph Youth Music Centre, 75 Cardigan St, Guelph
Ages: 5 years and up
Eligibility: Children and Youth with special needs
Cost: $110 per session, some financial assistance available
To Register: Registration information: Contact the GYMC office at 519-837-1119 or download and complete the registration form and deliver to the office or fax to 519-837-1121

Music Therapy Program for Children with Autism – Cambridge
This inclusive class is a great opportunity for children to interact with their peers in a fun and supportive setting! Kids will sing, dance, and play instruments together with a focus on social interaction.

Dates & Ages: Ages 3 – 5 and Parent
Wednesdays, 4:00-4:45pm April 19th – June 28th, 2017 (No Program June 14)
Cost: $75 Barcode: 245739

Ages 6 – 12
Wednesdays, 4:45-5:30pm April 19th – June 28th, 2017 (No Program June 14)
Cost: $65 Barcode: 245740 *Inclusion Facilitators are provided by Inclusion Services for this program.
Teacher is musical therapist Janel Morphy of ADD Music Wellness - www.addmusicwellness.com. For more information contact 519 740-4681 ext. 4367

Location: Cambridge Centre for the Arts, 60 Dickson Street, Cambridge
To Register: Registration can be done for programs indicated with a Barcode in person at City Hall or any Recreation Centre, or online Coral.
Firefly – Music Therapy

Firefly’s music therapy program is facilitated by a registered music therapist who has extensive experience working with a wide range of needs. All of our music programs are therapy based with the aim of meeting non-musical means. No specific diagnosis is required for a child or teen to participate in Firefly’s music therapy programs. We offer 1:1 music sessions, and group sessions.

Music & Mingle: Ages 5-8
A 10 week social skills and interaction group designed for children who have difficulty socializing with their peers. The program uses movement, instrument playing, and singing to give children the opportunity to practice skills such as, turn taking, sharing, requesting, and participation in a structured and supported group setting.

Dates: April 12- June 14, 2017
Times: 4:45-5:45
Location: KidsAbility, Waterloo site
Cost: $330.00

Rock Band Jr: Ages 8-11
In this fun and exciting 10 week group your child will be able to experiment with different instruments such as guitars, piano and of course their own voice.

Dates: April 12- June 14, 2017
Times: 5:45-6:45
Location: KidsAbility, Waterloo site
Cost: $330.00

Rock Band: Ages 12-18
In this fun and exciting 10 week group your child will be able to experiment with different instruments such as guitars, piano and of course their own voice.

Dates: April 12- June 14, 2017
Times: 6:45-7:45
Location: KidsAbility, Waterloo site
Cost: $330.00

Summer Camps:
Rock Band:
Camp will run 1:30-4:00 - July 17-21, 2017 and August 14-18, 2017
Cost $330.00

Rock Band Jr:
Camp will run 9:00-11:30 - August 14-18, 2017
Cost: $330.00

Creative Arts:
Camp will run 9:00-11:30 - July 17-21, 2017
Cost $330.00

For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca
**Sensory**

**Light House – Kitchener**
Light House offers a one of a kind sensory room which provides an interactive sensory experience through the exploration of tactile sensations, vibration, music and lighting. Snoezelen environments offer a sense of relaxation and sensory regulation and can reduce anxiety for individuals as they explore and experience the room at their own pace. Call today for more information! 226-338-2681 or email lighthouseprograms@gmail.com 103-1601 River Rd. E Kitchener www.lighthouseprograms.com

**Sunbeam Sensory and Snoezelen Rooms - Kitchener**
Sunbeam offers two separate spaces for a sensory experience. The smaller Snoezelen room is designed to promote relaxation and a therapeutic, calming experience. The larger sensory room is designed to be interactive with opportunities for cause and effect play and exploration. Book a regular weekly session or contact Sunbeam about availability for drop in sessions. To book a tour or a session, contact Wendy King at 519-893-6200 x211. Cost: Snoezelen $5/hr, Sensory room $10/hr.

