



Fitness and Multi-Sport Programs

Aurora

**Town of Aurora: Active
Start with Special Olympics**

Active Start programming focuses on fundamental movement skills and provides participants with a crucial foundation to build necessary motor skills in order to be active and participate in a variety of sports later in life. This program is for children with intellectual disabilities. A parent or caregiver is required to accompany the participant at all times and provide assistance as required.

Ages: 2-6 yrs

Intellectual
Disabilities

Aurora Family Leisure Complex Community Programmer

<https://www.aurora.ca/en/recreation-arts-and-culture/recreation-programs.aspx?mid=17606>

**Town of Aurora:
FUNdamentals with Special
Olympics**

FUNdamentals is a Special Olympics program targeted at children with an Intellectual Disability. This program focuses on strengthening sports and daily activity skill sets. This curriculum builds upon the Active Start program and is intended to help children with an Intellectual Disability develop the necessary skills to partake in sports later in life.

Ages: 7-12 yrs

Intellectual
Disabilities

Aurora Family Leisure Complex Community Programmer

<https://www.aurora.ca/en/recreation-arts-and-culture/recreation-programs.aspx?mid=17606>

**Town of Aurora: Adapted
Family Open Gym**

This drop-in program allows persons with disabilities to enjoy the gymnasium with their parents, guardians, or caregivers. All abilities are welcome. Staff will be on site to supervise for safety and first aid if needed.

Ages: 4+ yrs

All Abilities

Aurora Family Leisure Complex Community Programmer

<https://www.aurora.ca/en/recreation-arts-and-culture/recreation-programs.aspx?mid=17606>



Vaughan

The City of Vaughan Special Needs – Fitness Foundations Children in Motion with Variety Village *Inclusive, co-operative games, adapted sport activities* *Ages: 5+ yrs* *All abilities*

905-832-2377 x 7405 *Velore Village CC* *Inclusion and Community Services Specialist*

specialneeds@vaughan.ca

<https://www.vaughan.ca/services/recreation/registration/Pages/default.aspx>

The City of Vaughan Special Needs – FUNdamentals of Sport *Learn basic sport skills of basketball, soccer, running with adaptations* *Ages: 7-12+ yrs* *All abilities*

905-832-2377 x 7405 *Velore Village CC* *Inclusion and Community Services Specialist*

specialneeds@vaughan.ca

<https://www.vaughan.ca/services/recreation/registration/Pages/default.aspx>

Richmond Hill

City of Richmond Hill: Active Start with Special Olympics *Learn fundamental movement skills and physical literacy such as kicking, throwing, running, jumping* *Ages: 4-12+ yrs* *Intellectual disability*

905-884-0855 x 223 *Richvale CC* *Inclusion Services Coordinator*

<https://www.richmondhill.ca/en/things-to-do/Inclusion-Services.aspx>

City of Richmond Hill: FUNdamentals with Special Olympics *Gain further sports education and applying fundamental movement skills* *Ages: 7-12+ yrs* *Intellectual disability*

905-884-0855 x 223 *Richvale CC* *Inclusion Services Coordinator*

<https://www.richmondhill.ca/en/things-to-do/Inclusion-Services.aspx>



City of Richmond Hill: On the Move *Variety of activities promoting socializing, moving, playing and having fun* *Ages: 4-12+ yrs* *Intellectual & Physical disability*

905-884-0855 x 223 Richvale CC *Inclusion Services Coordinator*

<https://www.richmondhill.ca/en/things-to-do/Inclusion-Services.aspx>

Newmarket

Town of Newmarket Special Needs: Kid's Fit & Swim *Children will enjoy 45 minutes of exciting games and activities that focus on social skills, taking turns, making friends and having fun! They will then head to the pool and swim for 1 hour with their new friends and inclusion facilitators. Staff ratio will be 1:2.* *Ages: 6-12+ yrs* *All abilities*

905-953-5300 x 2710 Magna Centre Pat McIntosh - pmcintosh@newmarket.ca

<https://www.newmarket.ca/ThingsToDo/Pages/Recreation%20and%20Culture/Special%20Needs/Special%20Needs%20Fall-Programs.aspx>

Town of Newmarket Special Needs: Teen's Fit & Swim *Teens will participate in a 45 minute land fitness class, followed by 1 hour of swim time that will include Swim to Survive instruction, water games and more. Please bring a snack for the social time following the swim. Staff ratio will be 1:5* *Ages: 13-21+ yrs* *All abilities*

905-953-5300 x 2710 Magna Centre Pat McIntosh - pmcintosh@newmarket.ca

<https://www.newmarket.ca/ThingsToDo/Pages/Recreation%20and%20Culture/Special%20Needs/Special%20Needs%20Fall-Programs.aspx>



Markham

City of Markham Adapted Programs: Active Start

Active Start is designed to teach children with special needs the fundamental movement skills and sport skills they need to enjoy an active lifestyle. Participants learn active skills such as jumping, throwing, rolling, kicking, catching, and body awareness, plus skills of a different sport every week in a fun, non-competitive environment.

