



INCLUSIVE

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

PROGRAM INFORMATION

SWIMMING

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

PARENT ADVISORY GROUP

The Parent Advisory Group provides input and guidance to City of Brampton staff in order to create appropriate recreation opportunities for individuals who have disabilities. The group meets at **Loafers' Lake Recreation Centre** on the first Monday evening of every second month 6:30-8:30pm. If you are interested in becoming a member of this group, please send your request to paula.johns@brampton.ca

INFORMATION FAIR FOR INDIVIDUALS LIVING WITH A DISABILITY

Loafers' Lake Recreation Centre
November 5, 2016 | 9:00 am – 12:00 pm

This free Fair will feature exhibitors who will share information regarding their agency and/or services that they provide for people who have a disability. Come meet other families and experts who are willing to assist and to answer questions that you may have.

PEEL ASSOCIATION FOR HANDICAPPED ADULTS

Peel Association for Handicapped Adults offers a friendly environment for individuals who are 18 or older with a disability to have fun, and meet new people.

INTEGRATION

The City of Brampton is committed to providing recreational experiences to all individuals with various abilities. Our integrated program encourages participants who have a disability to take part in city run registered programs with additional support on a 2:1 ratio.

To request additional support for your child to take part in a City of Brampton registered program, you must first register your child into the program of their choice and then register to request the additional support by using the barcode below that corresponds to the session that you that you have registered for.

Please note that additional support will be scheduled on a first come basis subject to available staff.

Fall Programs

Barcode: 798307 | Deadline Date: September 9, 2016

Winter Programs

Barcode: 798312 | Deadline Date: December 23, 2016

For further information please contact 905-874-2000 ext 18208.

PAHA Drop-In (55+ Years)

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

Do you like a friendly game of cards, enjoy bingo or bowling, like to socialize and attend fun-filled community events. PAHA Brampton Chapter meets on Monday mornings from 9:30am-1:30pm at 1A Knightsbridge Senior Center. We plan an array of events; including weekly social gatherings, summer BBQ's, Christmas parties, scenic tours, theatre and more. Each year is filled with activities.

Holiday Dinner And Dance

Age: 13+

Join us on the following nights for dinner, dancing and fun. Wear a costume for Halloween, dress up in red or something fancy for Valentine's and possibly win a prize. Support workers are welcome and are only required to pay for the dinner if eating.

\$15.50 for Dinner & Dance

\$9.25 for Dance only – 8:00 pm

Halloween Dinner & Dance

Friday, October 28, 2016

Valentine's Dinner & Dance

Friday, February 10, 2017

Loafers' Lake Recreation Centre

6:30 - 10:30 pm

For more information, please call Program Coordinator at 905.846.2370.

Drop In Dance

Age: 18+

This exciting drop in program is designed for adults with disabilities. Our awesome DJ plays hit music from the oldies through to top 20. Weekly themes and prizes make the dance a ton of fun! Come out, groove to the tunes and meet new friends. The cost of the dance is \$9.25 per week.

Loafers' Lake Recreation Centre

Wednesday 6:30 - 8:30 pm

Fall September 7 - December 14, 2016

Winter January 11 - March 15, 2017

Please come and see what we are about.

For further information, call Sandra or Michelle at 905.455.0150 or email us at Sandra@paha.ca

You can visit our website at www.paha.ca

A.D.A.P.T. (Adults Developing Abilities and Participating Together) – Full Year

Age: 21 +

This adult day program will feature a wide variety of recreational programming. Each day participants will experience programming covering the areas of games, music, literacy, cooking, fitness, crafts, community outings, swimming and much, much more. Please note that 1-2-1 support is not provided. If the participant requires 1-2-1 support then they are required to bring their own support.

To obtain more information contact **905-846-2370**. Please note that all registrations must be done at Loafer's Lake Recreation Centre.

Out and About

For those who need little assistance and/or supervision. There will be community outings planned and special events. Participants meet at Loafer's Lake Recreation Centre for the first night to set the agenda. After that, agendas can be obtained at Loafer's Lake. Additional Fees: Participants must pay admission for weekly outings.

Age: 14 - 20 **Class Length: 120 Minutes**

Fall

Loafer's Lake Recreation Centre

Fri	7:00 pm	Sep 23	13	\$32.57	794920
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Winter

Loafer's Lake Recreation Centre

Fri	7:00 pm	Jan 13	9	\$32.57	797505
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Out and About

Age: 21 + **Class Length: 120 Minutes**

Fall

Loafer's Lake Recreation Centre

Fri	7:00 pm	Sep 23	13	\$32.57	794941
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Winter

Loafer's Lake Recreation Centre

Fri	7:00 pm	Jan 13	9	\$32.57	797506
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Swim and Explore

This program is for participants with disabilities who require little or basic support and 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**

Fall

Chris Gibson Recreation Centre

Sun	1:30 pm	Sep 25	12	\$66.24	797304
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Loafer's Lake Recreation Centre

Sat	12:30 pm	Sep 24	12	\$66.24	794917
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Winter

Chris Gibson Recreation Centre

Sun	1:30 pm	Jan 15	9	\$49.68	800455
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Loafer's Lake Recreation Centre

Sat	12:30 pm	Jan 14	9	\$49.68	797515
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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,

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 & 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.

board games, crafts and bingo. Anyone who requires assistance should bring their own support. Required Materials: Please bring a snack or a lunch.

Age: 18 + **Class Length: 4 Hours**

Fall

Chinguacousy Wellness Centre

Thu	9:30 am	Sep 22	13	\$102.05	797430
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Winter

Chinguacousy Wellness Centre

Thu	9:30 am	Jan 12	9	\$70.65	797495
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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 age 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 level of 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 coordination 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 & 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 be travelling to other municipalities. You will learn how to stop, shoot, pass and score. So come on out and develop your hockey skills. This league will give you the opportunity to practice all of these skills for two hours every Saturday.

For further information please contact the Brampton Youth Hockey Association at 905.453.3243.