

ACCESSCambridge is a newsletter produced and distributed by the City of Cambridge, Clerks Department.

It's purpose is to provide information on municipal services and recreation and leisure opportunities in the community for persons with disabilities

ACCESSCambridge is available in alternative formats upon request.



### Assistive Listening Devices

Assistive Listening Devices are available at City Council Meetings in Council Chambers or by request at Public Meetings and Presentations. Please call us at 519-740-4681 ext. 4689 or through TTY at 519-623-6691 to make your request.

### Leisure Buddy Program

The Leisure Buddy Program is a service designed to provide support to people with disabilities in a recreation program. It is our goal to provide support to persons with a disability who require varying levels of assistance to access and participate in municipal, community based programming. For information contact [hylandr@cambridge.ca](mailto:hylandr@cambridge.ca). Applications available online [www.cambridge.ca/accessibility](http://www.cambridge.ca/accessibility)

## Music Therapy Program for Children with Autism

This inclusive class is a great opportunity for children to interact with their peers in a fun and supportive setting! Kids will sing, dance, and play instruments together with a focus on social interaction.

### Ages 3 – 5 and Parent

Cambridge Centre for the Arts. Wednesdays, 4:00-4:45pm  
April 19<sup>th</sup> – June 28<sup>th</sup>, 2017 (No Program June 14)  
Cost: \$75 Barcode: 245739

### Ages 6 – 12

Cambridge Centre for the Arts. Wednesdays, 4:45-5:30pm  
April 19<sup>th</sup> – June 28<sup>th</sup>, 2017 (No Program June 14)  
Cost: \$65 Barcode: 245740 Inclusion Facilitators are provided by Inclusion Services for this program.

Teacher is musical therapist Janel Morphy of ADD Music Wellness - [www.addmusicwellness.com](http://www.addmusicwellness.com). For more information contact 519 740-4681 ext. 4367

## Camp C-Bridge (Youth 13 – 18)

Camp C-bridge is a March break camp designed for Teens 13 - 18 with developmental disabilities, who can participate semi-independently with a ratio of 1 staff to 5 campers. Each day has a new theme and the week will have a variety of fun activities, trips, presenters and more!

March 13 – March 17, 2017 8:30am-4:30pm, Cost: \$160  
Bar Code: 242342 Location: Cambridge Centre for the Arts.

Participants will be walking daily to activities and will be taking the City Bus to farther locations.

For more information contact [hylandr@cambridge.ca](mailto:hylandr@cambridge.ca) or 519 740-4681 ext. 4292

## Personal Attendant for Leisure Card (PAL)

The PAL Card allows persons with disabilities to be accompanied by an attendant free of charge to access community programs and services. If your disability restricts you from performing activities or your disability can't be eliminated with the use of a technical aid, you may be eligible and can apply for a PAL card.

Applications available online  
[www.cambridge.ca/accessibility](http://www.cambridge.ca/accessibility)

## Active Start

### **A sport program designed for kids with special needs!**

Active Start is for children 3.5-7 years and targets skills such as running, jumping, catching, throwing, kicking, striking, balancing, and body awareness. Active Start is designed to teach children the fundamental movements needed to enjoy an active lifestyle. Activities are non-competitive and fun!!! These programs are open to children with all special needs. Registration will be accepted on a first-come, first-served basis.

**Program Dates and Times:** April 26 – June 14, 2017, 5:00-5:45pm

**Location:** Chaplin Family YMCA.

**Program Cost:** \$150/child/10 weeks

**To Register:** Please Contact Krista McCann at Waterloo Region Family Network 519-886-9150 ext. 2 or [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info)

## Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. This program is designed for adults with disabilities.

**Saturdays, April 22 – June 24, 2017** (no session May 20 and June 3) Time: 1:30pm-2:30pm, Cost: \$48 for 8 classes  
Location: David Durward Centre – 2<sup>nd</sup> Floor Activity Room  
Bar Code: 247056

## Camp and Recreation Fair

The Camp & Recreation Fair is a great place to learn about the variety of options available for your family in Waterloo Region and beyond. Connect with camp and recreation providers to ask questions and find out which programs are the right fit for your child. This is a drop-in session, no registration necessary!

**Wednesday, March 8, 2017, 6:00-8:30pm**, The Family Centre, 65 Hanson Ave. Kitchener

For more information please contact [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info) 519 886-9150 ext. 2, or KidsAbility staff at [sdedman@kidsability.ca](mailto:sdedman@kidsability.ca) (Cambridge), [sgibson@kidsability.ca](mailto:sgibson@kidsability.ca) (Kitchener)

## Open Space

Open Space is a weekly gathering that promotes inclusion within the community by getting people together at a cafe for food, fun and conversation. **Mondays 6:30-8:00pm Melville Café.** For more information please call Kim Sproul [ksproul@eafwr.on.ca](mailto:ksproul@eafwr.on.ca) 519 741-0190

## City Program Registration

Registration can be done for programs indicated with a Barcode in person at City Hall or any Recreation Centre, or online Coral.

