



## Therapeutic Recreation: Community Recreation Directory

The following information is provided to assist families, service navigators and community recreation providers identify appropriate recreation programming for children and youth in Waterloo Region and Guelph Wellington.

Families are encouraged to contact the recreation provider to discuss their participants unique interests and support needs to determine if the program will be a good fit. It is important to set your child up for success.

*This directory is updated regularly. Check back often for the most accurate recreation options.*

### Have a recreation question or need more support?

Email us ([rectherapy@kidsability.ca](mailto:rectherapy@kidsability.ca)) with your specific questions or to request a consult with a Recreation Therapist.

**Every effort is made to ensure that this information is accurate. If you notice information that is incorrect or if we have missed any community recreation options, please email us.**



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## Art

### [Arts Abound - Art for All Abilities](#) (St Jacobs)

**Ages:** JK – Grade 8

**Contact:** (519) 206-ARTS (2787) or [Email](#)

Arts Abound 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, at their own pace. Both inclusive and specialized programs are available.

**Support:**

- Lower participant to staff ratio (find out the ratio if you can)
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

### [Resourceful Me Art Therapy](#) (Fergus)

**Ages:** all ages

**Contact:** 519-787-8111 or [Email](#)

Art therapy is a form of psychotherapy that uses art as a way for kids to express themselves, share their thoughts and feelings, and practice their problem-solving abilities. In art therapy, there is no right or wrong way to make things because creativity is about self-expression, communication and connection.

**Support:**

- Lower participant to staff ratio
- Program has an inclusive philosophy; participants can provide their own support worker.

### [Kitchener- Waterloo Art Gallery Programs](#) (Kitchener)

**Ages:** 6-13

**Contact:** 519-579-5860 or [Email](#)

KWAG provides a variety of art programs and drop in events, including sensory friendly days. Learn new painting and drawing techniques, build a sculpture, or experiment with materials you might be trying for the first time. Explore visual art in a variety of ways in this inclusive environment.

**Support:**

- Lower participant to staff ratio
- Program has an inclusive philosophy; participants can provide their own support worker.

## Baseball

### [Buddy League](#) (Waterloo Region)

**Age:** 5+

**Contact:** [Email](#) or [Facebook](#)

Buddy League is an adaptive and inclusive baseball program that provides children and adults living with special needs the opportunity to play baseball in a safe, supportive, and friendly environment. They offer a Buddy League Junior and Senior Division while also offering a Buddy League Learn-to-Play Division.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Learn-to-Play Division is Thursday evenings starting June 27. Junior and Senior Division is Monday and Thursday evenings starting May 20.

### [Kitchener Minor Baseball- Challenger Baseball](#) (Kitchener)

**Age:** Youth ages

**Contact:** [Email](#) Cathy Lapar

Challengers Baseball program offers an opportunity for baseball players with disabilities within the community to be part of a team and play ball. It is a comfortable atmosphere where athletes can enjoy themselves and make new friends. They have three levels that an individual can choose to participate in which includes the fundamental level, little rookie level, or big hitters' level. They offer a 'Try it' day at The Yard 777 Lawrence St, Cambridge on April 6.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Runs from June-August, Sundays at 10:30a.m.

**Registration:** Now Open for 2024 season.

## Basketball

### [Twin City Spinners Wheelchair Basketball](#) (Waterloo Region)

**Age:** All ages

**Contact:** [Email](#)

The Twin City Spinners is a sports organization dedicated to the promotion, growth, and development of wheelchair basketball. They are fully inclusive, with members from many different cultures, physical abilities, and financial backgrounds. The Twin City Spinners are a member of the Great Lake Conference Wheelchair basketball League, and they participate in every level of competition the league has to offer. They are also a member of the OnPara Network; a provincial level organization dedicated to growing opportunities for participation in adaptive sports.

**Support:**

Program is designed for participants with disabilities.

**Offered:** Fall, Winter, Spring

**Registration:** Register online [here](#).

## Boccia

### [Boccia Ball](#) (Guelph)

**Age:** 8-17

**Contact:** 519-822-1250 x2606 or [Email](#) Melissa DeNardis

Boccia Ball is a paralympic sport involving precision, accuracy, and focus. Participants throw, kick, or use an assistive device (ramp) to propel a soft leather ball towards the target as close as they can. They offer 60 minute sessions for all to participate.

**Support:**

Program is designed for participants with disabilities.

Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall and Winter, September-February

### [Boccia Ball](#) (Kitchener)

**Age:** 18+

**Contact:** 519-741-2200 x2907 or [Email](#)

Boccia Ball is a paralympic sport involving precision, accuracy, and focus. Participants throw, kick, or use an assistive device (ramp) to propel a soft leather ball towards the target as close as they can. It combines light activity and social interaction which can give a very uplifting distraction from life's worries. Equipment is provided and beginners are welcome.

**Support:**

Program is designed for participants with disabilities.

**Offered:** Winter/Spring, January-March

## Dance & Performing Arts

[Arts Abound - Art for All Abilities](#) (St Jacobs)

**Ages:** JK – Grade 8, Zumba- Adults

**Contact:** (519) 206—ARTS (2787) or [Email](#)

Arts Abound 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, at their own pace. Both inclusive and specialized programs are available.

**Support:**

- Lower participant to staff ratio (find out the ratio if you can)
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** fall and winter (summer camps also available)

[Kaleidoscope Irish Dance](#) (Kitchener)

**Ages:** 3-18

**Contact:** (226) 666-3238 or [Email](#)

Irish Dance is on a mission to help people in our community dance for a lifetime. We operate under 3 principles: Accessible, Accepting, Authentic. We offer traditional Irish dance lessons for all ages and abilities.

**Support:**

- Lower participant to staff ratio (find out the ratio if you can)
- Program has an inclusive philosophy; participants can provide their own support worker.

## [Carousel Dance Centre](#) (Waterloo)

**Ages:** 3+

**Contact:** 519-746-8877 or [Email](#)

Come and experience the art of dance at The Carousel Dance Centre. Integrated and specialized dance programs are offered for children of all ages and abilities. The program focuses on adapted dance, creativity and social interaction in a fun and encouraging environment.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

## [Dance Adventure](#) (Kitchener)

**Ages:** 3-18

**Contact:** 519-576-9393 or [Email](#)

Dance Adventure Rhythm Experience offers an exciting weekly class filled with dance, movement and music. D.A.R.E. is a class that offers physical and social engagement for kids, youth and young adults across developmental and physical abilities.

Support:

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

## [Move With Grace Dance Studio](#) (Cambridge)

**Ages:** 5-8

**Contact:** 1-519-650-5633 or [Email](#)

Our studio mission is to create confidence & resilience in dancers through the performing arts in a positive family environment fostering a sense of belonging, purpose and pride. We believe in breaking down barriers and helping everyone be equally able to participate in the dance experience.

**Support:**

- Program has an inclusive philosophy; participants can provide their own support worker.

## [Elora Academy of Dance](#) (Elora)

**Ages:** All ages

**Contact:** 519-846-6666 or [Email](#)

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, spatial awareness, as well as it offers many excellent social benefits.

**Offered:** Fall, Winter, Spring, and Summer

**Support:**

Program has an inclusive philosophy; participants can provide their own support worker.

## Fencing

### [Excelsior Fencing](#) (Waterloo)

**Age:** All ages

**Contact:** 519-741-4314 or Email

Excelsior Fencing offers integrated fencing programs for participants of all abilities. They are also one of the only clubs in Ontario equipped to teach wheelchair fencing!

**Support:**

Program has an inclusive philosophy; participants can provide their own support worker.

## Fitness

### [Bulldog Interactive Fitness](#) (Guelph)

**Age:** 2.5-12+

**Contact:** 519-836-3838 or [Email](#)

Bulldog interactive fitness allows individuals to have a safe space to meet friends, get active, and have fun. Facility includes two gyms for sports and games, interactive game area, climbing walls, and more. All the activities are tailored to support children's learning, development, health and well-being.

**Support:**

Program is designed for participants with disabilities.



Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Monday-Sunday varying hours in fall, winter, spring, and summer.

[Access Ability- Health and Wellness](#) (Kitchener/Waterloo)

**Age:** 18+

**Contact:** 519-885-6640 or [Email](#)

Health and Wellness program at Access Ability Kitchener-Waterloo provides adults with varying physical disabilities the opportunity to improve their health and physical fitness. They provide fitness classes that includes cardio, endurance, resistance and weight training. They also provide educational cooking programs to promote healthier nutrition.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

[MOVE by Goodlife Fitness](#) (Virtual)

**Age:** 12-21

**Contact:** 226-377-2155 or [Email](#)

Goodlife Fitness MOVE is a physical activity and fitness program for individuals with autism and intellectual disabilities. They offer small class sizes and ensure the MOVE coach can adapt programming for each participant. This program develops physical activity skills, confidence, social connections, and overall positive health. Goodlife fitness offers virtual or in person programs.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall, Winter, Spring, Summer 9 Year-round)

