

COMMUNITY RECREATION RESOURCES

Program Guide

2025



Community Recreation Resource Guide

This guide has been developed to provide families and clients with information about recreation resources available in Windsor-Essex County. The organizations featured in this guide offer different types of activities to meet the needs of children of various abilities.

These organizations are not endorsed by the John McGivney Children's Centre, this is a guide for resources and information only.

This information was collected in September 2024 and will be updated as new information becomes available.

If you have questions about this guide or want to learn more about Therapeutic Recreation resources at The John McGivney Children's Centre, please contact our JMCC Recreation Therapist, Julie Jones.

Julie Jones, CTRS
(Certified Therapeutic Recreation Specialist)
519-252-7281 ext. 353
julie.jones@jmccentre.ca



City of Windsor Recreation

The City of Windsor Parks and Recreation offer a variety of programs to people of all ages and abilities, including open play, swimming, skating, pickleball, and more.

For questions regarding programs and events please email parkrec@citywindsor.ca or call Central Booking at [519-255-1161](tel:519-255-1161)

For more information about the programs offered, please visit www.ActiveWindsor.ca



Town of LaSalle Recreation

The town of LaSalle offers inclusive programming for all ages and abilities, including ice skating, sensory swimming, dancing, art and more.

For questions regarding programs and events please email recreation@lasalle.ca or call the The Vollmer Recreation Complex [519-969-7771](tel:519-969-7771).

Information about the different programs offered can be found on their website at <https://www.lasalle.ca/en/things-to-do/recreational-programs.aspx>



Town of Tecumseh - Recreation

The Town of Tecumseh offers a variety of programs and events for people of all ages and abilities.

For questions regarding programs and events please email recreation@tecumseh.ca or call the Community Recreation Services department at [519-735-4756](tel:519-735-4756).

For a complete list of available programs, please visit TecumsehRec.ca



Town of Amherstburg - Recreation Programs

Amherstburg prides itself on offering inclusive programming for all ages. Programs are designed to be inclusive of all needs and abilities. The recreation department works with families to ensure opportunities are provided to children and families who may require accommodations.

For questions regarding programs and events please contact recreation@amherstburg.ca or call the Libro Centre at [519-736-5712](tel:519-736-5712).

Program information for all ages can be found at amherstburg.ca/recreation

The direct link to all Drop-in Activities can be found at amherstburg.ca/beactive



Town of Kingsville - Recreation

The town of Kingsville offers various recreation programs for parents and tots, youth, and families. There's drop-in parent and tot classes and gym time, dance, gymnastics, Junior STEM, LEGO club, and Little Artists.

For more information about these programs and other events in the Town of Kingsville, please visit their website.

<https://www.kingsville.ca/en/explore-and-play/recreation.aspx>



Town of Lakeshore - Recreation

The town of Lakeshore offers a wide variety of recreation programs for parents and tots, youth, and families. There's drop-in parent and tot classes and gym time, sports, swimming, dance, gymnastics, art, summer camps and more!

For more information about these programs and other events in the Town of Lakeshore, please visit their website.

<https://www.lakeshore.ca/en/explore-and-play/explore-and-play.aspx>



Town of Essex Recreation

The Town of Essex offers a variety programs for people of all ages and abilities for drop-in activities and for membership. Recreation programs include physical activity and sports including swimming and skating, creative activities, and skill development.

For questions regarding programs and events please email recreation@essex.ca or call [519-776-7336](tel:519-776-7336) ext 1350.

To search and register for all programs, please visit essexconnect.ca



Town of Leamington - Recreation

The Town of Leamington offers inclusive programming and events to people of all ages, including swimming, skating, youth yoga, racquetball and more.

For more information about programs and events, please email complex@leamington.ca or call the Recreation Department at [519-322-2337](tel:519-322-2337).

Program information for all ages can be found at leamington.ca/recreation



"Kids Beating Cancer" Honourable Ninjas

Honourable Ninjas teaches kids to train and acquire special skills to assist in their daily lives. The program helps to build self-esteem, confidence, self-respect and self-discipline. They also teach special breathing techniques which improve focus and concentration. Kids learn how to work with others and follow direction from their instructors. These skills contribute to the well-being of children physically, emotionally, and spiritually.

CRITERIA: All abilities welcome

AGES: 4 - 11 years old

WHEN: Wednesdays at 5:00pm - 5:45pm

WHERE: John McGivney Children's Centre,
Multipurpose Gym

COST: Free for individuals and their
supportive siblings

CONTACT: Phone: 519-816-2857
Website: <https://www.inhonour.ca/programs-17/kids-beating-cancer-honourable-ninjas>



Tecumseh FC - All Abilities Soccer Program

Tecumseh FC is facilitating an all abilities soccer program! With adapted equipment and training, coaches are offering a 12 week personalized program to meet your child's needs. Everyone deserves a chance to play "the beautiful game!"

CRITERIA: All abilities welcome

AGES: 5 - 21 years old.

WHEN: Tuesday nights, 5:30 - 6:30pm,
starting March 18th

WHERE: The John McGivney Children's Centre Gym
3945 Matchett Road, Windsor, N9C 4C2

COST: \$50

CONTACT: Melissa Erwin,
Program Director
melissa@tecumsehunitedfc.com



Kind Minds - iCan Bike Camp

An adaptive bike camp that teaches individuals with special needs how to ride a two-wheeled bike independently.