**Skating**

**Skating Opportunity – Cambridge**
The Cambridge Sports Park is offer a skating opportunity for persons with physical and developmental disabilities. This is a great opportunity to practice your skating skills or develop a new skill while socialize with peers. Support and accommodation needs must be arranged by the individual attending. Supports persons and caregivers will not be charged the skating fee.

**Thursday’s from 10:00am to 11:00am** at the Cambridge Sports Park, 1001 Franklin Blvd, Cambridge
Cost: $7.00 to skate/person - *Fee and waivers must be completed before entering the ice.
All skaters must have their own skates and a CSA helmet when on the ice.
For more information contact Brian Hood, 519-622-4494 Brian@cambridgesportspark.com

**Soccer**

**All Abilities Soccer – Kitchener Soccer Club**

**Developmental Disabilities Soccer Program:**
Come out and have fun being part of a team, meeting new friends, playing soccer with peers, and enjoying fun in the sun! **Registration began February 20!** Fifteen volunteer coaches are needed to run the programs this year! If interested please contact John for more information

**Start Date:** Friday’s, May 26 – August 25, 2017
**Time(s):** 6:30-8:00 pm
**Location:** Budd Park on Field 3 and 4 (Outdoor Play) – 111 Homer Watson Boulevard, Kitchener
**Ages:** 6 and up
**Cost:** $80 – includes uniform, practices, and games
Community Programs

Blind Soccer Program:
Visually impaired, fully and partially sighted athletes welcome! (2 sighted goalies are needed) In 2016 this was Ontario’s first ever blind soccer program!

Start Date: Monday’s, June 5 – August 28, 2017  
Time(s): 7:00-8:00 pm  
Location: Core Lifestyle & Recreation Complex (indoor play) – 401 New Dundee Road, Kitchener  
Ages: 6 and up  
Cost: $80 – includes uniform, practices, and games

Physical Disabilities Soccer Program:  
NEW program beginning this year!!! Come out to learn adapted soccer skills, make new friends, and have fun! Program will run depending on number of registrations, so tell your friends and come to play!

Start Date: Monday’s, June 5 – August 28, 2017  
Time(s): 7:00 – 8:00 pm  
Location: Core Lifestyle & Recreation Complex (indoor play) – 401 New Dundee Road, Kitchener  
Ages: 6 and up  
Cost: To be determined

To register for any of the programs listed above, or with any further questions please contact John Fearnall – Coordinator at 519.745.5334 or email fearnalls@rogers.com. Or contact Kitchener Soccer Club on 1111 Homer Watson Blvd, Kitchener by calling 519.896.8947 ext 10 or visiting their website at www.kitchenersoccerclub.com.

Get a Kick Out of Soccer – Adapted Soccer - Guelph
Guelph Soccer provides a soccer skills program specially designed for children with special needs. This fun 8 week program incorporates soccer into an exercise and mobility session. The participation cost of $70 covers the 8 week program, as well as a uniform, soccer ball, and end of session gift. Please note that due to the nature of this program, parents will need to hand in a completed Participant Profile on the first day of the session. For online registrations, registrants will be contacted regarding the Profile and to confirm the uniform size required.

Start Date: March 22 – May 10, 2017  
Time(s): 6:00-7:00 pm  
Location: Guelph Community Sports Dome - 375 College Avenue West, Guelph  
Ages: 4-12 years  
Eligibility: Children with special needs  
Cost: $70  
To Register: Visit Guelph Soccer at 375 College Avenue West or online www.guelphsoccer.ca or call 519-824-2199
Social

Here I Am...Drop in Activity Night for Siblings of Children with Special Needs - Guelph

If you are a sibling of a person with a disability, come out to Bulldog Interactive Fitness for a night of having fun, connecting, speaking out, and support. Games, sports, activities and pizza dinner included. Contact Bulldog Interactive Fitness for dates and further details at 519-836-3838 or guelph@bulldoginteractivefitness.com

Playsense – Guelph

Playsense Activity Centre is a fully accessible play centre for individuals of all ages with developmental disabilities. Located in the Shelldale Community Centre, Playsense provides PD Day Camps, Holiday Programs and Adult Programming designed to promote fun, creativity, and movement exploration, social skills, life skills and community involvement.

