

Physical Recreational Activities for Children with Intellectual Disabilities



We are happy to offer to parents of **SUMMIT SCHOOL** this list of different Community Resources. Parents who are looking for **Physical Recreational Activities** for their children, will find great ideas in it.

As you can imagine, it takes a lot of time and energy to gather all this information and to keep it updated over time. We are offering to update this list about once a year. We will keep our eyes opened and add new resources over time. But we would greatly need your help: join us in that project and share with us any good resources related to **Physical Recreational Activities for Children with Intellectual Disabilities**. Together, we can build a great reference document that can fulfill the needs of parents of **SUMMIT SCHOOL** interested in keeping their children physically active.

We are looking forward to receive news from you. Feel free to contact Guadalupe Lezama, from the Physiotherapy Department, at 514-744-2867 (ext. 325) or by e-mail at glezama@summit-school.com

BE ACTIVE and HAVE FUN!



Adapted Swimming Lessons

Adapted Swimming Lessons

For Who? Children 3 years of age and older who are

- (1) Of average or above average intelligence, free of physical and sensory handicaps, but who may have perceptual or attention deficits (Program: Aqua Percept – swimming and gym) **OR**
- (2) With physical, sensory, and/or intellectual challenges needing individual instruction (Program: Adaptive Aquatics – swimming and gym).

Organization : Malcolm-Knox Aquatic Center

When? 10 weeks per session (Sept – Dec; Dec – March; April – June; June – August)

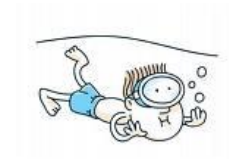
Where? Centre aquatique Malcolm-Knox
Pointe-Claire

Contact: Mrs Jane Stowe
514-630-1202 ext 1515
Registration and more information:
www.ville.pointe-claire.qc.ca
aquatique@pointe-claire.ca

For Who? Private swimming classes for children / teenagers with special needs. Determined by case.

Organization : YMCA

Contact: Katherine Crevier Aquatic coordinator
West Island
(514)630-9864 ext 5229
katherine.crevier@ymcaquebec.org



Adapted Swimming Lessons

Adapted Swimming Lessons

For Who? Different public swimming classes for all ages.
As long as the child will be able to follow the class (instructor to child ratio = 1:4-6), the classes accept those who are intellectually disabled, ambulating independently /or with a walking aid /or who are independent users of a manual or motorized wheelchair.
Also have private or semi-private classes for all needs.

Organization: Aquatic Centre AADDO

Where? City of Dollard-des-Ormeaux
12 001 De Salaberry Boulevard
Dollard-des-Ormeaux H9B 2A7

Contact: (514) 684-0070 ext.262
(514) 684-0070 ext. 263
Registration and more information: www.ville.ddd.qc.ca
aaddo@ddd.qc.ca

For Who? People aged above 3 years old who have autism or ASD or PDD with intellectual deficits.
Every participant must be accompanied in the pool by an adult.

Organization: Autisme et troubles envahissants du développement Montréal

Where? Joseph-Charbonneau pool
8200, rue Rousselot
Montréal, Québec H2E 1Z6

Contact: (514) 524 6114 ext 3181
<http://www.autimse-montreal.com/home.php?page=54.198>

AQUATIC ACTIVITIES

AQUATIC ACTIVITIES And GYM

For Who? This swim, gym and art program is for children aged 6-16 who need a caring environment where they can socialize with peers and develop self-confidence. It is particularly helpful for children with LD and/or ADHD, mild autism and those who lack fine or gross motor coordination skills. This is a socialization swim, gym, and art program called "Aqua K.I.D.S".

