



Please check with organization for program details



## Resource Listings in Peterborough, Kawartha Lakes, Northumberland, Haliburton/Minden



### Community Support (Quick Links)

- **Autism Ontario Events**  
Visit: [www.autismontario.com/events](http://www.autismontario.com/events)  
Subscribe to **Autism Ontario Newsletters** Email: [centraleast@autismontario.com](mailto:centraleast@autismontario.com)
- **Kerry's Place East Region**  
Visit: [www.kerrysplace.org/support-and-services/east-region](http://www.kerrysplace.org/support-and-services/east-region)
- **Council for Persons with Disabilities**  
Visit: [www.pcpd.ca](http://www.pcpd.ca)
- **Canopy Support Services**  
Visit: [www.canopysupport.ca](http://www.canopysupport.ca)
- **Community Living Trent Highlands:**  
Visit: [www.clth.ca](http://www.clth.ca)
- **Peterborough Child & Family Centres**  
Visit: <https://ptbocfc.ca>
- **EarlyON Child and Family Centre**  
Visit [www.oeyc.ca/index](http://www.oeyc.ca/index)

Discover listings for 200+ accessible playgrounds across Ontario that help families find inclusive play structures ideal for kids of all abilities.

 [www.accessibleplaygroundsontario.ca](http://www.accessibleplaygroundsontario.ca)

### INSIDE:

- Community Programs – In the Spotlight
- Community Listings – Ptbo/Northumberland
- Community Listings – Kawartha Lakes/Haliburton
- Recreation Funding/Grants



## Community Programs – In the Spotlight

### Kawartha Gymnastics

- **Visit:** [www.kawarthagymnastics.ca/specialized](http://www.kawarthagymnastics.ca/specialized) or email [admin@kawarthagymnastics.ca](mailto:admin@kawarthagymnastics.ca) to learn more about these programs.
- **Rock & Roll - Adaptive Gymnastics (for kids walking to 7 years)** Tuesdays, April 30-June 18, 8-weeks, \$90/child  
This program in partnership with Five Counties Children's Center is customized for kids 7 years and under with exceptional needs. Participate in a family-oriented gymnastics program in which caregivers take part. Make friends as you work on motor skills, balance, strength, flexibility, climbing and more all in a safe, supportive atmosphere.
- **Special Olympics Rhythmic Gymnastics (for all ages) – May and June**  
This new program in partnership with Special Olympics Peterborough follows the Rhythmic Gymnastics program outline directed from Special Olympics. Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. Individuals or teams of competitors (from 2 to 6 people) manipulate one or two pieces of apparatus: rope, clubs, hoop, ball, ribbon and Free (no apparatus, so called "floor routine"). This spring session runs for 6 weeks in May and June. Athletes who are registered members with Special Olympics will not need to pay the \$40 Gymnastics Ontario insurance fee. Athletes who participate are not required to compete.
- **Adaptive Drop-In (for all ages), Wednesdays and Fridays (Noon to 2 pm), \$15/class**  
This adaptive drop-in is for individuals of all ages with sensory needs. This unstructured drop-in lets participants explore the facility! Swing on the bars, balance on the beams, jump on the trampolines and more! Support workers attend for free. Annual Gymnastics Ontario insurance fee is due upon first visit.



