

The City of Markham welcomes and encourages all residents to participate in our recreation programs. Every effort will be made for the child or adult to participate in an integrated or adapted program. It is important to consider the participant's ability when registering. If a participant requires a caregiver or volunteer to assist them, one will be admitted to the program free of charge.

How do I know if support is required?

Please consider the following when registering:

- Extra support is required at school in the classroom
- A physical, development, and or learning disability exists
- Extra support is needed at home for basic care
- Participant is supported by an agency
- Participant has a safety plan with their educational institution
- There may be behaviours that need to be managed, such as: biting, pinching, slapping, or running.

Participants will be required to complete a City of Markham Intake Form to assist with integration. This will help our instructors adapt the program and provide the best possible service.

You are welcome to provide your own support. Following is a list of suggestions:

- A support worker that is provided by a social service agency or the family
- A family member or friend
- A caregiver that is familiar with the participants needs and abilities i.e. nanny/babysitter

Volunteers

When requesting a volunteer through the City of Markham, please consider that volunteers:

- May not always be available during the day and time you have selected
- Are 14 and 15 years of age
- Do not support individuals with challenging behaviours
- Cannot provide lifts and transfers
- Cannot be alone with a participant

Volunteers can:

- Provide encouragement during participation
- Break down instructions and program rules
- Repeat skills
- Be a buddy
- Provide a safe environment

Inclusion Support Staff:

Caregivers can hire paid support for one-to-one assistance. These individuals are 16 years of age and older, have their Standard First Aid and experience working with various needs, and are High Five certified. Please note that there is a fee for this service.

How to Request a Volunteer for Recreation Programs:

You will need to request a volunteer by calling the Community Centre where you will be participating. (See page 23 for contact information. Please provide us with at least two (2) weeks notice.)

For Aquatic Programs, please contact the pool where you have registered. (See page 23 for contact information.)

For additional information:

- **Special Needs/Adapted Programs:** Janet Beatty, 905-477-7000 x 3930
- **Markham Public Libraries:** Andrea Cecchetto, 905-513-7977 x 4997
- **Markham Museum:** Megan Crawford, 905-477-7000, x 3174
- **Varley Art Gallery:** Cheryl Rego, 905-477-9511, x 228

Our City of Markham Fitness Centres are accessible! We encourage everyone to join! Benefits include:

- Kranck Cycles for the upper body
- Lots of free weights and pulley selectorized pieces
- Whirlpool's are 104°F (not wheelchair accessible)
- Thornhill Therapeutic Pool 93°F and fully accessible
- Fitness staff are able to create and adapt a program specific to your needs

Behind the Line Drama - Special Needs

Let your voice be heard. Let your story be told. With Behind the Line, you are centre stage! Produce your own fun and interactive art or media project. Make a short movie, create a superhero, or become a character in a comic book. No experience necessary. This is a fun and unique opportunity to meet new people and develop your communication skills. This new media and interactive drama program is designed to strengthening social and life skills of participants through action-based learning strategies. This program is in partnership with Community Living.

Cooking Made Easy

This class will teach you basic cooking and kitchen safety skills in a fun and interactive format. Participants will be given new and healthy recipes each week that incorporate a blend of flavours and ingredients that will be used to build their recipe binders. **This program is in partnership with Community Living and requires participants to be able to work independently.**

Relationship Course

This Relationship Course will cover many important topics including: consent, personal space, public vs. private, strangers, acquaintances, friends, romantic relationships, dating, sex education, internet safety, lawful acts, and healthy relationships. **This course was designed by Behaviour Management Services of York and Simcoe's Sexuality Clinic.**

Staff instructors have been fully trained. This program is in partnership with Community Living and requires participants to be able to work independently.

ART - Art Therapy - ADHD/ADD ^{pre-5/15}

This eight-week course offers children with Attention Deficit Hyperactive Disorder (ADHD) and Attention Deficit Disorder (ADD) a structured and creative environment for artistic expression. Through individual and collaborative art making, children will practice social skills, deepen relationships with others and correct attention and impulsivity issues. There will be an initial meeting between an art therapist and participants prior to the course. **All materials are provided. Note: no refunds 5 business days prior to the program.**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
Behind the Line Drama - Special Needs	18 - 40 yrs	Stiver Mill	Thu.	9:30 a.m. - 11:30 p.m.	Jan. 7	10	274402	\$114
Cooking Made Easy	18 yrs+	Armada C.C.	Mon.	9:30 a.m. - 12:30 p.m.	Jan. 11	9	274398	\$78
Relationship Course	18 yrs+	Stiver Mill	Wed.	9:30 a.m. - 11:30 a.m.	Jan. 6	12	276269	\$97
ART - Art Therapy - ADHD/ADD	7 - 12 yrs	Varley Art Gallery	Tue.	5:30 p.m. - 6:30 p.m.	Jan. 19	8	274201	\$80