Playsense provides the following services and supports:

- Holiday Camps, PD Day Camps, March Break Camps, and Summer Camp experiences
- Specialized adapted equipment for use in the following: Snoezelen/sensory/ play room; Mat room, Large activity room for gross motor and fine motor play
- Multi-purpose meeting room with small library
- Opportunities for volunteer placements for University and College students in related fields
- Play workshops and other information sessions (available upon request)
- Adult Day Program running Monday, Wednesday and Thursday 8:30-3:30 with the potential to run Monday-Friday.

To access services at Playsense: Please contact the program manager at 519-780-5052 or email playsense@hopewellchildrenshomes.ca

Playtime Academy - Waterloo

Playtime Academy is a fun and engaging group for children ages 4-7 who require additional support learning how to interact and play appropriately with their peers. Each exercise will be broken down and taught using interactive lessons, modelling, and role playing. Your child will have many opportunities to participate in fun group games.

Dates: April 4 - June 6, 2017
Times: 5:30-6:45 pm
Location: KidsAbility, Waterloo site
Cost: $450.00
For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca
Playtime Academy Jr. - Waterloo

Playtime Academy is a fun and engaging group for children ages 3-7 who require additional support learning how to interact and play appropriately with their peers. The program offers learning activities to help children explore their environment, communicate with peers and share with others. As a first group experience these sessions will teach your child early social skills and how to participate in a group setting.

Dates: April 5- June 7, 2017
Times: 5:30-6:45
Location: KidsAbility, Waterloo site
Cost: $450.00

For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca

Softball

Hespeler Minor Softball - Adapted Division - Cambridge

Welcome to the Hespeler Minor Softball Association (HMSA). We strive to establish and promote an active interest in softball. Our league encourages sportsmanship and fun for all divisions while players learn softball skills. With the commitment of the players, families and volunteers, we are certain you will have a terrific season!

Registration in this division is open to any child aged 4-12 with a developmental disability (we invite and encourage those with a physical disability to play in our standard divisions). This year we will run 2 teams. We plan to “buddy” each player up with a volunteer if needed and are inviting some of our own older players to help if they would like to.

As far as the game goes, each individual player will decide if they want to hit from a tee or have the ball pitched to them. We will use a softer ball than usual as I am sure we will have a difficult time getting some of the players to wear their helmet. Other than that it will be a standard softball game with very flexible rules.

We have made up a “My Softball Story” for each player to receive before the season to help them to understand what will be happening.

Start Date: Friday’s starting in May 2017
Ages: 4 – 12 years
Eligibility: Individuals with a developmental disability
To Register: To find out more information or to register, families can visit our website (www.hmsoftball.com). If they are registering for the adapted division they can note that in the comments box at the bottom of the online form.
If you have any questions, please contact Pauline at 226-924-4672 or registrar@hmsoftball.com
**Technology**

**Minecraft Summer Camp - Waterloo**

In this camp the focus is on everything Minecraft. Minecraft is great virtual sandbox where anything can be built! In this camp your child will learn how to design new texture packs, as well as play in a multiplayer world where collaboration is encouraged. Children will also enjoy outdoor play, group games, and swimming.

**Dates:**  
July 17-21, 2017  
August 14-18, 2017

**Time:**  
Camp will run 9:00-1:00 in Waterloo

**Cost:**  
$330.00

For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca

**Jr. Robotics Lego - Waterloo**

Jr. Robotics uses the WeDo Lego system to teach your child how to build and program their own creations! The Lego WeDo program introduces participants to robotics and computer programming. Participants will build models with working motors, sensors, and pulleys. They will then program the models exploring a variety theme based activities. Combined this will develop their skills in technology and language, literacy. If your child has basic computer skills, can create simple builds using Lego, and is able to follow instructions with diagrams then they will love this program.

