

Check Out Your Community

There is a wide range of recreational opportunities available in your community. Check out the list below and give them a try.

Parks and Recreation Special Needs Contacts:

Please refer to your Parks and Recreation guide to explore potential community programs. If you have any questions or concerns about your child participating in any of these programs, please contact the Special Needs Representative in your community.

City of Brampton - Paula Johns 905-874-2309 paula.johns@city.brampton.on.ca
www.brampton.ca/parks-rec/catalogue/specneeds.tml

Town of Caledon - Heather Savage 905-584-2272
www.caledon.ca/townhall/departments/recreation/programs.asp

Halton Hills - Aaron Matthews 905-873-2601 ext.2262 aaronm@haltonhills.ca,
www.town.halton-hills.on.ca/recandparks/guide.php

City of Mississauga – Moira Hicks 905-615-3200 ext. 5479 moira.hicks@mississauga.ca
www.mississauga.ca/portal/residents/recreationprograms

Town of Oakville - Carol Gall 905-845-6601 ext. 3153 cgall@oakville.ca,
www.town.oakville.on.ca/specneeds.htm

YMCA Contact Information

YMCA Brampton, Halton Hills, Caledon/Orangeville 905-451-1400
YMCA Mississauga 905-897-6801

General Information

Airborne Trampoline Centre 905-828-2412 www.airbornetrampoline.ca/mississauga.htm

Active Living Alliance www.ala.ca The Active Living Alliance for Canadians with a Disability (ALACD) promotes supports and enables Canadians with disabilities to lead active, healthy lives. We provide nationally coordinated leadership, support, encouragement, promotion and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

Acton Jui Jitsu Linda Squires 519- 853-2424 jiujitsu1@sympatico.ca

Boccia – Ed Richardson 905 794 1744 berrie-ed@hotmail.com

BodiWorks Adapted Gym Program 905-608-9314 corey@healthisfreedom.net

Burlington Able Sail 905-681-6547 www.burlbay.com

Camp Opportunities

- Ontario Camping Association 416-485-0425 www.ontariocamps.ca a great website to help locate camp opportunities to meet participant interests and needs.

- Our Kids Go to Camp www.ourkids.net website to help locate camp opportunities to meet participants interests and needs.

DramaWay Learn Leadership and Life skills through Drama for teens with special needs
Located in Mississauga, Contact Danielle Strnad at 416-614-1078 or dramaway@yahoo.ca

Gymboree Play & Music www.playandmusic.com - offer programs for children 0-5years old

Kids Super Gym Mississauga – gymnastics programs integrated or one-on-one classed
depending on participants needs 905-607-5437 www.kids-supergym.com

Kindermusik Adventures camp www.kindermusik.com - offers summer programs for children 1
1/2 -7 year olds (music, art, drama and dance)

North Mississauga Soccer Club - Special Needs Soccer League 905-858-1227 www.nmsc.net

Ontario Blind Sports Association 1-800-265-1539 www.blindsports.on.ca

Ontario Early Years Centres www.ontarioearlyyears.ca. Ontario Early Years Centres are places where parents and caregivers can: take part with their children in a range of programs and activities, get answers to questions, get information about programs and services that are available for young children, talk to early years professionals, as well as other parents and caregivers in the community.

Public Libraries - check out the public library in your community they offer different opportunities throughout the summer

Reach for the Rainbow 416-503-0088 assists in finding supports for summer community programs and swimming programs throughout the year www.reachfortherainbow.ca

Ready Set Go/Foundation for Active Healthy Kids www.readysetgo.org is a fun, interactive web site where both you and your kids will find a whole array of sports information including tips, articles and answers on topical issues, plus countless ways to get things started in your own community.

Respite Services .Com – www.respiteservices.com – an online registry of respite workers to help

families who require respite services recruit and contract their own respite workers.

Riverwood Woodlands - <http://www.mississauga.ca/portal/residents/riverwood> - With accessible trails, splendid wildlife and glorious views, Riverwood offers a unique all-season outdoor destination for all.

