



Inclusion Programs and Support Services



Inclusion Program 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 varying abilities. Our goal is to support individual progress and interests through recreation programs and activities. 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. There are times when a participant requires more support than our program ratios are able to provide. In these cases, we strongly recommend consulting with us about our support options. Email inclusion@newmarket.ca. Programs listed in this section of the guide are designed specifically with Increased staffing ratios, modified programming, specialized equipment, smaller group settings.

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. Inclusion one to one support staff are available.

What is an Inclusion Facilitator?

Inclusion Facilitators are trained staff who will attend the program with the participant and may assist with personal care, behaviour management and encouraging program participation. Town of Newmarket inclusion staff do not provide medical interventions, supports or therapy (i.e. injections, g-tube feeding, etc). **Please Note:** We may ask that an individual be paired with a support person for concern of safety, or to assist in program engagement and group participation.



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

Are you interested to become an Inclusion Facilitator?

We offer an Inclusion CIT certificate program to develop your skills and experience to be an Inclusion Facilitator. Program placements will be included in this course. See Program description in Youth Leadership section of this guide.

Postings for Summer 2023 Camps and Inclusion Facilitator roles will be open from December 2022 - January 2023.

Visit **[This link](#)**, or email inclusion@newmarket.ca

You can begin your career path and make a difference for many children and youth in our community.

* Inclusion Programs and Support Services

Dance Without Borders for Children

Looking for an exciting class that focuses on developing coordination, gross motor skills, musicality, confidence and social skills? Come join our dance programs! This program uses sing-along songs, props, musical instruments and volunteers to facilitate participation and encourage creative movement. Classes will consist of an engaging warm-up, dance skills across the floor, free movement, and prepare a dance that will be showcased at the end of the session.

Age: 6 to 11 Years

Location: Newmarket Community Centre & Lions Halls

Learn to Skate (All Abilities)

A small class size will provide a fun experience to learn skating skills. Participants are required to provide their own helmet and ice skates. The on ice time is from 4:45 to 5:35 p.m.

Age: 5 to 17 Years

Location: Magna Centre

Play Without Borders (Gym)

Trained staff will lead this adapted inclusive program for children of all abilities, siblings and friends. This program focuses on the development of fine and gross motor skills and cooperation through a variety of activities and games. Each participant, regardless of their abilities will be a part of a fun and interactive environment where the aim is always inclusive fitness, fun and a focus on safety.

Age: 7 to 14 Years

Location: Recreation Youth Centre & Skate park

Playdates - Fun in the Kitchen

Fun in the kitchen making snacks in a small group setting. Communication, turn taking, safety and safe food handling will be topics covered in a fun setting with peers.

Independence in the group setting is required unless accompanied by an Inclusion staff.

Age: 7 to 14 Years

Location: Recreation Youth Centre & Skate park

Dance Without Borders for 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 20 Years

Location: Newmarket Community Centre & Lions Hall, Recreation Youth Centre & Skate park

Teen Social Club

Come out to participate in a social teen time including a variety of art projects, gym activities, music, and leisure games with peers. This program is specifically designed for individuals of all abilities, and facilitated by trained support staff. Program will include 1 hour in the gym followed by 45 minutes in the activity room.

Age: 11 to 19 Years

Location: Recreation Youth Centre & Skate park

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[Click here to create your new Xplor Recreation Account and view program dates and times!](#)

Hobby & Craft Hub

Explore a variety of arts and crafts to develop hobbies and enjoy a social time with peers. This program will be guided to accommodate varying skill levels.

Age: 18+ Years

Location: Recreation Youth Centre & Skate park

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: 18+ Years

Location: Recreation Youth Centre & 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. Daily outdoor walks will explore neighboring parks. Promotion of positive social interaction and communication development will be promoted through daily group activities. Fee is based on a 1:3 ratio. Please inquire about additional individual support as required.

Age: 21+ Years

Location: Recreation Youth Centre & Skate park, Magna Centre on Tuesdays



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The BASE GO Program

Growth and Opportunity is the focus of this program for adults of all abilities. Participants will be on the go, expanding life skills, learning safety and first aid, active lifestyle. Tuesday program will be focussed on life skill development and volunteering. Thursday program promotes an active lifestyle including the some sports, fitness and swimming. Individuals must be independent in personal care and able to manage in a group setting to follow instructions and contribute to discussions.

Age: 21+ Years

Location: Recreation Youth Centre & Skate park, Magna Centre on Thursdays

Wheels in Motion - Wheelchair Basketball

Come out to play Wheelchair basketball and learn new skills. This is a great time for friends, siblings and parents to spend time and share the activities together. Sports wheelchairs are available for use. Drop in fee available.

Age: 8 + Years

Location: Recreation Youth Centre & Skate park

Base March Break Camp

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. Daily outdoor walks will explore neighboring parks. Promotion of positive social interaction and communication development will be promoted through daily group activities. Fee is based on a 1:3 ratio. Please inquire about additional individual support as required.

Age: 14+ Years

Location: Ray Twinney Recreation Complex

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