**Dates:**  
April 5 - June 7, 2017

**Times:**  
5:30-7:00

**Ages:**  
6-10

**Cost:**  
$315.00

**Summer Camps:**

**Dates:**  
July 4-7, 2017  
July 24- 28, 2017  
August 21-25, 2017

**Times:**  
Camp will run 9:00-1:00

**Cost:**  
$330.00/wk.

**Location:**  
KidsAbility, Waterloo site

For more information or to register, contact Firefly Therapy Services at 519-886-8886 ext. 1052 or visit us online at fireflytherapy.ca

**Trampoline**

**Airborne Trampoline - Kitchener**

Airborne Trampoline offers a special needs class on Sunday mornings. Each student will get their own Olympic sized trampoline for the duration of the 45 minute class. We have a seasoned coach who specializes in and loves working with our special needs participants. For more information visit: www.airbornetrampoline.ca or call 519-653-7713
SkyZone Trampoline – Kitchener
A great opportunity to jump out excess energy while developing gross motor skills. Toddler time is offered every Monday, Friday and Sunday from 10am to 12pm for jumpers ages 5 and under. $10 for toddler, $5 for siblings (all jumpers must wear re-usable sky socks which can be purchased for $3). Sensory jumping (for all ages where the music is turned off and the distractions are dialed down for the comfort of our extra special jumpers) is offered every Thursday from 4-5pm. $15 for the jumper, and 1 free chaperone to provide assistance. For more information visit www.skyzone.com or call 519-804-4455. Located at 150 Gateway Park Dr. Kitchener.

Yoga

Fearless Hearts Yoga
Fearless Heart Yoga offers integrated programs for participants of all abilities. Kids Yoga programs are designed for ages 4-7. Please note that the studio is not wheelchair accessible. For more information contact Lindsay at 519-208-4224 or visit www.fearlessheartyoga.ca

Yoga for the Special Child™ - Kitchener-Waterloo

YOGA FOR THE SPECIAL INFANT/TODDLER (0-4 years): Contact for dates and times (Waterloo location)
This 30 minute gentle therapeutic program is focused on early intervention and designed for babies and toddlers with developmental and learning disabilities. This program will support the natural progression of your child’s basic motor, cognitive and developmental skills through the use of breath, postures, relaxation and guided meditation. Classes are designed with special considerations for children with individualized needs. *Parent participation required in class

YOGA FOR THE SPECIAL CHILD (TM) (Classes available for 5-10 yrs & 11-17 yrs): beginning December 2016 - LIMITED SPACES AVAILABLE!
5-11 years - Saturdays 8:45am (LIMITED SPACE!)
12-17 years - WORKSHOP (contact for next date/time)
A 45 minute gentle class designed to enhance the natural development of children with special needs in a calming environment. This class will get you moving, bending and breathing through creative movement to build strength, concentration, flexibility and balance. Other improved attributes include; body awareness, coordination, muscle control, personal development and self-esteem. This style of yoga is beneficial to children with Down Syndrome, Cerebral Palsy, Autism and any other developmental delay and proven very effective in children with anxiety, ADD, ADHD and learning disabilities. Classes are designed with special considerations for children with individualized needs. *siblings welcome!

We look forward to seeing you in class! For inquires/registration please contact: info@activesoulsproject.com or call 519-500-2156 or visit www.activesoulsproject.com
Program Supports

PAL Card – Personal Attendant for Leisure

The PAL card is a program that allows individuals with a disability to be accompanied by a personal attendant so that they may have the help they need to participate in recreation and leisure programs and services offered by the municipality and PAL card partners. The personal attendant is not charged the program fee and is present for the sole purpose of assisting the person with the disability. The regular program fee is charged to the person with the disability. If your disability restricts you from performing activities or your disability can’t be eliminated with the use of a technical aid, you may be eligible and can apply for a PAL card.

You can use your PAL card at public swims and skates, community centres (municipal programs only) and golf courses. You can also use your PAL card at participating PAL card partner locations (e.g. Bingemans, many museums, YMCAs, etc.).

Cambridge: For more information and an application visit https://forms.cambridge.ca/Community-Services/PAL-Card. For more information contact Robyn Hyland at (519) 740-4681 ext. 4292 or email hylandr@cambridge.ca


Waterloo: For more information and an application visit http://www.waterloo.ca/en/gettingactive/pal.asp or call 519-747-8512.