Sledge Hockey – Toronto Sledge Hockey 416-392-7456 www.torontosledgehockey.com
Introduction to sledge & child and youth house league teams

Special Needs Hockey – Cooksville Crusaders Marilyn Lindsay (905) 823-2029 or
Tom (905) 822-6076
Brampton Special Needs Hockey (905) 453-3243

Swimming - Ezee Swim (Mississauga) 905-290-8258
Carole Murray's Swim Academy & Swim Boutique (Milton) 905-878-9747
Lynne Patch Aquatics Inc (Mississauga) 905-897-7946

Track 2000 Riders Ready BMX www.track2000bmxracing.com Riders Ready BMX-is Track 2000 program specifically geared towards children with special needs.

Upstairs at Loblaws- check out your local Upstairs at Loblaws kitchen for cooking classes that welcome individuals with special needs.

Visual Arts Mississauga - <http://www.visualartsmississauga.com/classes.htm>

Wall Climbing – The Rock Oasis Inc. – www.rockoasis.com – 416-703-3434

Wye Marsh Wildlife Centre 905-526-3294 www.wyemarsh.com

Yoga – Little Yogini – Francesca Bell 416-509-1094 bellfrancesca@sympatico.ca
Balafon Yoga - Danielle Ingram 905-332-7109

Opportunities for Individuals with physical disabilities

YMCA Y-Knot Program (swimming and gym ages 6-18) Elizabeth Cummings
905-897-6801 ext.487, elizabeth.cummings@ymcagta.org

Blazers Sports Group Kathy 905-790-6732 www.geocities.com/momcansurf

Camp Awakening 416-487-8400 www.camp.ca/awakening outdoor recreation in a mainstream setting for boys and girls with physical disabilities between 10-18

Cruisers Sports for the Physically Disabled www.cruisers-sports.com

Easter Seals Recreational Choices Funding Program 1-800-668-6252 ext. 325 - a program for children/youth with physical disabilities, who are registered with The Easter Seals Society and are not attending Easter Seals Camp.

Freedoms Wings – gliding for individuals with special needs www.freedomswings.ca

Skiing - Canadian Association of Disabled Skiing 1-613-842-5223 www.disabledskiing.ca
- Track 3 416-233-3872 www.track3.org

The Golden Horseshoe Disabled Sports Association www.ghdsa.org, linda@ghdsa.org - training and competition for youth with physical disabilities

Zonta Accessible Play Ground Burnhamthorpe & Mavis

Opportunities for individuals with cognitive/developmental delay

Ontario Special Olympics Area Coordinator Jeannie Skeggs 905-575-4055 /
1-888-333-5515 ext. 262, region3and5@specialolympicsontario.com

Brampton Carole Lewis – Email: lewis6393@rogers.com

Mississauga Linda Ward - Email: linda.ward@sympatico.ca 905-
848-0926

Brampton Caledon Community Living 905-453-8841 www.bcclnet.com.ca
Community Living Mississauga 905-542-2694 www.clmiss.ca

Talk 'N Tumble – Halton Hills 877-645-0460 - A Preschool Gymnastics Program for Children with Developmental Disabilities.

Horseback Riding Contact Information from the Canadian Therapeutic Riding Association

Ontario Therapeutic Riding Association 905-839-4931
JML Therapy Services (Richmond Hill) 905-737-7244
TEAD (Hamilton) 905-679-8323
Sunrise Equestrian & Rec Centre (Guelph) 519-837-0558
C.O.D.R.P (Kitchener) 519-653-4686
Community Association Riding for the Disabled (North York) 416-667-8600

Windrush windrush@netscape.ca 905-854-6008

Speak and Ride - an innovative treatment program that combines speech-language therapy with horseback riding (hippo-therapy) 905-639-9219 www.andersonspeech.com

Music Programs

Sing and Say – Developing speech language, social and motor skills through music –
Yvonne Oliveira: Speech –Language Pathologist HearSay Speech and Hearing Centre
905-875-3345

Sommer Johnstone Music Therapist Music & Me 905-876-6682

Jessie's Music Therapy Association- Colleen Dedoer 416-364-9413