



INCLUSIVE

Inclusive programs are designed to provide participants who live with disabilities the opportunity to make new friends, develop skills and have fun.

Note for swimming:

Anyone who is incontinent must wear a pool pant or plastic pant under their bathing suit.

DROP-IN PROGRAMS

For up-to-date drop-in program schedules and fees please visit www.brampton.ca

PAHA DROP-IN

Age: 55+ Years

This program is for participants living with disabilities who would like to play cards, games, colour, or socialize. Activities are planned and organized daily by those in attendance. This program is in partnership with the Peel Association for Handicapped Adults (PAHA).

For more information, please contact info@pahapeel.ca

LISTINGS LEGEND

Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Dec 5	12	\$34	123456

Day, Time, and **Date** identify when the course begins
No. indicates how many classes are part of the course
Cost is the price
Code is needed for registering

DROP-IN DANCE

Age: 14+

Come out and enjoy an evening of your favorite music played by our live D.J.. Dance, win prizes and meet new friends. This drop in dance is designed for people living with disabilities 14 years of age and older. The cost of the dance is \$10.00 per person.

Jim Archdekin Recreation Centre

Wednesdays 6:30 - 8:30 pm

SPRING 941426

SUMMER 941452

REGISTERED PROGRAMS

INTEGRATION

The City of Brampton is committed to providing recreational experiences for all individuals, regardless of ability. Integration Services encourage individuals who live with a disability to take part in registered programs with additional support on a 2:1 ratio.

This support may be requested by first registering for the desired program and then registering for the session-appropriate "additional support" barcode indicated below.

Please note that additional support is scheduled on a first-come, first-served basis and is subject to available staff.

SPRING PROGRAMS

937167 | Deadline to register:

March 11, 2019

SUMMER PROGRAMS

937183 | Deadline to register:

June 18, 2019

For more information, please email inclusionprograms@brampton.ca

OUT AND ABOUT

For those who need minimal assistance and/or supervision. Out and About provides planned community outings and special events. Participants meet at Jim Archdekin Recreation Centre for the first night to set the agenda. After that, agendas can be obtained at Jim Archdekin.

Additional Fees: Participants must pay admission for weekly outings.

Age: 14+

Class Length: 2 Hours

SPRING

Jim Archdekin Recreation Centre

Fri 7:00 pm Mar 29 12 \$34.05 940617

SWIM AND EXPLORE

This program is for participants with disabilities who need minimal assistance and/or supervision. This fun and enjoyable program consists of one hour of swim time during our public swim, plus a variety of weekly activities such as crafts, games and active play.

Age: 6 - 13

Class Length: 3 Hours

SPRING

Jim Archdekin Recreation Centre

Sat 12:30 pm Mar 30 13 \$75.01 940657

SWIM AND SOCIAL

For anyone who has survived a stroke, has Multiple Sclerosis or has a physical disability. Each week participants will swim and have lunch together while participating in various activities such as cards, board games, and crafts. Anyone who requires assistance should bring their own support. Required Materials: Please bring a snack or a lunch.

Age: 18 +

Class Length: 4 Hours

SPRING

Chinguacousy Wellness Centre

Thu 9:30 am Mar 28 13 \$106.73 932136

PARA SPORT

SLEDGE HOCKEY

Sledge hockey is designed for children (age 6+) and adults with physical disabilities. Both males and females are welcome. Weekly games, practices and tournaments included.

Ken Hall at 905.874.1860

sledgehockey@cruisers-sports.com

www.cruisers-sports.com

WHEELCHAIR BASKETBALL

Cruisers Sports offers both a competitive wheelchair basketball program, and a House League program. The House League wheelchair basketball program runs Monday evenings and is for persons aged 8 and up, either able-bodied or with disabilities. This House League program is divided into two

age groups. Competitive basketball players also practice Tuesday or Friday evenings depending on age and ability.

Kathy Ludwig at 905.790.6732

basketball@cruisers-sports.com

www.cruisers-sports.com

TRACK & FIELD

Individuals with physical disabilities can compete either running, or using a race chair depending on the athlete's ability. Javelin, discuss, club, and shot put are offered as field sports.

Brenda Hall at 905.564.5531

trackandfield@cruisers-sports.com

www.cruisers-sports.com

MULTI-SPORTS

This is a fun and exciting way to be introduced to a variety of adapted schoolyard games. Big Beach Ball Soccer, Mini-basketball, Red Rover and Tag are just some of the games played at this strictly recreational program. Children will get a chance to develop and practice wheelchair skills, and communication skills, as well as develop hand-eye co-ordination while participating in a fun, safe and affordable environment. Children are welcome to bring walkers, or other adaptive equipment, for some of the games. This program runs on Tuesday evenings.

Kathy Ludwig at 905.790.6732

basketball@cruisers-sports.com

www.cruisers-sports.com

SPECIAL NEEDS HOCKEY LEAGUE

This league will be divided into two groups. Ages 5-12 years and ages 13 years and over. Have you always wanted to play in a hockey

league? Well, now is your chance. Come out and learn the various skills and drills of hockey as well as compete against different teams. We will travel to other municipalities. You will learn how to stop, shoot, pass and score. This league will give you the opportunity to practice all of these skills for two hours every Saturday.

For more information, please contact the **Brampton Youth Hockey Association at 905.453.3243.**

BRAMPTON SPECIAL OLYMPICS

Special Olympics are dedicated to promoting respect, acceptance, inclusion and human dignity to individuals with intellectual disabilities through sport and competition. Brampton Special Olympics offers athletes with an intellectual disability a variety of competitive sports such as Soccer, Swimming, 5 Pin Bowling, 10 Pin Bowling, Basketball, Baseball, T-ball, Track and Field, Fitness Buddies, Youth Skills and Golf; all within the Brampton community. Our sports programs offer individuals living with Intellectual Disabilities an opportunity to stay or get physically active, challenge themselves through sport, socialize and make friends.

Wendi Best at 905.702.7715

brampton.communitycoordinator@

specialolympicsontario.ca

http://brampton.

specialolympicsontario.ca

To get involved in any of our sports, an Athlete Registration / Medical Form and Registration Fee are required and payable to Brampton Special Olympics.

JOIN US FOR DINNER DANCING AND FUN!

Dress up in something fancy and you could win a prize.

Support workers are welcome and only required to pay for the dinner if they would like to eat.

AGE 14+

Jim Archdekin Recreation Centre

Wednesday evenings | 6:30 - 8:30 pm

March 13 to June 26 (Spring) | July 3 to August 28 (Summer)

\$10 per person/week



brampton.ca/recreation