**Registration:** Look at the MOVE Program schedule on [website](#) and sign up for MOVE Class.

[Movin' & Groovin'](#) (Waterloo)

**Age:** 7-18

**Contact:** 519-546-4891 or [Email](#)

Moovin' & Groovin' is a program for adolescents and children with special needs. Instructors lead individuals through weekly exercise sessions. They are part of Centre for Physical Active Communities at Wilfrid Laurier University.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall and Winter (September-December)

**Registration:** Contact Nicole by [email](#) to register or call 519-546-4891

**MoveMEANT-For-All** (Kitchener)

**Age:** 14+

**Contact:** 519-741-2200 ext 7224

MoveMEANT For All is an inclusive fitness program for individuals 14 years and up with disabilities. The program will use creative and fun ways to get you working on your cardio and strength with the use of various equipment (like boxing gloves!). Program time will incorporate brief social periods to provide body breaks and maintain interest.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Fitness Friends** (Guelph)

**Ages:** 9-12

**Contact:** 519-822-1260

This is an inclusive fitness program open to all abilities. Learn fundamental movement and social skills that focus on balance, coordination, and body awareness, in a fun and exciting environment. Parents or external support persons are invited to attend if needed at no extra cost.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker

**Offered:** Saturdays 2:15pm

## Active Start (Guelph)

**Ages:** 3-5

**Contact:** 519-822-1260

Help your child get an active start to life as they master fundamental movement and sports skills. Running, jumping, catching, throwing, kicking, and balance through obstacle courses, fun games, and group activities. This program will build your child's confidence and get them ready to engage in future sport activities. Additional Support is provided to each child through staff and volunteers to ensure success.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

## Goalball

### Goalball Kitchener (Kitchener/Waterloo)

**Ages:** All ages

**Contact:** [Email](#)

Goalball was a sport created specifically for the blind and visually impaired. It is an indoor court game using a bell-embedded ball. All players wear eyeshades to ensure an even playing field of total sightlessness, while trying to score on the opponent's net. Kitchener Goalball welcomes all and provides an inclusive and supportive environment. Kitchener Goalball is part of the Ontario Blind Sport Association ([OBSA](#)).

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Bi-weekly on Tuesdays from October-March

## Gymnastics

### Adaptive Gymnastics- KW Gymnastics (Kitchener)

**Ages:** all ages

**Contact:** 519-743-4970 or [Email](#)

Kitchener Waterloo Gymnastics club offers an adaptive program for children with physical, cognitive, and social & developmental needs. Coaches and athletes are specifically matches with the participant based on needs and personalities. The participant will increase body awareness, enhance gross and fine motor control, achieve success with personal goals, experience enjoyment and belonging.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Winter and Spring

**Registration:** Register up to three waitlists. First come, first serve basis.

[Shining Star Athletics](#) (Waterloo)

**Ages:** 1-14

**Contact:** 519-591-3749 or [Email](#)

Shining Star Athletics has a brand-new facility. They offer a variety of recreational programs such as the tumbling program for dance, gymnastics, skill focused clinics, and cheerleading, with specialized coaches from each sport. If your athlete needs additional support, reach out via email and they will be happy to help.

**Support:**

- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Spring

**Registration:** Online only, opens March 1 at 8a.m.

## Hockey

[Sledge Hockey - KW Sidewinders Sledge Hockey](#) (Kitchener)

**Age:** All ages

**Contact:** [Email](#)

The KW Sidewinders is a sledge hockey team for children and adults with physical disabilities. Sledge hockey players sit on a light-weight sledge that has skate blades attached to the bottom. They carry two short hockey sticks. One end has a blade for handling and shooting the puck. Metal picks attached to the other end enable players to push themselves across the ice. Other than this special equipment, regular hockey gear and rules apply.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Registration:** [Email](#) if you are interested in the program

### [Sledge Hockey- Woolwich Thrashers Sledge Hockey](#) (Elmira)

**Age:** All ages

**Contact:** [Facebook](#) or [Instagram](#) or [Twitter](#)

Woolwich Thrashers Sledge hockey offers recreational sledge hockey for individuals of all ages who are living with a physical condition that prevents them to participate in hockey on skates. Their objective is to contribute to the health and well-being of people with disabilities.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

### [Woolwich Sun Rays](#) (Elmira)

**Age:** 6+

**Contact:** 519-664-3555 or [Email](#) or [Facebook](#)

The Woolwich Sun Rays hockey program will give individuals with special needs a safe place to play, learn and develop new skills, create friendships, and most importantly have fun. The team welcomes individuals with special needs of all skill levels, from non-skaters to good hockey players. The Woolwich Sun Rays are part of the [Special Hockey International](#).

