

# SPECIAL NEEDS/INCLUSION

The Town of Newmarket Recreation & Culture Department continues to develop program opportunities to better serve children, youth, young adults and adults with special needs. Please note that all programs listed throughout the brochure welcome participants with special needs. This section features additional specific program opportunities and contact information. We provide a welcoming, comfortable and supportive environment to encourage participation, with the goal of supporting the individual person's progress. Some programs are designed specifically for children, youth and adults with special needs, but welcome all interested participants.

## Inclusion Support

To facilitate opportunities for persons with and without disabilities to engage in leisure activities together, inclusion support may be required. If a participant requires support to participate, a caregiver or a volunteer is admitted to the program at no charge. Arrangements for one-to-one support staff are based on individual application and availability of inclusion facilitator staff/volunteers. These people have been individually screened and received training. Please call 905-953-5300, press 2, ext. 2710 to inquire about Inclusion Support or specific inclusion programs offered.

## The Newmarket Shredders Sport Club

A new club for athletes with a physical disability has been co-ordinated through a partnership with ParaSport Ontario. The Committee of volunteers with representation from OSHA, community members, local



businesses, and Town of Newmarket all work together to support new program development. Interested persons are welcome! The meetings will be held bi-monthly.

## Wheelchair Basketball (Drop-in)

Come one come all to play Wheelchair Basketball! This is for everyone! Thursdays from 5:30 - 7 p.m. in the Tim Horton's Gym at the Magna Centre. Sports chairs are available! Cost: Child /Youth \$1.25, Adult \$2.25

## Sledge Hockey Shinney

Available on Sundays from 2:45 to 4:45 p.m. Cost is \$5.50. Full equipment (helmet with face mask, shoulder, elbow and shin pads, neck guard and gloves) is required. Ice sledges are available for booking.

## Equipment Use

Individuals may access ice sledges (with push handles or picks) for use in Sledge Hockey Shinney or Family/public Skate times at the Magna Centre. Registration form and waiver must be completed. Pre-booking is recommended. Call 905-953-5303.

## Aquatics

Swimming is a valuable activity for everyone. Private lessons are available at the Magna Centre. Additional support may be provided in general swimming classes if required. Please refer to the Aquatics Section of this guide for further details, or call 905-953-5303. Please note that all participants are required to complete a medical form at the first lesson.

## Volunteer Opportunities

### Interested in volunteering with these programs?

Volunteering is a wonderful and satisfying experience! Volunteers will gain valuable experience, develop new skills, and prepare for future employment and references, while contributing to making a difference for individuals in our community. Training is offered in two programs: Play Pal workshops or the Inclusion CIT certificate course.



### Fall Play Pal training workshops (6 hour)

The full workshop is scheduled over two evenings: Mon. Sept. 19 and Sept. 26 from 6 p.m. to 9 p.m. Course code 85766. Cost is \$25. This will include Accessible Customer Service training.

### The Town of Newmarket is committed to:

- Strongly supporting the ongoing efforts of the Town of Newmarket Accessibility Advisory Committee; and implementing initiatives that continue to make the Town of Newmarket an inclusive and accessible municipality where people of all abilities have the chance to fully achieve their potential.
- Providing of quality programs and services to all of it's citizens;
- Identifying and removing of physical barriers to existing and new facilities;
- Including the participation of people with disabilities in the development and reviewing its annual accessibility plans and initiatives;

## Newmarket Accessibility Advisory Committee

The Town of Newmarket has established the Newmarket Accessibility Advisory Committee (NAAC). NAAC is made up of citizen volunteers and members of Council. Their primary role is to advise Council on the planning and accessibility of municipal buildings and services. The Committee follows and is guided by the O.D.A. and A.O.D.A.

**Did you know...**  
 your friends can join  
 Sledge Hockey  
 Wheelchair Basketball  
 Wheelchair Dancing  
 and other programs listed  
 in this section? Invite  
 them to play inclusive  
 programs!

SPECIAL NEEDS

## Inclusive Recreation Resource Service

The Town of Newmarket is working in partnership with the York Support Services Network's Inclusive Recreation Resource Service. The goal of the Inclusive Recreation Resource Service is to promote and facilitate the inclusion of children, youth and adults who have a disability in the creation of an activity of their choosing. For more information, please contact the following people:

### Adults & Older Adults:

Inclusive Recreation Coordinator  
York Support Services Network  
Phone: 905-722-6484 ext. 270

### Children & Youth:

Vanessa Karklins  
Inclusive Recreation Coordinator  
York Support Services Network  
Phone: 905-722-6484 ext. 230  
Email: vkarklins@yssn.ca

### Recreational Inquiries with the Town of Newmarket:

Recreation Programmer -  
Leisure & Inclusion  
Phone: 905-953-5300, press 2, ext. 2710

## ADULT BODY FIT & SWIM

Challenge yourself in this gentle fitness workout. Each class will begin with dry-land fitness, including sit fit, stretches, weights, step & cardio. Then participants will move into waterfit time or aquafit instruction. All abilities are welcome. Wrap up with a social lunch (bring your own).