### Critter Visits

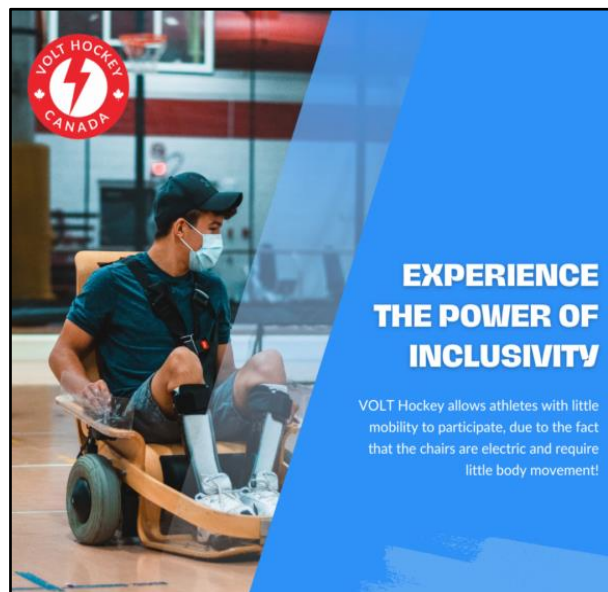
- **Visit:** <https://crittervisits.square.site/farm-events>
- Enjoy a farm experience this summer. Critter Visits offers youth camp – day camp with two variations available.
  - 5-day Farm Apprentice ages 12+ (including adults!)
  - 2-day Family Farm Camp for 1 or 2 adults and up to 6 kiddos in your group
  - Special 1+1 Family Camp option for Caregivers with special needs kiddos and young adults!
- Busing options are available. Visit the website for more details.





## Volt Hockey is Here!

- **Visit:** <https://ymcaofceo.ca/volt-hockey/>
- Volt hockey has arrived in Peterborough at the YMCA. This inclusive and adaptive form of hockey is specifically designed for individuals of varied abilities. Players use specially designed chairs that provide an accessible platform for all to play. Get in the game and learn valuable life skills such as team building, competition and social inclusion.
- Cost is \$45 for kids ages 6-14. Contact the Peterborough YMCA for more details.



## ParaSport Ontario Online Resource Hub and Support Centre

- **Visit:** [www.parasportontario.ca](http://www.parasportontario.ca)
- Offers parasport content for participants and athletes with disabilities, coaches, students, activity leaders, caregivers, educators and health care professionals.
- Click on a sport or recreational activity of interest to access: Sport Leaders, Experts and Ambassadors, 35+ Different ParaSports, 180+ Clubs by Region or by Sport Fitness and Equipment Resources and more!

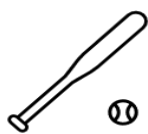


### Ptbo Challenger Baseball

Get in the swing of things! Take part in **Peterborough Challenger Baseball**.

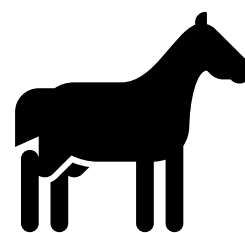
**Email:**  
[challengerptbo@gmail.com](mailto:challengerptbo@gmail.com)

**Visit:**  
<https://parasportontario.ca/clubs/peterborough-challenger-baseball>



### Therapeutic Horse Riding

- **PARD Therapeutic Riding (in Warsaw)**  
Visit: [www.pard.ca](http://www.pard.ca)
- **Heal With Horses (in Prince Edward County)**  
Visit: [www.healwithhorses.ca](http://www.healwithhorses.ca)
- **Walk About Farm Therapeutic Riding (in Minden)**  
Visit: <https://walkaboutfarmtra.com/>
- **Therapeutic Horse Riding in Lindsay (T.H.R.I.L.)**  
Visit: <https://thril.ca/>



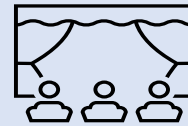
## Community Programs – Peterborough/Northumberland



- **Peterborough Recreation Services**  
Visit: [www.peterborough.ca/en/explore-and-play/recreation-programs.aspx](http://www.peterborough.ca/en/explore-and-play/recreation-programs.aspx)
- **YMCA of Central East Ontario (Peterborough/Trenton)**  
Visit: <https://ymcaofceo.ca/>
- **Kawartha Gymnastics Club (Specialized/Adaptative Programs)**  
Visit: [www.kawarthagymnastics.ca/specialized](http://www.kawarthagymnastics.ca/specialized)
- **Peterborough Public Library**  
Visit: [www.ptbolibrary.ca/en/index.aspx](http://www.ptbolibrary.ca/en/index.aspx)
- **Peterborough Child & Family Centres**  
Visit: <https://ptbocfc.ca/>
- **P.L.A.Y. Sports Peterborough – Multisport Program, Physical Literacy and Pop-Up Play**  
Visit: [www.playsportsptbo.com/](http://www.playsportsptbo.com/)
- **YMCA Northumberland (Cobourg)**  
Visit: <https://ymcanrt.org/>