Organization: Montreal Centre for Learning Disabilities

Where? Hampton YMCA, NDG

Contact: Judy Deere
(450) 698-2425
For more information: www.ldmontreal.ca/aqua-kids.html

For Who? **Children and teenagers from 5 to 15 years of age. Who are ambulating independently or with the aid of a walker. Who have mild intellectual delay, ADHD, dyspraxia, high level autism.**
This is a gym and swimming program run by the occupational therapists. (French only)

Organization: GymnO Federation
Loisir adapté pour les enfants ayant des difficultés d'apprentissage

Where? Laval
Montreal
Repentigny (Ianaudière)
St. Jerome (Laurentides)
www.gymno.org

Contact : Laval: (450) 625-2674 St Jerome : (450) 848 3211

Montreal:
(514) 721 3663

Repentigny:
(450) 582-7930
Centre Aquatique Jacques –Dupuis



DANCING

For Who? Children and teenagers from 5 to 21 years of age. Who are ambulating independently with no walking aids. Who have mild intellectual delay, ADHD, dyspraxia, high level autism. (French only)

Organization: GymnO Federation

Where? Laval

Contact: 450-625-2674
info@gymn-eau.org
laval@gymno



SKI SKI

Organization: Canadian Association for disabled skiing

Contact: Quebec Division
Representative: Bernard Olin
514-425-8834
Christian@disabledskiing.ca: for general inquiries
disabledskiing.ca

Organization: Winter Adaptive Sports
(Adaptive Sports Foundation)

Where? Owl's Head

Contact: 1 800 363-3342
40, chemin du Mont Owl's head,
Mansonville (Québec) Canada, J0E 1X0
INFO@OWLSHEAD.COM

SOCCKER SOCCKER

For Who? Children and teenagers from 7 to 18 years of age who ambulate independently and don't require a walking aid.

Organization: Children First Foundation of Regina Assumpta Sports Center/Fondation
Enfant en tête du centre sportif Régina Assumpta
www.reginassumpta.com/accueil/enfants-en-tete-php

Where? Montreal

Contact: Renseignements et inscriptions
(514) 382-9998 x 414 (409voicemail)

TENIS TENIS

For Who? Children with special needs such as Autism, Asperger's, Down Syndrome,
GDD, ADHD, ADD

Organization : Pro set Autism

Where? Montreal

Contact: Philippe Manning
ABA & Sports therapist
438-321 1564
info.proseautism.ca
philippe@porsetautism.ca

Therapeutic Horseback Riding

Therapeutic Horseback Riding

Organization:	Quebec's Therapeutic Horseback Riding Federation.
Contact:	Myriam Lebrecque Administration 418 957 3867 www.fqet.org

Organization:	Lucky Harvest Project
Where?	1900, route 202 (Herdman) Hinchinbrooke, JOS IAO
Contact:	450-264-0282 info@luckyharvest.org lucky harvest project

Organization:	Joey's Friends, Theraeutic Horseback Riding Centre d'apprentissage en therapie equine-québec
Where?	216 rue Victoria Sorel Tracy Qc J3P5N9
Contact:	Éliane Trempe 450-743 2124 ext 4 info@cateq.ca www.lesamisdejoey.com



Organization:	Centre équestre thérapeutique Marie Laurence
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Where?	1750, 4e rang Ste-Justine de Newton, JOP ITO (55 minutes from Ville St Laurent)
Contact:	Lucie Allard 450-764-3156 cetml@hotmail.com

Organization:	Projet Équestre Goldie
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Where?	11856 rang St Étienne, (Mirabel), Quebec J7N 2T2 (40 minutes from Ville St Laurent)
Contact:	Carole Nantel (514) 293-9877 projet_goldie@hotmail.com

Organization:	Fondation de thérapie équestre les nouveaux écuyers Camp de sports équestres adaptés; loisirs adaptés; loisirs thérapeutiques; équitation thérapeutique; sports; camp de vacances
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Where?	Bromont 140 De Drummond Bromont Qc J2L 2C2 (1 hour 45 minutes from Ville St Laurent)
Contact:	450-534-1777 info@nouveauxecuyers.com