Guelph: For more information and an application visit http://guelph.ca/living/recreation/recreation-programs/support-services/.

Woolwich Township: For more information and an application visit http://www.woolwich.ca/en/township-services/Accessibility.aspx or contact Valerie Hummelch at (519) 669-1647, Ext. 6005 or email vhummel@woolwich.ca

Access 2 Entertainment

The Access2 card allows persons with a disability to attend movies or attractions with their support person without having to pay for two entrance fees. The person with a disability will be charged regular admission and their support person will receive either free admission or a significant discount. Some examples of where the card can be used include Cineplex Theatres, Bingemans, Chicopee Tube Park, Ontario Science Centre, CN Tower, ROM, Ripley’s Aquarium of Canada, and more!

Cost is $20 for 3 years or $30 for 5 years

To Register: Visit www.access2card.ca to register online or to download an application.
1:1 Support/Volunteers
Do you require additional assistance to participate in municipal recreation programs? Did you know that you can request a 1:1 volunteer to provide support for activities like swimming lessons, camps, or other recreation programs run by the municipality? Learn more about the support available in your community!

City of Cambridge Leisure Buddies: Applications are available at https://www.cambridge.ca/en/learn-about/Inclusion-Services.aspx or contact Robyn Hyland at 519-740-4681 x4292 or hylandr@cambridge.ca

City of Guelph One2One: Contact Jessica Gregoire, Inclusion Programmer, City of Guelph 519-822-1260 ext. 2606 or one2one@guelph.ca

City of Kitchener and City of Waterloo Leisure Support Volunteers: Contact Inclusion Services at 519.741.2200 ext.7225 or by email access@kitchener.ca or visit visit http://kitchener.ca/en/livinginkitchener/Leisure-Support.asp to complete an application online

Fee Assistance
Several fee assistance programs are available in our communities:

- City of Cambridge Residents – Activities for Less program (for municipal programs) call 519-740-46-81 x4458 or email hnatejkon@cambridge.ca
- City of Kitchener Residents– Leisure Access program (for municipal programs) and Canadian Tire Jump Start (for non-municipal programs) contact Julie Laderoute at 519-741-2200 x7228 or Julie.laderoute@kitchener.ca
- City of Waterloo Residents – Leisure Access program (for municipal and city-affiliated minor sports and recreation programs) contact Lynn Dicks-Egley at 519-747-8512
- Guelph-Wellington Residents – Free to Play program (Children’s Foundation of Guelph and Wellington) visit www.childrensfoundation.org
- KidSport: Visit www.kidsport.ca
- Canadian Tire Jumpstart – visit http://jumpstart.canadiantire.ca

For additional options, contact the recreation program directly!
Helpful Links

City of Waterloo Program and Activities Guide

City of Kitchener Leisure Magazine
http://www.kitchener.ca/en/insidecityhall/Leisure_magazine_advertising.asp

City of Cambridge Activity Guide

ACCESSCambridge is a newsletter produced and distributed by the City of Cambridge, Community Services Department. It’s purpose is to provide information on municipal services and recreation and leisure opportunities in the community for persons with disabilities  

City of Guelph Programs and Activities
http://guelph.ca/living/recreation/recreation Programs/

Energize Guelph
Energize Guelph is a part of the Healthy Kids Community Challenge, an exciting new initiative funded by the Ministry of Health and Long-Term Care designed to make it easier for children be active and eat healthier. To learn more about programs and initiatives happening throughout our community:
http://guelph.ca/living/recreation/energizeguelph/

Centre Wellington Community Guide

Township of Wellington North Recreation and Leisure Guide
http://wellington-north.com/
Benefits of TR

- Learn about your community
- Participate in activities and learn new skills
- Make new friends
- Increase self-esteem and self-confidence
- Increase independence
- Reduce stress
- Increase overall quality of life

Fitness & Wellness

Community Participation

Learn New Skills

Better Quality of Life