

Inclusion Services and Programs

Richmond Hill encourages individuals with disabilities to participate in recreation and culture programs at a level of participation suitable to their abilities, support needs, program choice and facility access.

A participant requires extra support if...

- extra support is required at school;
- a disability exists that could affect the safety of the participant or other participants;
- extra support is required at home for basic care;
- the participant is currently associated with a support agency and/or program.



Support Options:

1. Clients may provide One-on-One support in the form of a family member, friend or trained support/social worker.
2. A limited number of Inclusion Counsellors are on staff to provide 1:1 support in various programs. These support staff are available for a fee in addition to the course registration fee.

Please understand that Richmond Hill will do its best to find support for you if required; however, it is not guaranteed that an Inclusion Counsellor for the time and day of the program you request will be secured.

When considering recreation experiences, please especially take into account the individual's needs, as recreation integrated settings may not be appropriate for all individuals with disabilities. Richmond Hill's Inclusion Counsellors provide 1:1 support to individuals with disabilities and, in accordance with provincial legislation, Richmond Hill's own policies and in consultation with parents, we may request that an individual with a disability be accompanied by a support person in order to ensure the health and safety of the individual or others involved in our programs.

Funding

Parents of children with disabilities may be eligible to receive Special Services at Home funding through the *Ministry of Community & Social Services*. Call 905-868-8900 for information.

Richmond Hill offers recreational programming, swimming opportunities and fitness equipment for people of all abilities.

Please contact Inclusion Services at 905-884-0855, ext. 223, prior to registering for any of these programs.

How do I register for an individual with disabilities?

1. Look through the Community Recreation Guide for programs that are of interest and suitable.
2. Contact Inclusion Services at 905-884-0855, ext. 223, at least two weeks prior to the registration start date to discuss registration plans and support options.
3. Register for the program using any of the registration methods.

IMPORTANT INFORMATION:

If you or the person you are registering has a disability, a medical condition or a life-threatening allergy, please include that information on your Registration Form.

Our online and phone registration systems do not provide a method to indicate or update information regarding disabilities, medical conditions or life-threatening allergies. To update that information, please fill out a Life-Threatening Allergies/Medical Conditions Information Form and return it to your local community centre. Forms are available online at RichmondHill.ca and at all Richmond Hill community centres.



THANK YOU!

The Community Services Department gratefully acknowledges the financial support of the Richmond Hill Mobility & Accessibility Foundation. The funds provided have enabled Richmond Hill to provide additional services and equipment to our residents with disabilities.



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Inclusion Services and Programs

Inclusion Programs: Richmond Hill offers the following programs that have been adapted and developed specifically for participants with a disability.

Children's Programs

Active Start

In partnership with Special Olympics Ontario, this program helps young children with intellectual disabilities learn the fundamental movement skills required for numerous sports. Participants will gain a foundation in physical literacy and learn basic motor skills, such as kicking, throwing, running, jumping and balancing.

Prerequisite: Parents/guardians are required to attend and participate in the program.



Fall 2018

Day: Thursday, September 27 (eight-week program)
Time: 4 - 5 p.m. Age: 2 - 6
Cost: \$88/8 Course Code: 23807
Location: Richvale Community Centre

Winter 2019

Day: Thursday, January 17 (eight-week program)
Time: 4 - 5 p.m. Age: 2 - 6
Cost: \$88/8 Course Code: 23811
Location: Richvale Community Centre

FUNDamentals

In partnership with Special Olympics Ontario, this program builds on the basic movement skills learned in the Active Start program. Supporting older children with intellectual disabilities, FUNDamentals shifts the focus to basic sports skills while improving fundamental motor skills, such as kicking, jumping and throwing. Participants will gain a valuable sports education and can apply these skills in everyday activities.



Fall 2018

Day: Thursday, September 27 (eight-week program)
Time: 5 - 6 p.m. Age: 7 - 12
Cost: \$88/8 Course Code: 23808
Location: Richvale Community Centre

Winter 2019

Day: Thursday, January 17 (eight-week program)
Time: 5 - 6 p.m. Age: 7 - 12
Cost: \$88/8 Course Code: 23812
Location: Richvale Community Centre

On the Move

Children with developmental and physical disabilities will have an opportunity to join in a variety of activities that promote socializing, moving, playing and having fun! This program for children with disabilities is designed to meet the specific developmental, social and sensory needs of this group in exciting and enjoyable ways.

Prerequisite: Participants must be able to participate in a 1:4 (staff: participant) ratio.

Fall 2018

Day: Saturday, September 29 (four-week program)
Time: 1 - 2 p.m. Age: 4 - 12
Cost: \$42/4 Course Code: 23393
Location: Richvale Community Centre

Winter 2019

Day: Saturday, January 12 (four-week program)
Time: 1 - 2 p.m. Age: 4 - 12
Cost: \$42/4 Course Code: 23398
Location: Richvale Community Centre

Paint and Play

Paint and Play encourages children with disabilities to participate in a variety of art activities and active games. It's a great opportunity for interaction and socialization with other children while promoting movement, learning and self-expression.

Prerequisite: Children must be able to participate in a group with a 1:4 (staff: participant) ratio.

Fall 2018

Day: Saturday, October 27 (four-week program)
Time: 1 - 2 p.m. Age: 4 - 12
Cost: \$42/4 Course Code: 23388
Location: Richvale Community Centre

Winter 2019

Day: Saturday, February 9 (four-week program)
Time: 1 - 2 p.m. Age: 4 - 12
Cost: \$42/4 Course Code: 23399
Location: Richvale Community Centre

Inclusion Services and Programs

Children's Programs

Sensory Discovery

In this interactive program, children will have the opportunity to get messy and engage all of their senses through sensory exploration and discovery! With a focus on tactile experiences, children will have fun experimenting and playing with different materials and textures. This calming environment will encourage them to try new activities while fostering the development of fine motor, gross motor, cognitive, self-regulation and communication skills.