### Spotlight: Improv with Linda Cash

- **Visit:**  
[www.lindakash.ca/linda-classes-and-camps](http://www.lindakash.ca/linda-classes-and-camps)
- Learn the basics of improv, creative expression, and collaboration through cooperative games and TONS OF FUN.
- Summer Papacamp registration is now open!



### Spotlight: Epic Gymnastics (Port Hope)

Contact us: visit [www.epicgym.ca/](http://www.epicgym.ca/)

- Call: (905) 800-0094

#### Sensory Open Gym Time

- Join this relaxed, quieter gym time to move, jump, explore and have fun with coaching support.
- Drop-in class on Wednesdays (12:15-1:15 pm) until June 19. Cost is \$15/child (or 2 for \$25 or 3 for \$35). Ten-class pass also available for \$120.
- For kids/youth of all ages (those 3 yrs and under must have parent/guardian present with them at all times in gym)



Calling all Heroes!

# CAPABLE CON

Everyone can be a Superhero!  
**Saturday June 1st**  
10:00 a.m. – 2:00 p.m. Venture North Parking Lot  
Fun Activities • Learning • Prizes • Entertainment • and Inclusion!

Free Event!

C-P-D  
Council for Persons with Disabilities

Living Well  
More Medical Support

Charitable Registration No. #883740813RR0001  
info@pcpd.ca | 705-874-8661  
www.pcpd.ca/capable-con

For more info:



# What's Happening in our Community – Spring 2024

- **Municipality of Port Hope**  
Visit: [www.porthope.ca/en/things-to-do/childrens-programs.aspx](http://www.porthope.ca/en/things-to-do/childrens-programs.aspx)
- **Child and Family Services EarlyON – Northumberland County**  
Visit: [www.northumberland.ca/en/living-here/child-and-family-centres-earlyon.aspx](http://www.northumberland.ca/en/living-here/child-and-family-centres-earlyon.aspx)
- **Cobourg Public Library**  
Visit: [www.cobourg.ca/en/home-and-property/Children-and-Families.aspx](http://www.cobourg.ca/en/home-and-property/Children-and-Families.aspx)
- **FishAbility Sports Club**  
Visit: [www.facebook.com/FishAbilitySports/](https://www.facebook.com/FishAbilitySports/)
- **Adaptive Yoga for Children and Teen – Angela Demeester, Yoga Instructor**  
All bodies and abilities; Movement, Medication and Mindfulness  
Visit: [www.angelajune.com](http://www.angelajune.com)

**PETERBOROUGH'S BEST SUMMER CAMP**

WORLD CHAMPIONSHIP MARTIAL ARTS

<b>SECRET AGENTS AND SPIES</b> WEEK 1 (JULY 2 - 5)	<b>NERF WARZ</b> WEEK 2 (JULY 8 - 12)	<b>AMERICAN NINJA WARRIOR</b> WEEK 3 (JULY 15 - 19)	<b>WATER WEEK</b> WEEK 4 (JULY 22 - 26)	<b>WORLD WARRIORS</b> WEEK 5 (JULY 29 - AUG 2)
<b>LEGOMANIA</b> WEEK 6 (AUG 6 - 9)	<b>NERF WARZ</b> WEEK 7 (AUG 12 - 16)	<b>NINJA WEAPONS</b> WEEK 8 (AUG 19 - 23)	<b>ANIMAL WEEK</b> WEEK 9 (AUG 26 - 30)	