## ADULT DANCE & RHYTHM PLUS

A new program for adults with special needs to explore their creative style through dance, rhythmic drumming and more.

## ADULT GYM AND SWIM FOR ALL

A new program for adults with disabilities including swim time, lunch (not provided), gym activities and social time. Activities will be based on participant interests and may include wheelchair sports.

## ADULT LUNCH CLUB

Want to learn how to prepare quick, easy and healthy lunches and snacks? This program will emphasize independent skill development, nutritious choices and safety in the kitchen. Social time and games will be offered while foods simmer and participants will enjoy their scrumptious results together! All abilities welcome. Special dietary needs will be included in meal plans.

## ADULT SIT FIT & SWIM

Participants with limited mobility will benefit from this great workout! All of the fitness is done sitting in chairs focussing on core strengthening, upper body strength development, stretch and cardio. This workout is followed with fitness and stretch in the pool.

## ADULT SOCIAL BOWLING

Come out for an afternoon of bowling with friends! Track your scores over this 12 week program to see your personal best!

## CABERET CLUB

Love to laugh, sing, dance and act? Take this opportunity to develop your talent and participate each week in different types of acting. Participants will work each week towards a final performance video at the end of the session. All abilities are welcome.

## CHEF'S CORNER

Participants will experience methods for independent cooking while learning about safety, presentation, etiquette and kitchen equipment. Participants will learn together and benefit from social time to enjoy the delectable delights they have created! Special dietary needs will be included in meal plans.

## DJ DESK PARTY

Have you every wanted to experience being a DJ? If you're in the mood to party and dance, this is a great facilitated social time to mix it up, and experience a dance and DJ setting with trained staff. All abilities welcome.

## DRUMMING FOR EVERYONE

This interactive drumming program will harness each person's creativity and individuality in a safe, supportive, and encouraging environment. Participants will play a variety of African Hand Drums and World Percussion Instruments, exploring and expressing rhythm through drumming, body percussion, voice, and music. No previous musical experience is necessary to participate.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Fee
Adult Body Fit & Swim	18Y+	12	Thu	Sep 22	9:30 - 1:30 p.m.	MC	84827	\$154.89
Adult Dance & Rhythm Plus	18Y+	12	Fri	Sep 23	11 a.m. - Noon	MC	84829	\$99.25
Adult Gym and Swim for All	18Y+	12	Wed	Sep 21	10 a.m. - 2 p.m.	MC	84825	\$143.36
Adult Lunch Club	18Y+	12	Mon	Sep 19	11 - 12:30 p.m.	RTRC	84828	\$114.50
Adult Sit Fit & Swim	18Y+	12	Tue	Sep 20	1 - 3 p.m.	MC	84941	\$143.36
Adult Sit Fit & Swim	16Y+	12	Tue	Sep 20	5:30 - 7:30 p.m.	MC	85768	\$143.36
Adult Sit Fit & Swim	16Y+	12	Thu	Sep 22	5:30 - 7:30 p.m.	MC	85769	\$143.36
Adult Social Bowling	17Y+	12	Mon	Sep 19	1:30 - 3 p.m.	SL	84830	\$143.36
Cabaret Club	18Y+	12	Fri	Sep 23	1:30 - 3 p.m.	YC	84831	\$143.36
Chef's Corner	10-25Y	10	Mon	Sep 26	5 - 6:45 p.m.	YC	84832	\$110.70
DJ Desk Party	14-23Y	10	Fri	Sep 23	6 - 7 p.m.	YC	84940	\$110.70
Drumming for Everyone	10Y+	4	Mon	Oct 17	7 - 8 p.m.	RTRC	84985	\$85

YC - Youth Centre RTRC - Ray Twinney Recreation Centre MC - Magna Centre SL - Stellar Lanes



### LEARN TO SKATE (SPECIAL ABILITIES)

A learn to skate program for individuals with special needs. A small class size and individual support will provide a supportive fun experience to learn skating skills. Participants are required to provide their own helmet and ice skates.

### PLAY WITHOUT BORDERS (GYM) FOR CHILDREN

Trained staff will lead this learn to play program for children with all abilities 3 to 7 years of age. This program focuses on the development of fine and gross motor skills and cooperation through a variety of activities and games. Each participant, regardless of their abilities will be a part of a fun and interactive environment where the aim is always inclusive fitness, fun and a focus on safety.

