Inclusive programs are designed to provide participants living with a disability the opportunity to make new friends, develop skills and have fun.

Note for swimming:
Anyone who is incontinent must wear a pool pant or plastic pant under their bathing suit.

DROP-IN PROGRAMS
For up-to-date drop-in program schedules and fees please visit www.brampton.ca

PAHA DROP-IN
Age: 55+ Years
This program is for participants living with disabilities who would like to play cards, games, colour, or socialize. Activities are planned and organized daily by those in attendance. This program is in partnership with the Peel Association for Handicapped Adults (PAHA).
For more information, please contact info@pahapeel.ca

INCLUSIVE DINNER & DANCE DROP IN
Age: 14+
3.5 Hours
An exciting special event for teens and adults who are living with a disability. Dinner, dancing and fun. Dress up and you could win a prize.
Support workers are welcome and are only required to pay for dinner if they would like to eat.
Jim Archdekin Recreation Centre
Fri 6:30 pm Oct 25 $20
Fri 6:30 pm Feb 14 $20

DROP-IN DANCE
Age: 14+
This exciting drop-in program is for teens and adults living with a disability. Each week is different with theme nights and prizes. The cost of the dance is $10 per person, per week.
Jim Archdekin Recreation Centre
Wednesday 6:30pm-8:30pm

FALL PROGRAMS
983014 | Deadline to register: August 30, 2019

FALL 2019/WINTER 2020
WINTER PROGRAMS
983020 | Deadline to register: December 23, 2019
For more information, please contact inclusionprograms@brampton.ca

A.D.A.P.T.
This adult day program will feature a wide variety of recreational programming. Participants will experience programming covering the areas of games, music, literacy, fitness, crafts, swimming and more. Please note that 1:1 support is not provided. If the participant requires 1:1 support, they are required to bring their own support. To obtain more information contact inclusionprograms@brampton.ca. Please note that all registrations must be done at Jim Archdekin Recreation Centre for this program.

Age: 21+
Class Length: 8 hours

OUT AND ABOUT
For those who need little assistance and/or supervision. Out and About provides planned community outings and special events. Participants meet at Jim Archdekin Recreation Centre for the first night to set the agenda. After that, agendas can be obtained at Jim Archdekin Recreation Centre.

In order for support to be assigned, a current (within one year) Integration & Inclusion Participant Profile must be provided to the Integration & Inclusion team prior to the start of session. To access a copy of the profile, please visit: www.brampton.ca/inclusionprograms.

Additional Fees: Participants must pay admission for weekly outings.
Age: 14+
Class Length: 2 Hours

FALL
Fri 7:00 pm Sep 20 14 $35.75 983887

WINTER
Fri 7:00 pm Jan 10 10 $35.75 983976

SWIM AND EXPLORE
This program is for participants with disabilities who need minimal assistance and/or supervision. This fun and enjoyable program consists of one hour of swim time during our public swim, plus a variety of weekly activities such as crafts, games and active play.

In order for support to be assigned, a current (within one year) Integration & Inclusion Participant Profile must be provided to the Integration & Inclusion team prior to the start of session. To access a copy of the profile, please visit: www.brampton.ca/inclusionprograms.

Age: 6 - 13
Class Length: 3 Hours

FALL
Jim Archdekin Recreation Centre
Sat 12:30 pm Sep 21 14 $84.84 983863

WINTER
Jim Archdekin Recreation Centre
Sat 12:30 pm Jan 11 10 $60.60 983869

SWIM AND SOCIAL
For anyone who has survived a stroke, has Multiple Sclerosis or has a physical disability.
Each week participants will swim and have lunch together while participating in various activities such as cards, board games and crafts. Anyone who requires assistance should bring their own support.

Required Materials: Please bring a snack or a lunch.
Age: 18+
Class Length: 4 hours

FALL
Chinguacousy Wellness Centre
Thu 9:30 am Sep 19 14 $120.68 981048

WINTER
Chinguacousy Wellness Centre
Thu 9:30 am Jan 9 10 $86.20 982077

9th Annual
HEALTH, WELLNESS AND ACCESSIBILITY INFORMATION FAIR

Featuring exhibitors and information about healthy living and services for people living with a disability or disorder.
Admission is FREE

Saturday, November 2, 2019
10 am – 2 pm
Cassie Campbell Recreation Centre
1050 Sandalwood Pkwy. W., Brampton
INCLUSIVE DROP-IN DANCES

Come out to our reinvented drop-in dance program for teens and adults living with disabilities. Starlight Disc Jockey Services will spin current top 40 hits!

Make new connections and spend time with old friends.

There will be an opportunity to win prizes!

AGE 14+

Jim Archdekin Recreation Centre
Wednesday evenings | 6:30 - 8:30 pm
September 18 - December 18 (Fall) | January 8 - March 18 (Winter)
$10 per person/week

REGISTERED PROGRAMS

INCLUSIVE PARA SPORT

SLEDGE HOCKEY
Sledge hockey is designed for children (ages 6+) and adults with physical disabilities. Both males and females are welcome. Weekly games, practices and tournaments included.

Ken Hall at 905.874.1860
sledgehockey@cruisers-sports.com
www.cruisers-sports.com

WHEELCHAIR BASKETBALL
Cruisers Sports offers both a competitive wheelchair basketball program and a House League program. The House League wheelchair basketball program runs Monday evenings and is for persons aged 8 and up, either able-bodied or with disabilities. This House League program is divided into two age groups. Competitive basketball players also practice Tuesday or Friday evenings depending on age and ability.

Kathy Ludwig at 905.790.6732
basketball@cruisers-sports.com
www.cruisers-sports.com

MULTI-SPORTS
This is a fun and exciting way to be introduced to a variety of adapted schoolyard games. Big Beach Ball Soccer, Mini-basketball, Red Rover and Tag are just some of the games played at this strictly recreational program. Children will get a chance to develop and practice wheelchair skills, and communication skills, as well as develop hand-eye co-ordination while participating in a fun, safe and affordable environment. Children are welcome to bring walkers, or other adaptive equipment, for some of the games. This program runs on Tuesday evenings.

Kathy Ludwig at 905.790.6732
basketball@cruisers-sports.com
www.cruisers-sports.com

SPECIAL NEEDS HOCKEY LEAGUE
This league will be divided into two groups: ages 5-12 and 13 years & over.

Have you always wanted to play in a hockey league? Well, now is your chance. Come out and learn the various skills and drills of hockey as well as compete against different teams. We will be travelling to other municipalities. You will learn how to stop, shoot, pass and score. So come on out and develop your hockey skills. This league will give you the opportunity to practice all of these skills for two hours every Saturday.

For more information, please contact the Brampton Youth Hockey Association at 905.453.3243.

BRAMPTON SPECIAL OLYMPICS
Special Olympics are dedicated to promoting respect, acceptance, inclusion and human dignity to individuals with intellectual disabilities through sport and competition.

Brampton Special Olympics offers athletes with an intellectual disability a variety of competitive sports such as Soccer, Swimming, 5 Pin Bowling, 10 Pin Bowling, Basketball, Baseball, T-ball, Track and Field, Fitness Buddies, Youth Skills and Golf; all within the Brampton community. Our sports programs offer individuals living with Intellectual Disabilities an opportunity to stay or get physically active, challenge themselves through sport, socialize and make friends.

Wendi Best at 905.702.7715
brampton.communitycoordinator@specialolympicsontario.ca
http://brampton.specialolympicsontario.ca

To get involved in any of our sports, an Athlete Registration / Medical Form and Registration Fee are required and payable to Brampton Special Olympics.