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Ice times start in September

### [Special Hockey- Ice Pirates](#) (Kitchener/Waterloo Region)

**Age:** Youth and Adult, all ages

**Contact:** [Email](#)

The Ice Pirates is a special needs hockey program that provides children and adults with developmental disabilities with the opportunity to participate in a hockey program that is tailored to their special needs. Abilities of participants ranges from new non-skating to those more advanced. The Ice Pirates ensure that

individuals gain a sense of fair play, friendship and a sense of accomplishment with new hockey skills. Individuals will also improve their fins and gross motor skills as well as their understandings of acceptable social behaviour. They do provide financial assistance [here](#). The Ice pirates are part of the [Special Hockey International](#).

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall till spring, Saturdays in the afternoon

**Registration:** Contact the Director of Inclusive Hockey, Kirsten Carr at [Email](#)

[Guelph Giants Hockey Club](#) (Guelph)

**Age:** Youth and Adult, all ages

**Contact:** 519-820-2009 or [Email](#) and [Email](#)

The Guelph Giants hockey club mission is dedicated to encourage, empower, and enable individuals with an intellectual disability to participate in an inclusive hockey program. Individuals will get the opportunity to form friendships, develop sportsmanship, improve gross motor skills, and have an emphasis on fun while learning. The Guelph Giants are part of the [Special Hockey International](#).

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall till spring Saturday afternoons

**Registration:** New applicants will be placed on a waiting list until they can be assigned to a team. Register [here](#).

[Cambridge Ice Hounds](#) (Cambridge)

**Age:** All ages

**Contact:** 519-716-5524 or [Email](#) or [Facebook](#)

Cambridge Ice Hounds is a hockey program developed for players whose special needs prevent them from participating in traditional hockey programs. They provide a learn-to-skate hounds program that helps players progress at their own pace. They also provide a junior, intermediate, and senior program where their younger and older Hounds play the game of hockey.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall season till spring season

**Registration:** [Email](#) if interested in registering

[The Blades](#) (Cambridge)

**Age:** 6+

**Contact:** 519-623-0094 or 519-716-7411

The blades provide children and adults with intellectual and/or physical disabilities the opportunity to play ice hockey. They offer a co-ed team for individuals ages 6 and up. Players will learn the meaning of sportsmanship and teamwork while also developing skating and hockey skills.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** September-April, Saturdays at 3:15p.m.

## Horseback Riding

[Pathways Therapy- Pathways Ponies](#) (Kitchener)

**Age:** All ages

**Contact:** Physiotherapist [Email](#) or Occupational therapist [Email](#) or call 519-885-4211

Pathway Ponies is a program that includes equine-assisted activities and takes place at Pride Stables. This program involves activities with horses and ponies that promote a range of treatments for human physical and mental health. The therapists at Pathways Therapy create client centred treatment plans for every client based on the skills they need to develop, and the standards required from registered occupational and physiotherapists.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.

[Pride Stables](#) (Kitchener)

**Age:** 6+

**Contact:** 519-653-4686

Pride Stables offers therapeutic horseback riding lessons for individuals with orthopaedic conditions, neurological conditions, and intellectual and developmental disabilities. They also offer summer camp programming for ages 6-12 for individual with or without disabilities.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.

**Offered:** Fall, Winter, Spring, and Summer

**Registration:** Camp Pride registration now open

**[Sunrise Therapeutic Riding and Learning Centre](#)** (Puslinch)

**Age:** 3+

**Contact:** 519-837-0558 x29 or [Email](#)

Sunrise Therapeutic Riding and Learning centre provides a program of therapy, education, recreation, horse riding, sport, life skills training, farm-related and social activities for individuals with physical and/or cognitive special needs, including (but not limited to) those with autism, ADHD, developmental delays, cerebral palsy, Down syndrome, visual impairments or hearing impairments. This program focuses on individual ability by providing an environment of challenge, enjoyment, and achievement. Sunrise also offers a summer camp called Camp Sunrise.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall, Winter, Spring, and Summer

