



Inclusion Programs and Support Services



Inclusion Programs and Support Services Information

The Town of Newmarket is committed to offering high quality accessible and inclusive recreation and leisure program opportunities for persons of all ages with disabilities. Our goal is to support individual progress and interests through meaningful recreation opportunities. Various levels of support are available through integrated and specialized adapted programs.

The Town of Newmarket is dedicated to ensuring all individuals have a successful recreation experience. Programs listed in this section of the guide are designed specifically with smaller staff to participant ratios, modified programming, specialized equipment, and smaller group settings.

At times, participants may require more support than our program ratios are able to provide. In these cases, we strongly recommend consulting with us about our support options. In order to determine the correct level of support or program fit for the participant, email inclusion@newmarket.ca.

Is additional support required?

1:1 support is required to participate in programs when the individual:

Requires additional support to complete basic needs (dressing, toileting or feeding)

Extra Support is required at school

Does not understand danger

Has a safety plan with their educational institution

Has a tendency to exhibit behaviours to be managed (ie. biting, scratching, pinching, eloping, aggression, self-harm etc.)

Requires support for communication, mobility, comprehension or socialization

Who can provide additional program support?

Additional support can be provided by a caregiver, private support worker, family friend or a volunteer. Independent volunteers, caregivers and support staff are required to provide a Vulnerable Sector Screening, an External Worker or Volunteer registration form. The Support worker is required to participate in all activities as a positive role model for participants and adhere to the Town of Newmarket Policies and Procedures. Town of Newmarket Inclusion Facilitators are available upon request.

What is an Inclusion Facilitator?

Inclusion Facilitators are trained Town staff who will attend the program with the participant and may assist with basic personal care, behaviour management, and encouraging program participation through appropriate program adaptations. Newmarket Inclusion Facilitators do not provide medical interventions, supports or therapy (ie. injections, g-tube feeding, etc).

Please note: There may be times when Town staff may suggest that an individual be paired with a support person for concern of safety, or to assist in program engagement and group participation for an overall enhanced group experience.

To Arrange for 1:1 Support

Contact **inclusion@newmarket.ca** or **905-953-5300 ext. 2821** at least 2 weeks before the program begins to discuss program selection and support options. For **swim lessons**, contact **905-953-5300 ext 2711** or email **swimming@newmarket.ca**

Complete an **All About Me** information package available online or at a Customer Service Kiosk and email to inclusion@newmarket.ca. IEP and School safety plans are required for camp and full day programs to assist staff with support.

Please note: Recreation staff and Inclusion Facilitators will make every effort to facilitate programming and accommodations; however, the health and safety of participants and staff are paramount. Should behaviours occur that present potential harm to self, others or property, the participant may be denied access to the program.

Accessible equipment and assistive devices

Accessible equipment and assistive devices are available in programs, at facilities and in parks.

Please direct inquiries to inclusion@newmarket.ca or 905-953-5300 ext 2821

Adapted Swim Lessons

Adapted Swim Lessons are available to patrons of all ages with disabilities who are looking to experience the benefits of aquatics. Rather than following typical aquatic curriculum, these private lessons will aim to strengthen individualized goals of the participant. Adapted Swim Lessons are intended for:

- Individuals with a physical disability who require modified direction and instruction
- Participants with a disability who would benefit from more direct and broken down instruction
- Participants with a disability or additional need who do not benefit from a group-style lesson

Wondering if Adapted Swim Lessons are the right fit? Email **inclusion@newmarket.ca** for more information and to help determine if this is the right program for you/your child.

If you require assistance with registration or are looking to connect with the aquatic team, please email swimming@newmarket.ca or call **905-953-5300 ext. 2711**.



newmarket.ca/inclusion

* Inclusion Programs and Support Services

Adapted Programs

Teen Connect

Come out to participate in a social time for teens with disabilities! This program will have a focus on building friendships and working on social skills in a friendly and supported environment. Participants will enjoy a variety of art & craft projects, simple snack making, music, and sport activities in a sensory aware and supported environment.