### PLAY WITHOUT BORDERS (GYM) FOR YOUTH

Trained staff will lead this learn to play program for youth with all abilities 8 to 13 years of age. This adapted physical education program will focus on skill

development, being physically active, social skills and fun! Staff will promote opportunities with one-on-one coaching and group participation.

### PLAY WITHOUT BORDERS (SWIM) FOR CHILDREN

Trained staff will be leading this water play program for children with all abilities 3 to 12 years of age. This adapted physical education program aims to encourage team play and cooperation through a variety of water activities. Each participant, regardless of their abilities, will be a part of a fun and interactive safe environment.

### PLAY WITHOUT BORDERS (SWIM) FOR YOUNG ADULTS

Trained staff will be leading this water play program for young adults with all abilities 13 to 23 years of age. This adapted physical education program aims to encourage team play and cooperation through a variety of water activities. Each participant, regardless of their abilities, will be a part of a fun and interactive safe environment.

### PLAY WITHOUT BORDERS YOUNG ADULTS (GYM)

Trained staff will lead this learn to play program for young adults with all abilities 14 to 23 years of age. This adapted physical education program will focus on skill development, being physically active, social skills and fun! Staff will promote opportunities with one-on-one coaching and group participation.

### SLEDGE ICE HOCKEY

Hockey played in ice sledges, this exciting new program is geared for all abilities. Able bodied persons welcome too. Coaching, skill development and scrimmage are included. Exhibition games will be booked through the season. Ice sledges are available for use. Full hockey protective gear is required. Program runs from September through to March.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Fee
Learn to Skate (Special Abilities)	4-25Y	12	Sat	Sep 24	8:45 - 9:35 a.m.	MC	84945	\$140
Play with... (Gym) for Children	3-7Y	10	Sat	Sep 24	10 - 10:55 a.m.	MC	84834	\$113.90
Play without... (Gym) for Youth	8-13Y	10	Sat	Sep 24	10 - 10:55 a.m.	MC	84835	\$113.90
Play with... (Swim) for Children	3-12Y	10	Sat	Sep 24	11 a.m. - Noon	MC	84939	\$113.90
Play... (Swim) for Young Adults	13-23Y	10	Sat	Sep 24	Noon - 1 p.m.	MC	84938	\$113.90
Play with.. Young Adults (Gym)	13-23Y	10	Sat	Sep 24	11 a.m. - Noon	MC	84836	\$113.90
Sledge Ice Hockey	8-40Y	26	Thu	Sep 22	6:45 - 8:15 p.m.	MC	84942	\$230.72

All programs/aquatics include RAS (Recommending a Strategy Surcharge) fee but DO NOT include applicable taxes. No taxes are applied on programs for 14 yrs. and under.

## SOCIAL ACTIVE CLUB

Are you a social butterfly? This adult program will focus on socialization and learning new skills in a fun atmosphere through activities and social games, including billiards, board games, crafts, fitness and gym sports.

## STEPPING STONE DANCE

Participants in this program will learn the latest of hip hop, jazz and creative moves and steps at a comfortable pace! Building dance routines, the participants will be taught by trained and encouraging staff and volunteers.

## TEEN SOCIAL CLUB

Come out to participate in variety of teen social activities including art, music and leisure games. Meet new friends. Participants will contribute to planning of weekly activities. This program is specifically designed for individuals who have special needs and facilitated by trained support staff.

## WHEELCHAIR DANCING

This intro program will include pair and solo work as participants learn wheelchair partner dancing. Styles include ballroom, Latin, country line and more! Meet new friends or bring a guest. Wheelchairs are available for use. Abled partners welcome at no additional fee.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Fee
Social Active Club	18-60Y	10	Tue	Sep 20	1 - 3 p.m.	NYC	84937	\$49.80
Stepping Stone Dance	18-60Y	12	Mon	Sep 19	10 - 11 a.m.	RTRC	84934	\$81.32
Stepping Stone Dance	10-15Y	8	Mon	Sep 26	6 - 6:45 p.m.	CRC	84935	\$55.88
Stepping Stone Dance	16-25Y	8	Mon	Sep 26	6:45 - 7:30 p.m.	CRC	84936	\$55.88
Teen Social Club	12-21Y	12	Fri	Sep 23	7 - 8:45 p.m.	NYC	84833	\$87.24
Wheelchair Dancing	8-60Y	10	Sat	Sep 24	Noon - 1 p.m.	MC	84944	\$120.45

NYC - Newmarket Youth Centre RTRC - Ray Twinney Recreation Centre MC - Magna Centre CRC - Crossland Recreation Centre

### ONTARIO REGISTERED MUSIC TEACHERS' ASSOCIATION Newmarket Aurora Bradford



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