Ages: 4-10 yrs

All Abilities

905-477-7000 x 3930

Cornell CC

Inclusion Coordinator

<https://www.markham.ca/wps/portal/home/recreation/programs/general-programs/07-general-programs>

Toronto

Laura Hunter's Gym Skills

GymSkills is a customized physical education program that develops skills for more successful participation in recreational and physical activity programs programs at school and in the community.

Ages: 3+ yrs

All Abilities

416-771-2217

Bloorview Kids Rehab

Jesse Seguin -

<https://www.stepsprograms.com/special-needs-gym-program.html>



Whitchurch-Stouffville

Town of Whitchurch-Stouffville: Active Start with Special Olympics

Active Start programming focuses on fundamental movement skills and provides participants with a crucial foundation to build necessary motor skills in order to be active and participate in a variety of sports later in life. This program is for children with intellectual disabilities. A parent or caregiver is required to accompany the participant at all times and provide assistance as required.

Ages: 2-6 yrs

Intellectual
Disability

905-642-7529 x 5235

SoccerCity

Ashley Arruda - ashley.arruda@townofws.ca

<http://www.townofws.ca/en/recreation/adapted.aspx>

Town of Whitchurch-Stouffville: FUNdamentals with Special Olympics

FUNdamentals is a Special Olympics program targeted at children with an Intellectual Disability. This program focuses on strengthening sports and daily activity skill sets. This curriculum builds upon the Active Start program and is intended to help children with an Intellectual Disability develop the necessary skills to partake in sports later in life.

Ages: 7-12 yrs

Intellectual
Disability

905-642-7529 x 5235

SoccerCity

Ashley Arruda - ashley.arruda@townofws.ca

<http://www.townofws.ca/en/recreation/adapted.aspx>



Various Locations: York Region

Sportball Programs – available in various municipalities

Sport ball teaches children fundamental physical literacy skills through a variety of sports including t-ball, soccer, basketball, running, baseball, tennis, volleyball, ball hockey and golf. Sportball teaches children sports skills, pro-social skills and motor skills through activities that focus on following instructions, attention and focus, hand-eye coordination, grasping, swinging, throwing and shooting. They offer general programs as well as adapted programs and are happy to accommodate additional needs.

Ages: 1+ yrs

All Abilities

905-882-4473

Various Locations

registration@sportball.ca

<https://www.sportball.ca/toronto/program-schedules/markham/>

RecRespite – Muscles and Me

We develop our physical literacy and social skills through sport and movement. By creating and teaching the rules of our own sport, we encourage empathy and gain self-regulation. Along with new games to be played, we gain new opportunities to cope in any new environment.

Ages: All ages

All Abilities

905-813-0336

Various Locations

info@recrespite.com

<https://recrespite.com>



Barrie

City of Barrie – FUNdamentals with Special Olympics

FUNdamentals is a Special Olympics program targeted at children with an Intellectual Disability. This program focuses on strengthening sports and daily activity skill sets. This curriculum builds upon the Active Start program and is intended to help children with an Intellectual Disability develop the necessary skills to partake in sports later in life.

Ages: 6-12 yrs

*Intellectual &
Physical
Disabilities*

705-739-4220 x 5789

361 King St. Unit 7 Barrie

Recreation Programmer - Inclusion Services

<https://www.barrie.ca/Living/RecreationPrograms/Pages/default.aspx>

Various Locations: Simcoe County

RecRespite – Muscles and Me

We develop our physical literacy and social skills through sport and movement. By creating and teaching the rules of our own sport, we encourage empathy and gain self-regulation. Along with new games to be played, we gain new opportunities to cope in any new environment.

Ages: All ages

All Abilities

905-813-0336

Various Locations

info@recrespite.com

<https://recrespite.com>