

Therapeutic Recreation Services



Looking for specialized recreation opportunities in your community?
Interested in borrowing an adapted skating aid, snow coach or sledge?

Contact a Recreation Therapist in your region. Call 705-748- 2337 or 1-888-779-9916

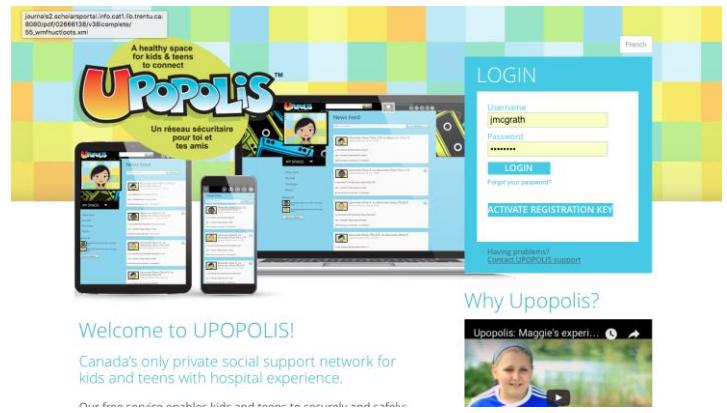
Peterborough/Northumberland County - Colleen Ristok, R/TRO x250 ristok@fivecounties.on.ca
Peterborough/City of Kawartha Lakes - Tanya Keast R/TRO x251 tkeast@fivecounties.on.ca

Receive information about:

- *Specialized recreation programs such as; Sledge and Special Needs Hockey Teams, Track 3 Skiing
- *General recreation programs and community special events
- *Summer camp resources and accessible family activities



Like us on Facebook – **Therapeutic Recreation at Five Counties**
for ongoing updates about special events and community recreation!



Canada's only private social support network for kids and teens ages 10-18 years who are receiving medical care or are living with a chronic medical condition.

A space for youth to stay connect with friends, meet other youth with similar experiences, access age appropriate medical information and videos. Youth can create their own spaces, share interests and ideas.

Five Counties is proud to be a member of Upopolis!
Please contact us if you would like to set up a free Upopolis account.



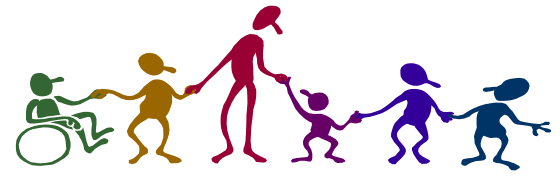
Now is the time to think about summer camp planning ! Spots fill quickly

Some specialty camp resources to consider;

Easter Seals Camp – www.easterseals.org (Registration opened January 9th)

Camp Awakening – www.campawakening.org

Ontario Camping Association - www.ontariocampsassociation.ca



Family Fun nights for Therapeutic Recreation children ages 6-13

Monthly Family Recreation 2018
Fun for the whole family!

Tentative 2018 Dates:

Feb. 9

March 2

April 6

May 11

6:00pm-7:30pm (times may change with activity)

LOCATION: Peterborough community & Five Counties Children's Centre
872 Dutton Road, Peterborough
(We do our best to keep the cost low usually \$10.00 per family)

To register for the family fun events please call or email two weeks prior to each monthly event
(Advance registration is required in order to run the program we need min. 4 families registered)

Tanya Keast, Recreation Therapist
748-2337 ext. 251
tkeast@fivecounties.on.ca

Join the fun with your child, fun together as a family, learn new recreation ideas and build community relationships with other families.

Families are responsible for their children during programs and activities





Studio
505

Home of the Arts

Creative Movement for all abilities
A Fun dance program for Children ages 3-6 years

This new program is designed to foster a love of dance and creative expression in children with special needs. The primary goal of Adaptive Dance classes is for the children to experience the pure joy of dance and music. Program benefits: build balance and coordination, overall fitness, focus, listening, self-esteem, self-expression, rhythm and musicality.

Open house & registration Saturday January 20, 9:15am-10:00am

Winter program: February 3 - March 10

Saturdays 9:15am-10:00am Cost: \$90.00

Location: Studio 505 Dance Studio, 505 Sherbrooke St.

