

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 guide 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. 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 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 develop-



ment. 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 to 7 p.m. in the Tim Hortons 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 4:15 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.

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 and 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 & STRETCH

Participants with limited mobility will benefit from this upper body and core workout, sitting in chairs. Instruction on proper stretching to develop daily routine will also be included.

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 10 week program to see your personal best!

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.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Fee
Adult Body Fit & Swim	18Y+	10	Thu	Jan 19	9:30 - 1:30 p.m.	MC	86739	\$147.39
Adult Dance & Rhythm Plus	18Y+	10	Fri	Jan 13	11 - 12 p.m.	MC	86741	\$83.50
Adult Gym and Swim for All	18Y+	11	Wed	Jan 11	10 - 2 p.m.	MC	86743	\$131.83
Adult Lunch Club	18Y+	10	Mon	Jan 9	11:30 - 2 p.m.	RTRC	86747	\$96.30
Adult Sit Fit & Stretch	18Y+	10	Mon	Jan 9	10 - 11:15 a.m.	RTRC	87590	\$97.24
Adult Sit Fit & Stretch	18Y+	10	Wed	Jan 11	4:15 - 5:30 p.m.	MC	87623	\$97.24
Adult Sit Fit & Stretch	18Y+	10	Fri	Jan 13	9 - 10:30 a.m.	MC	87622	\$97.24
Adult Sit Fit & Swim	18Y+	10	Tue	Jan 10	1 - 3 p.m.	MC	86778	\$120.30
Adult Social Bowling	17Y+	10	Mon	Jan 9	1:30 - 3 p.m.	SL	86755	\$120.30
Chef's Corner	10 - 25Y	10	Mon	Jan 9	5 - 6:45 p.m.	NRYC	86762	\$110.70

Adult Body Fit & Swim	18Y+	10	Thu	Apr 12	9:30 - 1:30 p.m.	MC	86740	\$147.39
Adult Dance & Rhythm Plus	18Y+	10	Fri	Apr 13	11 - 12 p.m.	MC	86742	\$83.50
Adult Gym and Swim for All	18Y+	10	Wed	Apr 11	10 - 11 a.m.	MC	86745	\$120.30
Adult Lunch Club	18Y+	8	Mon	Apr 16	11:30 - 2 p.m.	RTRC	86748	\$78.04
Adult Sit Fit & Stretch	18Y+	8	Mon	Apr 16	10 - 11:15 a.m.	RTRC	87593	\$78.84
Adult Sit Fit & Stretch	18Y+	8	Wed	Apr 11	4:15 - 5:30 p.m.	MC	87624	\$78.84
Adult Sit Fit & Stretch	18Y+	8	Fri	Apr 13	9 - 10:30 a.m.	MC	87625	\$78.84
Adult Sit Fit & Swim	18Y+	10	Tue	Apr 10	1 - 3 p.m.	MC	86781	\$120.30
Adult Social Bowling	17Y+	8	Mon	Apr 16	1:30 - 3 p.m.	SL	86756	\$97.24
Chef's Corner	10 - 25Y	7	Mon	Apr 16	5 - 6:45 p.m.	NRYC	86763	\$78.99

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



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.

CHILDREN'S ADAPTED GAMES & MORE

Fun games and adapted activities for children lead by trained staff and volunteers, promoting social interaction and physical activity.

GENTLE FIT - ADAPTED

This class focuses on light activities to stimulate coordination and movement. Ideal for adults with special needs who are working on sensory skills, range of motion or light fitness. Class is adapted to accommodate those in wheelchairs, or those needing assistance with their activities. Facilitators are required for participants who cannot participate independently. Facilitators attend free of charge. A great social class for all involved.

INCLUSION CIT

Learn the basics of leader training for inclusion programs: including adaptive programming, sports and games for those with special needs. Program

will include classroom instruction and placements. Certificate will be presented on successful completion.

LEARN TO SKATE

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 11 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.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Fee
Drumming for Everyone	6Y+	4	Mon	Jan 23	7 - 8 p.m.	RTRC	87027	\$85
Children's Adapted Games	5 - 12Y	10	Thu	Jan 19	5:30 - 6:45 p.m.	MC	87466	\$113.90
Gentle Fit - Adapted	18Y+	10	Wed	Jan 18	3 - 4 p.m.	RTRC	87021	\$83.33
Inclusion CIT	14 - 30Y	10	Sat	Jan 14	9 - 12 p.m.	MC	86777	\$100
Learn to Skate	4 - 25Y	8	Sat	Jan 21	8:45 - 9:30 a.m.	MC	86773	\$95
Play with... (Gym) for Children	3 - 7Y	14	Sat	Jan 14	10 - 10:55 a.m.	MC	86766	\$157.46
Play without... (Gym) for Youth	8 - 13Y	14	Sat	Jan 14	10 - 10:55 a.m.	MC	86767	\$157.46
Play with... (Swim) for Children	3 - 12Y	14	Sat	Jan 14	11 - 12 p.m.	MC	86769	\$157.46
Children's Adapted Games	5 - 12Y	10	Thu	Apr 12	5:30 - 6:45 p.m.	MC	87467	\$113.90
Drumming for Everyone	6Y+	4	Mon	Apr 16	7 - 8 p.m.	AF	87519	\$85
Gentle Fit - Adapted	18Y+	10	Wed	Apr 11	3 - 4 p.m.	RTRC	87022	\$83.33

NRYC - Newmarket Recreation Youth Centre **MC** - Magna Centre **RTRC** - Ray Twinney Recreation Centre **AF** - Art Ferguson

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.

SOCIAL ACTIVE CLUB

Are you a social butterfly? This adult program focusses 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



and 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. Aabled partners welcome at no additional fee.

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Fee
Play... (Swim) for Young Adults	13 - 23Y	14	Sat	Jan 14	12 - 1 p.m.	MC	86770	\$157.46
Play... (Gym) for Young Adults	13 - 23Y	14	Sat	Jan 14	11 - 12 p.m.	MC	86768	\$157.46
Social Active Club	18Y+	10	Tue	Jan 10	1 - 3 p.m.	NRYC	86759	\$52
Stepping Stone Dance	18Y+	10	Mon	Jan 9	2 - 3 p.m.	RTRC	86749	\$76.90
Stepping Stone Dance	10 - 15Y	8	Mon	Jan 16	5:15 - 6 p.m.	RTRC	86750	\$57.40
Stepping Stone Dance	16 - 30Y	8	Mon	Jan 16	6 - 6:45 p.m.	RTRC	86751	\$57.50
Teen Social Club	12 - 21Y	10	Fri	Jan 13	7 - 8:45 p.m.	NRYC	86771	\$73.50
Wheelchair Dancing	8Y+	15	Sat	Jan 14	12 - 1 p.m.	MC	86761	\$178.75

Social Active Club	18Y+	10	Tue	Mar 27	1 - 3 p.m.	NRYC	86760	\$52
Stepping Stone Dance	18Y+	8	Mon	Apr 16	2 - 3 p.m.	RTRC	86752	\$62.52
Stepping Stone Dance	10 - 15Y	8	Mon	Apr 16	5:15 - 6 p.m.	RTRC	86753	\$57.40
Stepping Stone Dance	16 - 30Y	8	Mon	Apr 16	6 - 6:45 p.m.	RTRC	86754	\$57.40
Teen Social Club	12 - 21Y	8	Fri	Apr 13	7 - 8:45 p.m.	NRYC	86772	\$59.80

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.