REGISTER TODAY | LIMITED SPOTS AVAILABLE  
**EARLY BIRD AND FAMILY DISCOUNTS AVAILABLE - CALL FOR PRICING**  
 871 CHEMONG RD, PETERBOROUGH ON  
 (705)749-9056 | WORLDCHAMPIONSHIP.CA

## KIWANIS ADVENTURE PROGRAM

Tuesdays 5:00-6:00pm

KAP is a 10-week program focusing on teambuilding and communication. Participants will enjoy a safe and inclusive environment where they will work on motor skills, communication skills and fitness. With support from Kiwanis Club of Scott's Plains we have developed opportunities to allow children with exceptionalities or disabilities to participate in many different sports, yoga and other great opportunities around the facility.

**YMCA of Central East Ontario | Balsillie Family Branch | ymcaofceo.ca**

## Are You Ready to Roll?

Five Counties CHILDREN'S CENTRE

Spring is in the air... and our all-season Hippocampe Chair is free for the taking to help you make trails

**We'll look after:**

- TIRE BALANCING
- TIRE CLEANING
- WHEEL ALIGNMENT
- BRAKE SERVICE

**You can take care of the rest!**  
 Learn more: 1-888-779-9916, ext. 249 or 250



## Community Programs – Kawartha Lakes/Haliburton County

- **BGC Kawarthas**

Visit: [www.bgckawarthas.com](http://www.bgckawarthas.com)

**Check out Summer Camp programs in Lindsay and Peterborough. Visit:**

[www.bgckawarthas.com/programs/camps-pa-days/](http://www.bgckawarthas.com/programs/camps-pa-days/)



- **Lindsay Gymnastics Centre:**

Visit: [www.lindsaygc.ca](http://www.lindsaygc.ca)

- **Haliburton County Public Library:**

Visit: [www.haliburtonlibrary.ca](http://www.haliburtonlibrary.ca)

- **Kawartha Lakes Public Library:**

Visit: [www.kawarthalakeslibrary.ca/en/index.aspx](http://www.kawarthalakeslibrary.ca/en/index.aspx)

- **Township of Minden Hills (Recreation Programs)**

Visit: [www.mindenhills.ca/en/things-to-do/recreation-programs.aspx](http://www.mindenhills.ca/en/things-to-do/recreation-programs.aspx)

- **EarlyON Child and Family Centre**

Visit: <https://www.kawarthalakes.ca/en/living-here/earlyon-child-and-family-centres.aspx>

### Spotlight: Summer Day Camps in City of Kawartha Lakes

- **City of Kawartha Lakes (Activities and Recreation)**

Visit: [www.kawarthalakes.ca/en/activities-and-recreation.aspx](http://www.kawarthalakes.ca/en/activities-and-recreation.aspx)

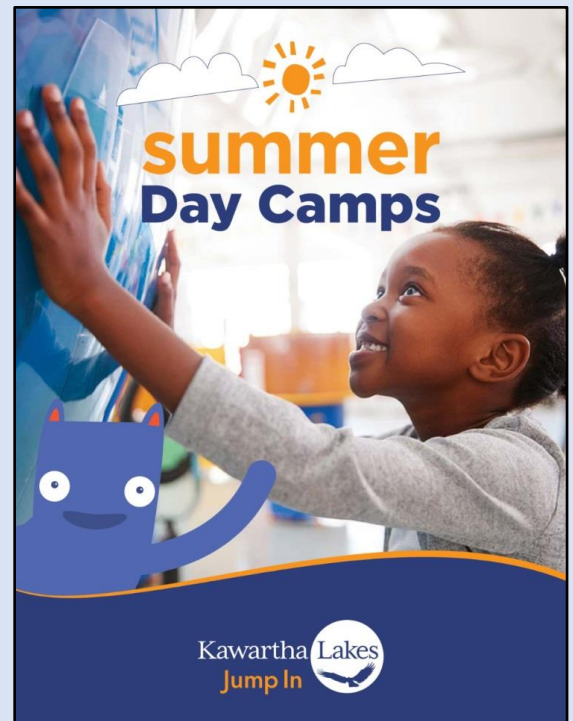
- **City of Kawartha Lakes Summer Day Camps**

Join the fun this summer! The City of Kawartha Lakes is running a series of day programs to provide opportunities for all children to participate, try different activities, meet new friends and develop important skills.

