

City of Brampton Recreation

Meeting with AAC

September 2023



Our Goals

The City of Brampton Recreation Division aims to:

01

To provide opportunities to support active living and learning.



02

To build community pride and connection.



03

To expand access to recreation that is responsive to the evolving needs of our community.



Citywide Programs



Fitness

Register or drop-in for various classes such as Bootcamp, Zumba™, Run Club, and more, you can workout with a group led by a trained instructor. Memberships are also available.



General Interest

Diverse programs such as sports, cooking programs, dance classes, education and culture programs, and more.



Swimming

The City of Brampton offers a variety of swimming options to stay fit and active for children, youth and adults, including swimming lessons or drop-in swims. Memberships are also available.



Skating & Skiing

Visit an indoor or outdoor rink for drop-in skating programs and registered skating lessons for all abilities and age ranges.

Lessons and drop-in programs are available seasonally at Chinguacousy Park's ski hill.



Arts & Music

Learn a new skill or hone an existing talent! We offer registered sessional programs in various musical disciplines, visual arts, photography, and pottery.



Rock Climbing, Ninja & Parkour

Check out this exciting trio of amenities – a perfect fit for energetic, adventurous children, youth and adults. All ability levels are welcome.

Citywide Programs

Youth

The City of Brampton is in the process of creating two Community Youth Hubs at Century Gardens Recreation Centre and Susan Fennell Sportsplex that will serve as youth-centric spaces that act as a one-stop shop for services and activities for youth ages 14 to 29.

Certification Programs

Obtain or update your first aid and CPR certifications through the City of Brampton. Courses are delivered through the Lifesaving Society.

Adults 55+

Brampton residents aged 55 years of age and older are welcome to join the Bob Callahan Flower City Seniors Centre for an annual membership fee. There are more than 115 programs to satisfy everyone's needs and interests. Get involved and meet new friends!

Camps

Recreation offers a variety of day camps including March Break, Summer, and Holiday Camps. From Camp Gymnastics to Camp Einstein, there's a camp for everyone!

Integration & Inclusive Programs

The City of Brampton is committed to providing recreational experiences to all individuals with various abilities. Our integrated program encourages participants who have a disability to take part in registered programs with additional support at a 2:1 ratio.

Integrated Services & Inclusive Programs

The City of Brampton is committed to providing recreational experiences to all individuals with various abilities.

Integrated Services

- Our integrated program encourages participants who live with a disability to participate in registered programs and camps with additional support at a 2:1 ratio.
- One to one support is available in camps for an additional fee.
- Support is available in any registered program and summer camp subject to staff availability.



Inclusive Programs

- Recreation offers a variety of registered and drop-in program offerings designed for individuals with varying abilities. Learn essential life skills, participate in fitness classes, camp programs, learn to swim and much more.

Recreation Inclusion Programs



Inclusion Fitness Sampler (14+)

- For Teens and Adults living with a disability
- Instructor Led Class each week (i.e. Zumba, Kettlebell, weight training)
- Detailed and tailored instructions
- Support staff and instructor will modify the class to support participants individual needs
- Saturdays – 4:00pm to 5:00pm @ Cassie Campbell Community Centre



Swim & Explore (6-13 yrs)

- This program is for children living with a disability who require minimal assistance and/or supervision
- This program consists of one hour of swim time, plus a variety of weekly activities such as crafts, games, sensory and active play
- Saturdays - 12:30pm to 3:30pm @ Loafers Lake Recreation Centre



Life Skills (14+)

- Learn independence through Life Skills
- Professional presenters
- Learn safe transportation, personal and fire safety, how to prepare to cook for yourself
- Learn about finances, taxes and navigating social media safely
- Thursdays – 6:30pm to 8:30pm @ Gore Meadows Community Centre

Recreation Inclusion Programs

Early Learning Parent & Child (4-6 yrs)

- During this program, participants, parents/guardians and program staff will be working together to assist the participants to learn early development skills. They will slowly transition from shared support to support of the program staff only.
- Thursdays – 6:00pm to 7:00pm @ Loafers Lake Recreation Centre

Multi Sports Program (6-13 yrs)

- This program teaches participants the basics of a variety of sports
- Sports can be adapted to each person's specific needs
- Adapted equipment is available if required
- One inclusion instructor is scheduled to support every two participants
- Mondays – 5:00pm to 6:00pm @ Century Gardens Recreation Centre
- This program is in partnership with JumpStart

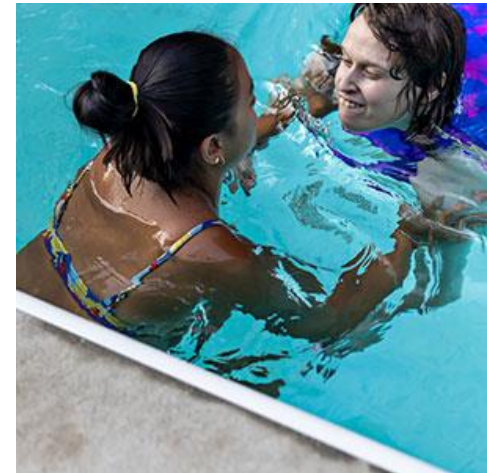
Out and About Program (14+)