Organization: **CRCM Centre d'hippothérapie**

Where? 366, chemin des Patriotes
St Charles, Québec J0G 2G0

Contact: Carolyne Mainville
(450) 771-5031
info@crqm.ca

Organization: **ÉquiSynergie**

Where? 501, rang de l'Amouche
St Zénon, Québec J0K 3N0

Contact: Dominique Mertens
(450) 884-1220

Organization: **Équitation Thérapeutique Harmony**

Where? 3061, chemin St Philippe
Mascouche, Québec J7K 3C3

Contact: Genny David
(450) 290 8353
gnyd@icloud.com

YOGA YOGA

For Who?	Special needs Children and Adults
Organization:	Sun & Moon Yoga
Where?	557 Lakeshore Drive Dorval, QC, Canada H9S 2B4
Contact:	514.839.6315

For Who?	Yoga for special needs kids and teens
Organization:	Monica Merleau
Contact:	514.777.9086 monicamerleau.com

OTHER RESOURCES

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OTHER SPORTS ORGANIZATIONS

Organization: West Island Association for the Intellectually handicapped

Contact: 514-694-5839
<http://wiah.qc.ca>

Organization: Association des sports pour aveugles de Montreal (Association for sports for the blind/ visually impaired)

Contact: (514) 252-3178 x 3536
www.sportsaveugles.qc.ca

Competitions: Défi sportif

Contact: www.defisportif.com
Téléphone : +1 514 933-2739
Courriel : info@defisportif.com
525, rue Dominion, bureau 340
Montréal QC CA
H3J 2B4

Organization:**Special Olympics**

Its mission is to enrich the lives of individuals with an intellectual disability through sport. Special Olympics Québec (SOQ) offers quality recreational sports programs and competition opportunities at nominal or no cost to athletes so that children and adults living with an intellectual disability throughout Québec can have access to them and a better quality of life.

➤ 2 Programs are now available for young athletes (2-12 year-olds):

- ACTIVE START (2-6 year-olds): This program is designed for children with intellectual disability. It focuses on fun activities that are easy to do in a family context. Children need to come with an accompanying adult who will also participate in the activities.
- FUNDAMENTALS (7-12 years-olds): This program gives the opportunity to the young athletes to learn in depth the basic motor skills. Some elements of training and competition are added to the activities.

➤ For older athletes (12 year-olds and older), many sports are offered:

- SUMMER:
 - Athletics
 - Softball
 - Power lifting
 - Golf
 - Rhythmic Gymnastics
 - Swimming
 - Small pins
 - Soccer
 - Basketball
 - Boccia
 - Large pins
 - WINTER:
 - Curling
 - Floor Hockey
 - Figure Skating
 - Speed Skating
 - Snowshoeing
 - Alpine Skiing
 - Cross-Country Skiing
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Contact:	Olympiques spéciaux Québec 1274, rue Jean-Talon Est, Suite 200 Montréal (Québec) H2R 1W3 Telephone : 514 843-8778 Toll-Free : 1 877 743-8778 www.olympiques.speciaux.qc.ca
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Contact:	Olympiques spéciaux Québec For who: SPORTS POUR PERSONNES HANDICAPÉES INTELLECTUELLES <i>(swimming, bowling, indoor and outdoor soccer)</i> Where: Région nord de l'île. (Saint Laurent) Contact: 514 843-8778 www.olympiquesspeciaux.qc.ca
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Organization:	Centre Action
Contact:	(514) 366-6868 info@centreaction.org www.centreaction.org/

Organization:	Le petit Gym de St laurent
For who?	Small classes bilingual, children with special needs gross and fine motor delays are welcome (trial class –observation required) Summer camps, parent/child classes for infants and toddlers and Gymnastics for 3 to 12 years old.
Contact:	1936 Boulevard Thimens St Laurent, Qc H4R 2K2 514 331 1496 www.le.petitgym.ca

Organization:	S.Au.S (Soutien Autism (e)Support
For who?	Free Activities for families with children with or without autism
Contact:	FREE GAMES FOR ALL THE FAMILY Sundays 10am – 12 pm Ecole Plein Soleil 50, rue Toulouse, Candiac, Qc, J5R 0G6 FREE SWIMMING Saturdays 16 :30-17 :30 145, place Charles-lemoyne Ste-Catherine, Qc, J5C 0A1
	www.s-au-s.org