Included is the **Inclusion Support Program** that helps to foster accessible and inclusive opportunities for participants of all abilities.

Check out what's available:

Visit: [www.kawarthalakes.ca/en/things-to-do/camps.aspx](http://www.kawarthalakes.ca/en/things-to-do/camps.aspx)





- **Kawartha Lakes Sports and Recreation Council (Adaptive Recreation Options):**  
Visit: [https://klsrca.ca/activity-result/?\\_sft\\_post\\_tag=adaptive-recreation-options](https://klsrca.ca/activity-result/?_sft_post_tag=adaptive-recreation-options)
- **City of Kawartha Lakes Aquatics – Lindsay Recreation Complex pools and the Forbert Memorial Pool in Bobcaygeon:**  
Visit: [www.kawarthalakes.ca/en/things-to-do/pools-and-swimming.aspx](http://www.kawarthalakes.ca/en/things-to-do/pools-and-swimming.aspx)
- **Lindsay Makerspace – Kawartha Lakes STEAM Education, Activities and Camps:**  
Visit: <https://pinnguaq.com/makerspaces/lindsay>
- **Abbey Gardens**  
Offer various programs for kids throughout the year. Programs and camps are led by experienced educators and include physical activity, ecology programming, outdoor exploration, activities and a whole lot of fun!  
Find a list of 2024 programs, camps and workshops:  
Visit: [www.abbeygardens.ca/programming-2/](http://www.abbeygardens.ca/programming-2/)





## Recreation Funding/Grants

### City of Peterborough: Recreation Fee Subsidy Program

- Assists low-income families and families receiving social assistance who live in Peterborough to offset registration costs for recreational programs offered by the City or other organizations within the City of Peterborough.
- Funds available, but not limited to: sports activities, aquatic programs and camps for dependent children 18 years and under.
- Apply for multiple programs at once, for one or more participants. The maximum subsidy per child is \$100 (or \$200 per year depending on the low-income cut off per household).
- **Learn more:** <https://forms.peterborough.ca/Recreation-Division/Subsidy/Recreation-Fee-Subsidy>

### KidSport Canada

- Provides grants to kids from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of a season of sport.
- Grants of up to \$250/eligible kid, per year (Jan. 1-Dec. 31) towards sport registration fees.
- **Visit:** <https://kidsportcanada.ca/ontario/provincial-fund/>

### Ontario Growing Up Through Sports

- Offers financial assistance to low-income families across communities in Ontario.
- *Ontario Growing Up Through Sports* believes that no matter the situation at home, all kids should be able to enjoy what playing sports has to offer in their local communities.
- **Visit:** [www.oguts.net/eligibility](http://www.oguts.net/eligibility)

### Canadian Tire Jumpstart (Individual Child Grants)

- Jumpstart is committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more.
- Individual Child Grant system is closed for the winter funding year. Please visit the Jumpstart website for an update on the reopening date for Summer 2024.
- **Visit:** <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

### Children's Foundation: Playing for Keeps and Camps of Hope

- Serving Northumberland, the Children's Foundation improves the quality of life for kids/youth in need by providing educational opportunities, inspiring activities, engaging experiences and resources to help empower children and youth for future success.
- **Visit:** [www.thechildrensfoundation.ca](http://www.thechildrensfoundation.ca)

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## Connect With Us

### Reach our Recreation Therapists:

Toll-Free: 1-888-779-9916, ext. 249 or 250

Email: [civaney@fivecounties.on.ca](mailto:civaney@fivecounties.on.ca) or [cristok@fivecounties.on.ca](mailto:cristok@fivecounties.on.ca)