**Registration:** Fill out forms provided on website and drop-off, email, fax, or mail to Sunrise.

## Horticulture

**[The Guelph Enabling Garden \(GEG\)](#)** (Guelph)

**Age:** All ages

**Contact:** 519-783-1550 or [Email](#)

The Guelph Enabling Garden (GEG) is a multi-use garden designed for children, the elderly, families, but especially for those community members who have varying degrees of physical and cognitive abilities. All the programming is customised for the individuals needs. The Horticultural Therapist works with the seasons and



weather to create a unique and interactive workshop that work to build the connection between the individual and nature. Some of the programming includes sense-based activities; fitness in the garden; personal growth in the garden; soil, compost, water; fairy garden program; and staying well in the winter programs.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

## Martial Arts

### [Asahi Judo Club](#) (Kitchener)

**Age:** All ages

**Contact:** 519-743-4998 or [Email](#)

At Asahi Judo Club, they believe that the sport of Judo develops future adults with self-esteem and self-confidence, through a focus on respect, courage, responsibility and harmony. They achieve this through developing athletes of all ages and skill levels physically, competitively and socially.

**Support:**

- Limited number of 1:1 inclusion support staff are available.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Registration:** Register online and also register with [Judo Ontario](#)

### [Cambridge BJJ](#) (Cambridge)

**Age:** All ages

**Contact:** 1-519-221-7761 or [Email](#)

Cambridge BJJ is a Brazilian Jiu-Jitsu gym. They offer a safe and professional learning environment. Brazilian Jiu-Jitsu is more than an effective martial art as it is a lifestyle that leads to improved mental and physical fitness and personal growth. The instructors at Cambridge BJJ are passionate about Jiu-Jitsu and dedicate themselves to the art.

**Support:**

- Program has an inclusive philosophy; participants can provide their own support worker.

**Registration:** Register online for an intro class [here](#).

## [Elora Karate Dojo](#) (Elora)

**Age:** All ages

**Contact:** 519-669-0853

Elora Karate Dojo is an inclusive dojo. This means that whenever possible, they integrate students with special needs into regular karate programming. As long as a student is able to participate safely in a group class, they are welcome. In general, karate practice is beneficial for people of all abilities, so while we can make accommodations when needed, most of the activities require only subtle modifications to be accessible for all people. They offer modified programs for students in a private or semi-private setting if needed.

**Support:**

Program has an inclusive philosophy; participants can provide their own support worker.

**Registration:** Register online [here](#).

## [Kitchener Kicks Martial Arts Centre](#) (Kitchener)

**Age:** All ages

**Contact:** 519-741-5425 or [Email](#)

Kitchener Kicks Martial arts offers a variety of inclusive classes in both kung fu and karate, as well as the Dragon Hearts program. The dragon Hearts is a martial arts program specifically designed for individuals with physical and intellectual challenges. Individuals will learn to take advantage of their abilities and know that they are only limited by the limitations they place upon themselves. Individuals will work on strength, balance, flexibility, and coordination. They will also learn valuable self defence techniques and instill a feeling of self-confidence.

**Support:**

Limited number of 1:1 inclusion support staff are available.

Program is designed for participants with disabilities.

**Offered:** Saturday's at 9:00a.m.

## Multi-sport

### [Adaptive Sport Fundamentals](#)- Cambridge

**Ages:** 6-12 or 13-21

**Contact:** [Email](#) or 519.623.1340 x 4640

In this comprehensive and hands-on program, participants will have the opportunity to learn the fundamental movement skills such as catching, running, throwing and jumping through a series of structured sporting activities. They will participate in a wide variety of sports and low-organized games to help build movement skills that are transferable to all sports.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

[TriGator](#) (Elmira)

**Age:** 3-14

**Contact:** [Email](#)

TriGator is a triathlon event for kids where they swim, bike, and run. The distance of the triathlon is a youth appropriate distance. No previous experience is necessary. All proceeds go toward the TriGator for Kids Foundation. This foundation helps kids in financial need living in the region of Waterloo feel a sense of well-being and inclusion through the participation in an active and healthy lifestyle.

**Support:**

- Limited number of 1:1 inclusion support staff are available.
- Program has an inclusive philosophy; participants can provide their own support worker.

## Music

[Arts Abound - Marvellous Music](#) (St Jacobs)

**Ages:** 3-5

**Contact:** 519-206-ARTS (2787) or [Email](#)

Arts Abound offers classes in all forms of the arts for kids of all abilities and all ages. Develop your child's love of music. Marvellous Music is designed to encourage young musicians to develop and experiment with music in a fun and positive environment

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.

Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** fall and winter (Summer camps also available)

**KiJingle** (Kitchener)

**Ages:** All ages

**Contact:** 519-998-9413 or [Email](#)

Our qualified teachers offer lessons on voice, piano and guitar. We work with each individual to ensure successful habits are being developed. Lessons are offered weekly and bi-weekly and cater to the needs of our clients. Though many of our students prefer to take individual lessons, group lessons can be arranged.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**GYM C** (Guelph)

**Ages:** 8+

**Contact:** [Email](#)

Music for Children with Disabilities is focused on creating a positive social environment for your children to engage in music with peers. In these sessions, children will participate in singing, drumming, movement to music, and other activities using different instruments. Sessions focus on having fun with music while helping develop social skills in a casual music setting rather than traditional, formal lessons.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Music Together** (Kitchener, Waterloo, Guelph, Cambridge)

**Ages:** Birth-5

**Contact:** [Email](#)

Music Together classes build on your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

## Rock Climbing

### [Guelph Grotto Climbing](#) (Guelph)

**Age:** All ages

**Contact:** 519-767-0838 or [Email](#)

The grotto welcomes current and future climbers regardless of experience and ability. They offer a comfortable space to rock climb and strive to create an accessible and inclusive space where everyone can climb. Climbing can be a powerful therapeutic tool as it fosters physical, mental and emotional well-being. It not only engages all muscle groups, but also challenges the climber's mind and is beneficial for cognitive health. The Grotto offers a variety of climbing experiences and lessons. The Just Climb package is a great way to get into climbing, and is perfect for getting family and friends together.

**Support:**

- Lower participant to staff ratio
- Program has an inclusive philosophy; participants can provide their own support worker.

## Sensory

### [Sunbeam Sensory and Snoezelen Rooms](#) (Kitchener)

**Age:** All ages

**Contact:** 519-893-6200

Sunbeam offers two separate spaces for a sensory experience. The first sensory experience is the Snoezelen Room which is a multi-sensory environment that provides sensory stimulation within a calm, relaxing setting. The second room is a Snoezelen spa which combines the effects of the Snoezelen room, within the therapeutic context of a whirlpool/hot tub.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.

**Offered:** Fall, Winter, Spring, Summer

**Registration:** Contact them [here](#) or call 519-893-6200

### [Fun with Messy Play](#)- (Cambridge)

**Age:** 2-5

**Contact:**

Join the "Fun with Messy Play" program for hands-on, sensory-packed excitement. Participants will explore textures, colors, and materials, all while enjoying the thrill of messy creativity. From tactile experiments to colorful crafts, each session promises a unique sensory adventure. Whether they are squishing, splashing, or shaping, kids will have the opportunity to actively discover and learn.

**Support:**

- Lower participant to staff ratio
- Program has an inclusive philosophy; participants participate with a parent or support person

## Skiing

### [Track 3 Ski School](#) (Waterloo Region)

**Age:** 6-18

**Contact:** 519-748-9802 or [Email](#)

The Waterloo region Track 3 ski School offers children and youth with disabilities the opportunity to safely experience the pleasure of downhill skiing and leisure activity.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Winter (Monday, Tuesday, Wednesday evenings)

**Registration:** Register online

### [Ontario Track 3 Ski Association](#) (Throughout Ontario)

**Age:** 6-17

**Contact:** 416-233-3872

Ontario Track 3 Adaptive Sports Association enables kids and youth with disabilities to discover their confidence, develop their talents and achieve their physical potential through snow sports. They offer a variety of programs across Ontario of winter fun. Most equipment is provided. Some of the locations Track3 is provided include the Caledon Ski Club (Caledon), Glen Eden Ski Club (Milton), Waterloo Region, etc.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Winter (7 weeks)

**Registration:** Register [here](#) online.

**[Waterloo Region Nordic Sports Club](#)** (Waterloo Region)

**Age:** All ages

**Contact:** 519-571-8086 or [Email](#)

The Waterloo Region Nordic Sports Club provided programs and opportunities for youth and adults to learn and enjoy cross country skiing. They welcome skiers who have physical disabilities and offer Para-Nordic. They also have experience working with sit-skiers and ambulatory Para-Nordic skiers.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

## Soccer

**[Guelph Special Olympics Soccer](#)** (Guelph Wellington)

**Age:** All ages

**Contact:** 519-824-2199 or [Email](#)

Special Olympics Soccer is a blended program that offers soccer opportunities for people living with developmental and intellectual disabilities.

