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

In order for support to be assigned, a current (within one year) Integration & Inclusion Participant Profile must be provided to the Integration & Inclusion team prior to the start of the session. To obtain a copy of the profile, or to obtain more information, please email inclusionprograms@brampton.ca.

DROP-IN PROGRAMS
For up-to-date drop-in program schedules and fees please visit www.brampton.ca/dropinfilter

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

DROP- IN DANCE
Age: 14+
Length: 2 Hours
This exciting program is for teens and adults living with a disability. Each week is different with theme nights and prizes. The cost of the dance is $10 per person, per week.

Jim Archdekin Recreation Centre
Wednesday 6:30pm-8:30pm
March 25 – June 24, 2020

Please note that additional support is not guaranteed and is subject to staff availability.

A.D.A.P.T. (Adults Developing Abilities and Participating Together)
This adult day program features a variety of recreational programming. Participants will experience programming covering the area of games, music, literacy, fitness, crafts, swimming and more. Please note that 1:1 support is not provided. If the participant requires 1:1 support, they are required to bring their own support. Please note that all registrations must be completed at Jim Archdekin Recreation Centre for this program.

Age: 21+
Class Length: 8 Hours

INTEGRATION
The City of Brampton is committed to providing recreational experiences to all individuals with various abilities. Our integrated program encourages participants who are living with 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.

SPRING PROGRAMS
1007582 | Deadline to register:
March 16, 2020

OUT AND ABOUT
For those who need little 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, the agenda can be obtained at Jim Archdekin Recreation Centre.

Additional Fees: Participants must pay admission for weekly outings.
Age: 14+
Class Length: 2 Hours

Jim Archdekin Recreation Centre
Fri 7:00 pm Apr 3 11 $35.75 1008131
SWIM AND EXPLOR
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, plus a variety of weekly activities such as crafts, games and active play.
Age: 6 - 13
Class Length: 3 Hours
Jim Archdekin Recreation Centre
Sat 12:30 pm  Apr 4  12 $72.72  1008138

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
Chinguacousy Wellness Centre
Thu  9:30 am Apr 2 12 $103.44  1012277

PARA SPORT
SLEDGE HOCKEY
Sledge hockey is designed for children (ages 6+) and adults with physical disabilities. Everyone is welcome to participate. 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 by running or by using a race chair, depending on the athlete’s level of ability. Javelin, discus, club, and shotput 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 and 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 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.SpecialOlympics@ 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.

INCLUSIVE DROP-IN DANCES
Come out to this exciting drop-in dance program for teens and adults living with a disability. Each week is different with theme nights and prizes. A DJ will spin current top 40 hits!

Make new connections and spend time with old friends. There will be an opportunity to win prizes!

AGE 14+
Jim Archdekin Recreation Centre
Wednesday evenings  |  6:30 - 8:30 pm
March 25 – June 24, 2020
$10 per person/week