## Blades Special Hockey

The BLADES Special Hockey team is part of the Capital City Condors organization. The BLADES share the Condors dream to have Special Hockey teams across Canada and beyond. The BLADES Special Hockey team are committed to enabling children and adults with intellectual and/or physical disabilities to play ice hockey on a co-ed team (ages 6 and up). Every player, no matter how well they skate, plays on the team. For more information please contact [bladesoperationsteam@gmail.com](mailto:bladesoperationsteam@gmail.com).

## Planned Lifetime Network

We are currently hiring Community Connectors – people who can work with a family and individual to grow their connections and supports over time. Planned Lifetime Networks (PLN) helps to develop natural support networks for people isolated due to disability or circumstance. Come be a part of our work! For more information, contact [coordinator@plnww.ca](mailto:coordinator@plnww.ca), call 519-772-4399 ext. 2760 or visit [www.plnww.ca](http://www.plnww.ca).

## Accessibility and Diversity Services

Robyn Hyland, Inclusion Coordinator  
519-740-4680 ext. 4292  
TTY: 519-623-6691  
Fax: 519 740-3011  
[hylandr@cambridge.ca](mailto:hylandr@cambridge.ca)

## Firefly Therapy Services

Firefly Therapy Services is a division of KidsAbility Centre for Child Development that offers fee-for service therapeutic and recreational programs for children and youth who are no longer eligible to receive services at KidsAbility.

### Spring Programs:

Eat Cook and Mingle (grade 6, 7 & 8) April 3-June 5  
Social Crusader ages 8-12 April 6-June 8 (social skills)  
Playtime Academy ages 4-7 April 4-June 6 (social skills)  
Swimming Lessons- any age April 4-May 23  
Rock Band Jr ages 8-11 April 4-June 6  
Rock Band ages 12-18 April 4-June 6  
Eat Cook and Mingle (high school) April 5-June 7  
Junior Robotics ages 6-10 April 5-June 7  
**New!** Street Smarts (high school) more info to come!

### Summer Programs:

Firefly Friends camp (any age) full day  
Rock Band ages 12-18 (2.5 hours camp)  
Rock Band Jr. ages 8 -11(2.5 hour camp)  
Creative Arts music camp (2.5 hour camp)  
Eat Cook and Mingle (high school) camp (full day)  
Minecraft (half day) and Junior Robotics (half day)

For information contact Amanda Griffin

519 886-8886 x 1349, [agriffin@Kidsability.ca](mailto:agriffin@Kidsability.ca)

## Golf Lessons

This golf program is designed to introduce players to the game of golf. Open to all disabilities, the program runs on Thursdays at the Doon Valley Golf Course. For registration information contact 519 741-2200 ext. 7228 or

[Marina.Dotzert@kitchener.ca](mailto:Marina.Dotzert@kitchener.ca)

### Cambridge Ice Hounds

The purpose of the program is to provide an amateur athletic program for children and adults with developmental disabilities. The Program is open to players of any age, male or female, physically able to participate, but who are ineligible or unable to participate in an existing organized program due to his or her disability.

For information please contact [icehounds@gmail.com](mailto:icehounds@gmail.com).

### Skating Opportunity

The Cambridge Sports Park is offer a skating opportunity for persons with physical and developmental disabilities. Ice time is available on **Thursday's from 10:00am to 11:00am** at the Cambridge Sports Park. This is a great opportunity to practice your skating skills or develop a new skill while socialize with peers. Support and accommodation needs must be arranged by the individual attending. Supports persons and caregivers will not be charged the skating fee.

Cost: \$7.00 to skate/person \*Fee and waivers must be completed before entering the ice.

All skaters must have their own skates and a CSA helmet when on the ice. For more information contact Brian Hood, 519-622-4494  
[Brian@cambridgesportspark.com](mailto:Brian@cambridgesportspark.com)

## City Specialized Summer Playgrounds

Registration for Summer Specialized Playgrounds takes place at **Cambridge City Hall on Tuesday April 11, 2017 from 6-8pm**

### SunBlast

This program is designed to support children with physical and developmental disabilities and their siblings or friends.

Program Dates: July 4–Aug 11, 2017, 9am - 3pm. Location: Saginaw P.S Ages: 5-13. Cost per week: \$102

### Imagination Station: Discovery Camp

This program is designed for the needs of children with emotional and behavioral disorders. Children with significant impulsivity, anxiety, difficulty transitioning and who are easily frustrated are best suited for this program experience.

Program Dates: July 4–Aug 11, 2017, 9am - 3pm. Location: Grand View P.S Ages: 8-13. Cost per week: \$102

### 1:1 Support

1:1 support in integrated city wide playground sites is available through an application process. Watch for details to follow in the Summer Activity Guide or contact [accessibility@inclusion.ca](mailto:accessibility@inclusion.ca). The Summer Program Registration deadline is **June 2!**

Get out and register. Early registration allows city staff to better manage support requests of our children with special needs. For information on summer programs contact Inclusion Services at 519-740-4681 ext. 4292 or [hylandr@cambridge.ca](mailto:hylandr@cambridge.ca)