Participant Requirements:

- * Interested and motivated to learn a range of dance styles
- * Able to follow 1 & 2 step directions and simple rules and participate on own in group setting
- * Independently mobile with or without aids
- * Parent/caregiver must stay in waiting area during program & be available to assist teacher if needed
- * Ballet shoes are required in the studio dance space

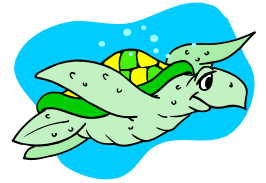
**For more information or to register for this program
Please contact Tanya Keast
Recreation Therapist at Five Counties Children's Centre
748-2337 ext. 251**

tkeast@fivecounties.on.ca

Spring session: April 7 – June 9



Little Guppies Parent & Child Swim Time



This program provides an opportunity for caregivers and children to enjoy dedicated play time together and build comfort in the water!

In this open swim time families can explore the world of water together, using songs and toys to have fun and meet other families from Five Counties Children's Centre.

A Recreation Therapist will be in attendance to facilitate the program.

Participant Requirements: For clients of Five Counties Children's Centre. Children not yet toilet trained must wear pool pants. Regular diapers not permitted in the pool.

Cost: There is no fee; but families must pre-register for the program by contacting Colleen and completing registration package.

Northumberland County

**Wednesdays 11:15- 12:15pm (alongside the Parent & Child swim)
Therapy Pool, Jack Burger Sports Complex, 60 Highland Dr. Port Hope.**

**Winter Session ~ January 10 to March 7, 2018
Spring Session ~ March 21 to June 12, 2018**

Peterborough County

**Tuesdays 12:30-1:30 pm (alongside Public Swim)
Peterborough Sport & Wellness Centre, Brealey Rd.**

**Winter Session ~ Feb 13 to April 10, 2018
Spring Session May 1st to June 19, 2018**



**Colleen Ristok, Recreation Therapist Coordinator
cristok@fivecounties.on.ca**

1-888-779-9916 Ext. 250.





Yoga & Mindfulness Program

for Five Counties Children ages 8-13

Yoga, mindfulness, meditation & socialization

Join us to explore basic yoga poses, breathing & games working on concentration, increase confidence, feeling of belonging, physical stretches & healthy movement

Yoga with Jan Graham, Physiotherapy Assistant &

Supported by Recreation Therapist, Tanya Keast

Wednesday's 4:30-5:30

Winter session: Feb. 7- March 28 (no class Feb. 14 & Mar. 14)

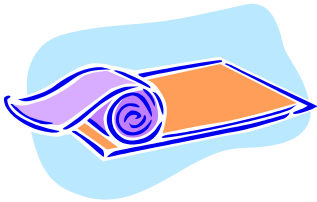
Spring Session: April 18-May 30

**Location: Five Counties Children's Centre Gym
872 Dutton Rd. Peterborough**

**For more information or to register for this program contact
Recreation Therapist, Tanya Keast 705-748-2337 ext. 251**

Participants Requirements:

- *Independent – able to participate on their own
- *Interested and motivated to learn yoga within a group setting
- *Able to follow 1 & 2 step directions and simple rules
- *Independently mobile with or without aids
- *Able to follow instructions in a group environment
- *Seeks and responds to social situations





FUN & unique dance experience
Ages 13 & Up
Dancing Queens - Adapted dance program

Move n' Grooove at Five Counties

March 5- May 28

Classes begin: March 5, 2018

(No classes March 26, April 2 or May 21)

Time: Mondays 6:45pm-7:30pm

Location: Five Counties Children's Centre Gym

Cost: \$120.00 made payable to Move n Grooove
March- May with Year- end Performance in June

Join Briana Keast & Alyssa Hawley
(senior competitive dancers at Move'n Grooove dance studio)
for a positive & fun dance experience!

Special appearances from Julie Fallis (MNG studio owner & artistic director)

Students Requirements:

- *Independent – able to participate on their own
- *Interested and motivated to learn a range of dance styles within a group setting
- *Able to follow 1 & 2 step directions and simple rules
- *Independently mobile with or without aids
- *Able to follow a fast pace routine through verbal directions and demonstration
- *Able to follow instructions in a group environment
- * Ability to work in a loud & busy space
- *Seeks and responses to social situations

For more information or for a registration form please contact:
Tanya Keast, Five Counties Children's Centre 748-2337 ext. 251

tkeast@fivecounties.on.ca