**Support:**

- Program is designed for participants with disabilities.

**Offered:** May-August with games on Monday evenings.

**Registration:** Use [Membership Portal](#) to register.

## [FEDS Special Needs Soccer Program](#) (Fergus, Elora)

**Age:** 12-65+

**Contact:** [Email](#)

FEDS Special Needs Program offers a weekly soccer program throughout the summer for youth and adults with intellectual or physical disabilities. The goal of this program is intended to give individuals an environment where they are comfortable. They will experience learning basic soccer skills, team play, social interaction, exercise, and friendship making. All soccer activities are specially designed for special needs players.

**Support:**

Program is designed for participants with disabilities.

**Offered:** May-August, every Wednesday throughout the summer

**Registration:** Registration opens February 15, [click here](#).

## [Cambridge Youth Soccer- ACES- All Abilities Celebrated Soccer Program](#) (Cambridge)

**Age:** 5-24

**Contact:** 1-519-653-8800 or [Email](#) Jon Morgan

All abilities Celebrated Soccer is a program designed for participants with intellectual and/or physical disabilities who are interested in learning the fundamentals of soccer. They have a partnership with the Special Olympics. This program will offer opportunity to enjoy and learn more about the sport of soccer in a positive and inclusive environment.

**Support:**

Program is designed for participants with disabilities.

**Offered:** 8 weeks every Wednesday, starting February 19

**Registration:** In person at the CYS Clubhouse or [Email](#) Jon Morgan

## [All Abilities Soccer](#) (Kitchener)

**Age:** Kids and Older Adults

**Contact:** 519-896-8947 x10 or [Email](#)

All Abilities Soccer is a non-competitive inclusive soccer program for individuals who need alternative soccer experience. Their inclusive program covers developmental delays, social struggles, mental health conditions and intellectual exceptionalities. Two divisions: The Development Team is a non-competitive, personal-goals focused sport and socialization program for ANY child or teen who needs an alternative to the traditional recreational soccer experience. The Target Team is equally inclusive and comprised of teens, young adults and older adults



who are more competitive and sport-focused. Most of the session time for the Target Team is spent on the field in game play.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** 8 weeks every Friday evening, June-August

## Social

[All Access Hangout](#) (Kitchener)

**Ages:** 14-21

**Contact:** [519-741-2200, ext. 7224](tel:519-741-2200)

All-Access hangout is for young adults 14 to 21 years of age, who have special need and/or disability and who do **not** require one to one support. Participants will participate in a variety of activities including sports, crafts and cooperative games in a supportive environment that meets the sensory, emotional and physical needs of the participants. Activities are designed with the interests and abilities of participants and will encourage building friendships, social skills and life skills.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.

[Friday Friends](#) (Guelph)

**Ages:** 14-21

**Contact:** 519-822-1260

Come hang out with Friday Friends! This program is designed for young adults ages 14-21 with physical, cognitive, and/or developmental disabilities; providing opportunities to get together with friends to chat, laugh and have fun. Enjoy community outings, events and activities designed to foster friendships and promote social interactions. External support workers are welcome. There may be additional fees for community outings.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Registration:** Ends June 30, 2024

[Sizzle & Stir](#) (Guelph)

**Ages:** 14-24

**Contact:** 519-822-1260

Sizzle & Stir! This inclusive cooking programming is a great opportunity for teens & young adults to gain confidence in the kitchen. Focusing on building independent living skills, each week participants will work step by step through a different recipe while learning about food & kitchen safety. This program is open to all abilities, external support persons are encouraged to accompany participants if needed.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

[Cambridge Food Bank free programming](#) (Cambridge)

**Ages:** all ages

**Contact** Vanessa at 519-622-6550 ext. 109

Learning how to cook simple, inexpensive, tasty, and healthy meals and snacks is more important than ever due to the advertising pressure of instant, high-fat, high-sugar, low-nutrition fast food. Preparing our own food isn't just better for our bodies, it's easier on the budget and it provides opportunities to socialize by sharing food with friends and family. Inspire children and youth to learn this important life skill by participating in our cooking programs.

**Support:**

- Program has an inclusive philosophy; participants can provide their own support worker.

[Cambridge Food Bank Key Club](#) (Cambridge)

**Ages:** 14-18

**Contact** Vanessa at 519-622-6550 ext. 109

High school students, it's your chance to earn volunteer hours, develop leadership skills, serve your community, and have a blast while enjoying delicious snacks!