Age: 13 to 19 Years

Location: Newmarket Community Centre & Lions Hall

Skate For All

This intro to skating program is specifically designed for skaters with disabilities. Participants will be introduced to skating through a variety of skills, drills, and on-ice games. Whether it is their first time on the ice, or they are hoping to continue building their on-ice skills, this small class size will provide a fun and adapted learning experience for all! Participants are required to provide their own CSA approved helmet and ice skates.

Age: 5 to 17 Years

Location: Magna Centre



Click here to view full program information and register online

Youth Fit

This adapted program focuses on the development of fine and gross motor skills and cooperation through a variety of sports and active games in the Youth Centre Gymnasium. Each participant will partake in meaningful activities that focus on inclusive fitness, safety, and fun in an interactive and adapted environment.

Age: 13 to 20 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Fun in the Kitchen

Come chef it up at Fun in the Kitchen! Participants will enjoy making snacks in a small group setting, while covering topics such as communication, taking turns, safety and safe food handling practises. Adult caregiver supervision and participation is encouraged in this class!

Age: 7 to 14 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Dance Without Borders - Teens

Come move and groove with us! This program is designed to give teens, with support volunteers, the opportunity to socialize with peers, gain confidence, and learn new dance skills. An upbeat warmup and hip-hop steps across the floor will keep participants active, while freestyle exercises will foster self-expression and creativity.

Age: 12 to 21 Years

Location: Newmarket Community Centre & Lions Hall

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Fit for All

Come out to participate in this weekly adapted fitness drop-in specifically designed for beginner adults with disabilities wanting to have fun while working out. Participants will enjoy a diverse and fun filled high energy class with the objective of supporting a great fitness level and feeling good! This class will focus on maintaining your range of motion and just simply having fun alongside peers. Movements are done sitting or standing, with or without the support of a chair.

Individuals are invited to participate regardless of their physical limitations or previous experience.

Age: 19+ Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Hobby & Craft Hub

Explore a variety of arts and craft projects, while enjoying social time with peers! This program is designed for adults with disabilities, and will be guided to accommodate varying skill levels.

Age: 21+ Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park



Click here to view full program information and register online

Lunchtime Cafe

Prepare and enjoy a scrumptious balanced lunch in a fun atmosphere meeting friends. Learn new cooking skills, kitchen safety and take home a recipe book at the end of the class. Considerations for dietary accommodations and allergies will be included.

Age: 21+ Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

The BASE Day Program

Adults with developmental disabilities or mental health needs will enjoy a variety of activities, including: physical fitness, music, games, arts & crafts, and science discovery. This program offers center-based activity choices to allow flexibility and opportunities to focus on personal interests and development. Promotion of positive social interaction and communication development will be promoted through daily group activities. Registration is monthly, and fee is based on a 1:3 ratio. Please inquire about additional individual support as required.

Age: 21+ Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park (Mon, Wed, Thurs, Fri) or Magna Centre (Tues)

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Lunchtime Bakery

Muffins, brownies, and pies – oh my! Learn how to make a variety of baked goods while getting the chance to make new friends, learn new baking techniques and learn kitchen safety. Take home a recipe book and try your own creation at the end of each class! Considerations for dietary accommodations and allergies will be included.

Ages: 21+ Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Floral Design Workshop

Participants will enjoy preparing a floral arrangement and social time with friends during each 1 hour workshop. Arrangements will be varied according to a theme or season. Materials will be provided.

Ages: 21+ Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park



Click here to view full program information and register online

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Inclusion Karate

With focus on social skills, routines, and individualized goals, Inclusion Karate will teach gross and fine motor martial arts skills in a non-judgmental atmosphere with highly trained instructors. Heather is Jitsu-Do Karate's Inclusion Karate instructor and comes with over 20 years of experience working with special needs and behavioural children in social skills groups, behaviour therapy and school board settings and brings lots of enthusiasm, energy and care to all of her classes. One to one adult caregiver supervision is encouraged in this class.

Ages: 3 to 8 or 9 to 13 Years

Location: Jitsu-Do Karate

Social Dance

Join us for an evening social with music, dancing and fun for adults with disabilities & mental health needs every other Thursday at Newmarket Community Centre!

Email,
inclusion@newmarket.ca
for more information.