- The Out and About program provides teens and adults living with a disability an opportunity to interact with their peers, while attending planned community outings and special events.
- Fridays - 7:00 to 9:00pm @ Loafers Lake Recreation Centre



Adults Developing & Participating Together (A.D.A.P.T)

- The A.D.A.P.T program is a day program for adults living with a disability.
- The program operates Monday, Wednesday and Friday from 8:30am-4:30pm.
- The A.D.A.P.T program features a wide variety of recreational activities including but not limited to games, sports, music, literacy, fitness, crafts, and swimming.
- Participants will have an opportunity to participate in activities based on their interest and abilities while building positive relationships with their peers
- September – June @ Loafer's Lake Recreation Centre



Camps: Inclusion Camps

- Inclusion camps are for participants living with disabilities to partake in activities including crafts, games, music, and special events. These fun and inclusive activities will also promote social, fine and gross motor skills development.
- March Break camps takes place during the week of March Break and run Monday to Friday from 9am-4pm.
- Summer Camps take place weekly in July and August and run Mondays to Fridays from 9am to 4pm.
- Holiday Camps take place during the two weeks of the School Holiday Break (last week of December and First week of January) and run from 9am to 4pm.



Support Ratios:

- 1 staff supporting 2 participants for individuals 0 to 13 years of age
- 1 staff supporting 3 participants for individuals 14+ years of age
- 1 staff supporting 1 participant (at an additional fee)

Integrated Support for Camps

- Integration support is for individuals that may require some additional assistance to participate in a recreational camp.
- An integration staff member assists participants by providing modifications in areas such as program instruction, movement and promotes socialization amongst peers.
- Integration staff ensure registrants can successfully engage with their peers and actively participate in camp programming.
- Participants can request integration support for any City of Brampton March Break, Summer and Holiday Camp Program



Multi-Sensory Room

Drop-In Programs

- A place to network and create relationships
- A place for learning about community resources and support
- A place to relax and enjoy time with others
- For all ages
- Loafers Lake Recreation Centre
– Tuesday 9AM-11AM &
Thursdays 1PM - 3PM



Rental Availability

- Room can be rented for personal events or personal use
- Ideal for relaxation.
- A great outing for community groups

Rental Fees (per hour)

- \$39.58 – Resident Rate
- \$47.11 – Non Resident Rate

**fees include staff

Upcoming **Events & Initiatives**

Inclusion Dances

Participants get their dancing shoes ready for an exciting drop-in dance program for individuals 14+ years of age. Participants have an opportunity to make new friends and to show off their dance moves as a DJ plays the latest hits.

There are weekly themes with great prizes to be won.
Wednesdays – 6:30pm-8:30pm @ Loafer's Lake Recreation Centre



Upcoming **Events & Initiatives**

Halloween Dinner & Dance

Teens and adults living with a disability are invited to a ghoulish night of fun. Activities include a catered dinner, costume contest and spot dance prizes!

When: Friday, October 27

Where: Loafers Lake Recreation Centre

Time: 6:30 – 10:30 pm, with dance starting at 8 pm.

Fees: Dinner and Dance: \$20.50, Dance only: \$10.25



Upcoming **Events & Initiatives**

Health, Wellness & Accessibility Information Fair

Join us at the 10th Annual Health, Wellness and Accessibility Information Fair where participants will be able to connect with community professionals , learn about services in your area and, discover more about the City of Brampton's Health, Wellness and Integrated Services and Inclusion Programs. Please be advised that registration is not required for this event and admission is free.

When: Saturday, November 11

Where: Cassie Campbell Community Centre

Time: 10 am – 2 pm



City of Brampton Online Resources

Here is a list of registration resources you can access on our webpage:

- [How to Create an Account](#) (Video)
- [Program Registration](#) (Video)
- [Purchasing a Membership](#) (Video)
- [How to Purchase a Membership Online](#) (PDF)
- [Create/Manage an Account](#) (PDF)
- [Reviewing Documents and Activity Outcomes](#) (PDF)
- [Registering in Courses](#) (PDF)
- [How to Withdraw from a Program or Drop-In](#) (PDF)
- [Fitness and Neighbourhood Members - How to Reserve Your Spot Online](#) (PDF)
- [Terms and Conditions](#) (PDF)
- [How to Edit Client Information](#) (PDF)
- [How to Edit Financial Information](#) (PDF)
- [How to Register for Camp Integration Support](#) (PDF)
- [How to Register for Integration Support](#) (PDF)



Contact Us

Contact the Integrated Services Team if you have any questions!

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Thank you!