ART - Art Therapy - ASD

This eight-week course offers children with Autism Spectrum Disorders a safe and supportive environment for creative growth. Through drawing, painting and sculpting, children will have the opportunity to express themselves, use imaginative thinking, stimulate developmental growth and gain social skills. They will work independently as well as collaboratively on art projects. Art projects will be based on goals set in the initial meeting between participants and an art therapist. *All materials are provided. Note: no refunds 5 business days prior to the program.*

Varley

Music Mania

This program is designed for children aged 7 - 15 with special needs who enjoy music and its elements. Young musicians will have an opportunity to participate in instrument playing, movement to music, singing, improvising, song writing and listening to music. Musical opportunities will be presented in a fun, non-threatening environment.

Adapted Swimming

This 45-minute program incorporates water exercise and basic learn-to-swim techniques for participants who require a more 'hands-on' approach. Adapted swimming is volunteer driven under the supervision of a specialized instructor.



Multi-Sensory Room

The multi-sensory room is a therapeutic room for all abilities. It provides a respite from noise, an anxious home or school environment. It is a gentle introduction to relaxation, provides a quiet corner to manage stress. It is a safe, non-threatening, non-clinical environment. **Located at Cornell C.C., \$3.70 per parent and one child, \$6.00 per family (one parent and 2 children).**

Mon.	9:30 a.m. - 10:45 a.m.
Tue.	9:30 a.m. - 11:30 a.m. 5:00 p.m. - 7:00 p.m.
Wed.	9:30 a.m. - 11:00 a.m. 4:00 p.m. - 6:00 p.m.
Thu., Sat.	9:30 a.m. - 11:30 a.m.

(Sep. 12 - Dec. 23)

To book a party, call 905-479-7753 ext. 4521

Underwater Hockey

Only in Canada would you have the opportunity to play this fun and exciting sport - underwater hockey. Lead by coaches and lifeguards, participants will have the chance to play hockey in the shallow end of the pool. See "Under Water Hockey" on page 76

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Course Code	Fee
ART - Art Therapy - ASD	7 - 12 yrs	Varley Art Gallery	Tue.	4:00 p.m. - 5:00 p.m.	Jan. 19	8	274198	\$80
Music Mania	6 - 13 yrs	Angus Glen C.C.	Mon.	7:00 p.m. - 8:00 p.m.	Jan. 4	8	274408	\$111
Adapted Swimming	All Ages	Angus Glen C.C.	Sun.	11:00 a.m. - 11:45 a.m.	Jan. 3	9	271640	\$81
		Angus Glen C.C.	Sun.	12:00 p.m. - 12:45 p.m.	Jan. 3	9	271641	\$81
		Centennial C.C.	Sat.	9:00 a.m. - 9:45 a.m.	Jan. 9	9	275798	\$81
		Centennial C.C.	Sat.	10:00 a.m. - 10:45 a.m.	Jan. 9	9	275799	\$81
		Centennial C.C.	Sat.	11:00 a.m. - 11:45 a.m.	Jan. 9	9	275800	\$81
		Cornell C.C.	Mon.	5:00 p.m. - 5:45 p.m.	Jan. 4	9	275019	\$81
		Cornell C.C.	Mon.	5:45 p.m. - 6:30 p.m.	Jan. 4	9	275020	\$81
		Cornell C.C.	Mon.	6:30 p.m. - 7:15 p.m.	Jan. 4	9	275021	\$81
		Cornell C.C.	Sat.	5:00 p.m. - 5:45 p.m.	Jan. 9	9	275022	\$81
		Cornell C.C.	Sat.	5:45 p.m. - 6:30 p.m.	Jan. 9	9	275023	\$81
		Cornell C.C.	Sat.	6:30 p.m. - 7:15 p.m.	Jan. 9	9	275024	\$81
		Cornell C.C.	Sun.	5:00 p.m. - 5:45 p.m.	Jan. 10	9	275025	\$81
		Cornell C.C.	Sun.	5:45 p.m. - 6:30 p.m.	Jan. 10	9	275026	\$81
		Milliken Mills C.C.	Sun.	4:00 p.m. - 4:45 p.m.	Jan. 17	9	272655	\$81
		Milliken Mills C.C.	Sun.	5:00 p.m. - 5:45 p.m.	Jan. 17	9	272656	\$81
		Thornlea Pool/Gym	Sat.	9:45 a.m. - 10:30 a.m.	Jan. 9	9	274487	\$81