**Offered:** first Tuesday of each month

**Registration:** This is a free program

**Support:**

- Program has an inclusive philosophy; participants can provide their own support worker.

## Swimming

[British Swim School](#) (Cambridge, Kitchener)

**Ages:** 3 months- adult

**Contact:** 519-964-4814 or [Email](#)

At British Swim School, our mission is to “ensure that every person regardless of age or ability has the opportunity to become a safe and happy swimmer.” That’s why we offer a special abilities aquatics program that takes our traditional methods and places them into a specially designed program to work with swimmers of any ability, making them feel comfortable and safer in the water.

**Support:**

- Lower participant to staff ratio (find out the ratio if you can)
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

[Shining Star Swim School](#) (K-W Region, Mississauga, Burlington)

**Ages:** 2+

**Contact:** Visit [here](#) to contact

We teach with a survival first approach before we begin to work on stroke technique! Once our swimmers have the foundational knowledge to survive an accidental fall into any body of water, they progress to swim strokes and technique! We start children at the age of 2 years old & Offer Private Lessons (1 Child) and Semi-Private Lessons (2 Children). Our one-on-one private lessons allow instructors to build strong relationships with your child, individualize our program to your child's specific needs, as well as make progress faster.

**Support:**

- Lower participant to staff ratio 1:1, 1:2, 1:3
- Program has an inclusive philosophy; participants can provide their own support worker.

## Technology / STEM

[Code Ninjas](#) (Waterloo, Guelph)

**Ages:** 5-14

**Contact:**

In our Dojos, kids don't just learn coding - they gain creativity, problem-solving, critical thinking, and STEM skills in a fun, safe, and inspiring environment.

**Support:**

Program has an inclusive philosophy; participants can provide their own support worker.

**Registration:** Try a free session [here](#)

[Skills Samurai- coding and Stem Academy](#) (Guelph)

**Ages:** 7-14+

**Contact:** 226-971-1055 or [Email](#)

Skills Samurai equips children with future-ready STEM skills (Science, Technology, Engineering & Mathematics). They offer four different career pathways with 1,200 hours of curriculum designed to prepare students for success in the classroom and beyond. The curriculum is project-based to ensure that students of all abilities can succeed. They are committed to ensuring a fun and inspiring learning environment. Skills Samurai offer weekly after school tech accelerator classes that provided coding, robotics, STEM, game development, app development, 3D printing, artificial intelligence, and video editing.

**Support:**

Limited number of 1:1 inclusion support staff are available.

## Trampoline

[Airborne Trampoline](#) (Kitchener/Cambridge)

**Age:** All ages

**Contact:** 519-653-7713 or [Email](#)

Airborne trampoline offers many programs and activities that are geared toward a wide variety of abilities and a great way to enjoy being active. They offer a Person with Disabilities Classes who tailor toward individuals with Autism, severe ADHD, person with certain physical disabilities, Down Syndrome, and other disabilities. These



sessions are 45 minutes on Sunday mornings and include 10-week sessions. Each participant has their own trampoline.

**Support:**

- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.

**Offered:** Fall, Winter, Spring, Summer

**Registration:** Register online [here](#).

**[Sky Zone Trampoline](#)** (Kitchener)

**Age:** All ages

**Contact:** 519-961-1000 or [Email](#)

Sky Zone offers memberships, summer camp, birthday parties, and general admission to jump, spin, flip, play, and a whole lot more.

**Support:**

- Limited number of 1:1 inclusion support staff are available.

**Offered:** Fall, Winter, Spring, Summer

**Registration:** Register online.

## Yoga

**[Atlas Yoga Studio & School](#)** (Cambridge)

**Ages:** 2-8 (with parents, 8+ can attend alone)

**Contact:** 519.240.YOGA(9642) or [Email](#)

Through yoga, children learn how to relax and interact in a nurturing and non-competitive environment. Yoga practice also increases flexibility, strength and muscle tone and helps children to develop space orientation, body awareness, balance and a sense of harmony. Playful kids yoga classes mix games and songs with the physical postures.

**Support:**

- Program has an inclusive philosophy; participants can provide their own support worker.

**[Yoga for All](#)** (Guelph)



**Ages:** 16+

**Contact:** 519-822-1260

This is an inclusive class for adults 16+ of all abilities who may need additional support to participate. Yoga for All will offer a small group program in a relaxed environment. External support persons are welcome to attend at no extra cost.

**Support:**

- Lower participant to staff ratio
- Program is designed for participants with disabilities.
- Program has an inclusive philosophy; participants can provide their own support worker.