

Physical Recreational Activities for Children with Intellectual Disabilities



We are happy to offer the parents of **SUMMIT SCHOOL** this list of diverse Community Resources. To provide great ideas for parents who are looking for **Physical Recreational Activities** for their children.

As you can imagine, it takes a lot of time and energy to gather all this information and keep it up to date over time; we will be updating this list about once a year. As well, we will keep our eyes open and add new resources over time. But we will greatly need your help: join us in this 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 the parents of **SUMMIT SCHOOL** who are interested in keeping their children physically active.

We are looking forward to receiving news from you.

BE ACTIVE and HAVE FUN!



Adapted Swimming Lessons

Adapted Swimming Lessons

For Who?	<p>Children 3 years of age and older who are</p> <p>(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</p> <p>(2) With physical, sensory, and/or intellectual challenges needing individual instruction (Program: Adaptive Aquatics – swimming and gym).</p>	
	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:	<p>Mrs Jane Stowe or Carole Lefebvre 514-630-1202</p> <p>Registration and more information: www.ville.pointe-claire.qc.ca aquatique@pointe-claire.ca </p>

For Who?	Private swimming classes for children / teenagers with special needs. Determined by case.
Organization :	YMCA
Contact:	<p>Katherine Crevier Aquatic coordinator West Island (514)630-9864 ext 5229 katherine.crevier@ymcaquebec.org </p>



Adapted Swimming Lessons

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For Who? Different public swimming classes for all ages.
Child must be able to follow the class (instructor to child ratio = 1:4-6)
They accept: Children with intellectual disabilities, need of a walking aid /or who are independent users of a manual or motorized wheelchair.

Also have private or semi-private classes for all needs for those who need more assistance.

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.ddo.qc.ca
aaddo@ddo.qc.ca

For Who? Offer swimming lessons and aquatic activities for children/teenagers who have Autism.

Every participant must be accompanied in the pool by an adult.

Organization: Autisme Montréal

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

Contact: Audrey Blanchette
(514) 524 6114 ext 3181
<https://autisme-montreal.com/en/our-services/swimming-lessons/>

AQUATIC ACTIVITIES

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And GYM

For Who?	This swim, gym and art program is for children aged 6-16 years with learning disabilities, ADHD, and mild Autism Spectrum Disorder. It is particularly helpful for those who lack fine or gross motor coordination skills.
Organization:	Montreal Centre for Learning Disabilities Program: Socialization swim, gym, and art program called "Aqua K.I.D.S"
Where?	Hampton YMCA, NDG
Contact:	Judy Deere (450) 698-2425 For more information: https://ldmontreal.ca/aqua-k-i-d-s-program

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 Montreal: (514) 721 3663 Repentigny: (450) 582-7930 Centre Aquatique Jacques –Dupuis	St Jerome : (450) 848 3211

DANCING

For Who?	Children and teenagers from 5 to 17 years of age, 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-cau.org laval@gymno http://www.gymno.org/article/257-gymno-laval.html





SKI

For Who?	People living with all disabilities which also include: · Visual Impairments · Autism Spectrum Disorders & Cognitive Impairments · Hemiplegics, Paraplegics & Quadriplegics · Upper or lower body amputees
Organization:	Canadian Association for disabled skiing
Contact:	Quebec Division Representative: Bernard Olin 514-425-8834 Christian@disabledskiing.ca www.cads.ski

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

SOCCER SOCCER



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
Where?	Montreal
Contact:	<p>Renseignements et inscriptions (514) 382-9998 x 414 (409voicemail)</p> <p>bonneauj@reginaassumpta.qc.ca</p> <p>https://reginaassumpta.com/autres-services/enfants-en-tete/</p>



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:	<p>Philippe Manning ABA & Sports therapist 438-321 1564</p> <p>info.prosetautism.ca</p> <p>philippe@porsetautism.ca</p> <p>https://specialneedssport.ca/</p>

Therapeutic Horseback Riding

Organization:	Quebec's Therapeutic Horseback Riding Federation.
Contact:	Myriam Lebreque 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 https://luckyharvestproject.wordpress.com/

Organization:	Joey's Friends, Therapeutic 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



Organization:	Centre équestre thérapeutique Marie Laurence
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
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
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:	Carolyn Mainville (450) 771-5031 info@crcm.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

OTHER RESOURCES

OTHER SPORT ORGANIZATIONS



Organization:	West Island Association for the Intellectually handicapped
Contact:	514-694-5839 http://wiaih.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 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 ext: 229 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:	<p>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</p> <p>www.s-au-s.org</p>

Organization:	JOOAY
For who?	A free APP linking families of children with disabilities to leisure activities.
Contact:	<p>jooay@childhooddisability.ca www.jooay.com</p>

Organization:	NDG Lions
For who?	Soccer for children with intellectual or learning disabilities
Contact:	<p>5319 Notre-Dame-de-Grace Montreal H4A 1L2 Tel: 514 488 7784 www.ndgsa.com info@ndgsa.com</p>

Organization:	Ville St.Laurent Centre des Loisirs
For who?	Basketball for children 10-17 years old with Autism Spectrum Disorder.
Contact:	<p>Saint-Laurent Basketball info@basketballstlaurent.com</p>

Organization:	Autismekarate
For who?	Nous enseignons aux personnes ayant des besoins différents depuis 2009. Nous pratiquons les arts martiaux depuis 1987
Contact:	<p>HORAIRE/SCHEDULE Proform Laprairie 50 Boul Taschereau/ Samedi 13:00 Pour Tous/ For everyone.</p> <p>Montréal Centre Miriam 8160 Royden/ Metro De La Savane Dimanche 10:00 Débutants/Beginners 11:00 Avancés/Advanced</p> <p>West Island Valois United Church 70 Belmont Pointe Claire Dimanche Débutants /Beginners 14:30/ Advanced 15:30</p> <p>514-290-7193 André Langevin Instructeur Che Autismekarate@hotmail.com</p>