Prerequisite: Participants must be able to participate in a 1:4 (staff : participant) ratio.

Fall 2018

Day: Saturday, October 27 (four-week program)
Time: 11 a.m. - 12 p.m. Age: 4 - 12
Cost: \$42/4 Course Code: 23809
Location: Oak Ridges Community Centre

Winter 2019

Day: Saturday, February 9 (four-week program)
Time: 11 a.m. - 12 p.m. Age: 4 - 12
Cost: \$42/4 Course Code: 23810
Location: Oak Ridges Community Centre

Let's Connect

Your child can connect with new friends while engaging in fun group activities, including card and sport games, team-building exercises, baking, dancing and more! While focusing on pro-social interaction, turn-taking, goal-setting, asking for help and peer-entry skills, children get to enjoy both new and familiar activities. All children must be able to participate in a group with a 1:3 (staff: participant) ratio.

Fall 2018

Day: Tuesday, September 25 (eight-week program)
Time: 5 - 6 p.m. Age: 6 - 12
Cost: \$88/8 Course Code: 23391
Location: Richvale Community Centre

Winter 2019

Day: Tuesday, January 15 (eight-week program)
Time: 5 - 6 p.m. Age: 6 - 12
Cost: \$88/8 Course Code: 23396
Location: Richvale Community Centre

Adventure Series – New Heights

Children will reach new heights in this exciting, integrated climbing program. Specially-designed equipment will meet the needs and abilities of all climbers allowing them to enjoy a unique rock climbing adventure! This program will run with two different streams: one for children with developmental disabilities and one for children with physical disabilities. Participants must be able to participate in a 1:4 (staff: participant) ratio.

Fall 2018

Day: Saturday, October 20 (1 day)
Time: 10 - 11 p.m. Age: 6+ years
Cost: \$25/1 Course Code: 26333
Day: Saturday, October 20 (1 day)
Time: 11:30 a.m. - 12:30 p.m. Age: 6+ years
Cost: \$25/1 Course Code: 26334
Location: Eyer Wideman Youth Centre and Park

Teen Programs

Let's Connect

Let's hang out! Here's a chance for teens to work on peer-entry skills, emotional regulation, self-help skills and more while participating in a variety of engaging activities. The Let's Connect teen program involves board games, cooking, arts and crafts and team-building exercises, for a combination of learning and fun! Teens must be able to participate in a group with a 1:3 (staff: participant) ratio.

Fall 2018

Day: Tuesday, September 25 (8-week program)
Time: 6 - 7 p.m. Age: 13 - 18
Cost: \$88/8 Course Code: 23392
Location: Richvale Community Centre

Winter 2019

Day: Tuesday, January 15 (8-week program)
Time: 6 - 7 p.m. Age: 13 - 18
Cost: \$88/8 Course Code: 23397
Location: Richvale Community Centre



Inclusion Services and Programs

Adult Programs

Adult Activities Club

This program is designed to provide fun and engaging group activities for young adults with developmental disabilities. Each week, the group will choose various recreational activities to enjoy. These could include cooking, arts and crafts, music, movies and athletic games. It's a great way for participants to meet new people and experience new things in their community. *Prerequisite: Participants must be able to participate in a 1:4 (staff: participant) ratio.*

Fall 2018

Day: Friday, September 28 (8-week program)
Time: 5:30 - 6:30 p.m. Age: 18 - 28
Cost: \$88/8 Course Code: 23387
Location: Richvale Community Centre

Winter 2019

Day: Friday, January 18 (8-week program)
Time: 5:30 - 6:30 p.m. Age: 18 - 28
Cost: \$88/8 Course Code: 23394
Location: Richvale Community Centre



Fitness Equipment for Persons with Disabilities

Richmond Hill encourages individuals with disabilities to participate in our fitness programs. To facilitate opportunities for everyone, Ed Sackfield Fitness Studio offers specialized strength and cardiovascular equipment designed to provide a high level of accessibility. Call the Ed Sackfield Fitness Studio at 905-771-8333, ext. 28 for more information.

Available equipment includes: Armbike, Uppertone Machine and MotoMed.

The Richmond Hill Mobility Accessibility Foundation is pleased to provide funding to assist persons with disabilities in purchasing a fitness membership at Ed Sackfield Fitness Studio. For more information, email Andrea at the Richmond Hill Mobility Accessibility Foundation at alewis@rhmobility.ca.

INCLUSION SERVICES

Swimming

Richmond Hill offers swimming opportunities for residents of all abilities. Lessons are available in one-on-one and low ratio classes to meet the needs and abilities of all participants. We also offer Adapted Aquatic swimming lessons for children aged 3-15 years old, under the supervision of a specialized instructor, and adults aged 16 years and older, which are supervised by a specialized instructor in a 1:2 (staff:participant) ratio. For more information on adapted swimming lessons, please contact Integration Services at 905-884-0855, ext. 223. Additional information for children's programs can be found on page 136 and adult programs on page 173 of this recreation guide.

The aquatics team is looking for volunteers who are at least 14 years old and hold a Bronze Cross Certificate to assist with our Adapted Aquatics program. For more information about volunteering with this program, turn to page 61 of this recreation guide.

We're here for you!



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Richmond Hill Mobility offers financial assistance for the following:

- Subsidized six-month gym memberships at Ed Sackfield Fitness Studio
- Adaptable devices
- Local business accessibility improvements
- Inclusive Richmond Hill programs
- Inclusion support workers with Richmond Hill



Visit rhmobility.ca for more information or call 905-508-4000, ext. 234.
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