CRITERIA: Intellectual or Physical disability, must meet safety screening requirements

AGES: 8 years to 21 years

WHEN: July 7th - 11th, 2025

WHERE: 12021 McNorton St, Tecumseh ON N8N 3Z7

COST: \$150 per rider

CONTACT: Jessica Elliot
Email: kindminds20@gmail.com
Phone: 519-562-9512



Windsor Public Library

The Windsor Public Library offers many resources for families and youth to access educational materials. With a valid library card these resources are free.

The Library's children's collection has picture books, board books, books-on-cd, Braille picture books, movies, CDs, and easy readers.

Wonderbooks are picture books with an audio component, so the book is read aloud to the child as they follow along. Here is a direct link to a list of Wonderbooks in the Library's collection:

https://wind.ent.sirsiidynix.net/client/en_US/default/search/results?qu=wonderbook&te=

The Library also offers online resources for people of all ages. The Children's Resources include reading activities, mathematics, culture, at home printable activities and more.

https://www.windsorpubliclibrary.com/?page_id=58

Windsor Public Library
185 Ouellette Avenue
Windsor, Ontario
N9A 4H7

519-255-6770



Special Olympics Ontario LaSalle and Windsor (LW)



Special Olympics Ontario offers many different sports programs such as swimming, rhythmic gymnastics, power lifting, and even snowshoeing. Please visit their website for more information about the 2024/2025 seasons.

CRITERIA: Services provided for individuals with intellectual disabilities

AGES: 8 years of age or older (some specific sports may have age requirements)

WHEN: Different sports programs vary time and date

WHERE: Different locations around Windsor and LaSalle

COST: All programs are free except bowling, curling, skating and swimming (a \$30.00 registration fee will apply)

CONTACT: Please contact Tracy Cormier, Community Coordinator for more information or to register
Email: myukon@aol.com
Website: lasallewindsor.specialolympicsontario.ca

Italian-Canadian HandiCapable Association (ICHA)

The association offers many programs including yoga, basketball, bocce ball, floor hockey, bowling, soccer, dance, floor hockey, Taekwondo, corn hole, art and more. They also have their own events that change throughout the year.

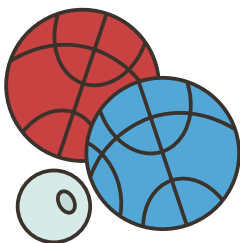
CRITERIA: Must be a member to participate
Memberships are available individually,
or for the family

WHEN: Program Hours
Monday: 6:00pm to 8:00pm
Tuesday: 5:00pm to 7:00pm
Wednesday: 6:00pm to 7:30pm

WHERE: 3939 Carmichael Drive
Windsor, ON, N9C 03C

COST: Varies per program

CONTACT: Website: www.icha.ca
Email: janis_icha@bellnet.ca
Phone: 519-977-1209



Windsor Ice Bullets - Sledge Hockey

Windsor Ice Bullets offer a Recreational and Competitive Sledge Hockey League. Beginners to Advanced players welcome. Different opportunities available to try Sledge Hockey. Equipment with adaptations to meet individual needs is available. Please contact for more information.

CRITERIA: All abilities welcome
Some upper body range of motion required

AGES: 14 years and older

WHEN: Recreational League - Wednesday evening
Competitive League - Wednesday evening
practice and Saturday afternoon games and
weekend tournaments

WHERE: The Libro Centre
3295 Meloche Rd, Amherstburg, ON, N9V 2Y8

COST: First Year Recreation League - \$325
Recreation League - \$350
Competitive League - \$425

CONTACT: Email: windsoricebullets@hotmail.com
Website:
<https://parasportontario.ca/clubs/windsor-ice-bullets-sledge-hockey>



Canadian Blind Hockey - Windsor

The Canadian Blind Hockey Program is looking for more participants to join their league. Children, youth, and adults who are blind and or partially sighted can participate. This program is 100% free, open to all ages, and fun for the whole family.

CRITERIA: Must complete registration form before joining the program

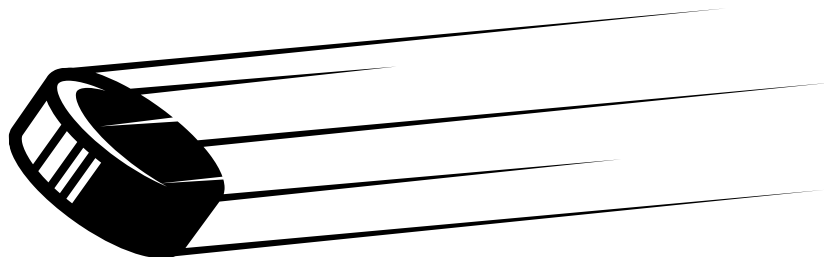
AGES: All ages

WHEN: December 7th, January 25th, February 8th, March 8th from 10:40am - 11:40am

WHERE: WFCU Centre, 8787 McHugh St, Windsor, ON, N8S 0A1.

COST: Free.

CONTACT: Luca DeMontis, Director of Programs
Email: lucademontis@blindicehockey.com
Website: www.canadianblindhockey.com
Phone: 1-416-454-4771.



Canadian National Institute for the Blind

The CNIB offers a variety of programs to individuals who have vision impairment, both virtually and in person. They offer creative arts workshops, physical activity based recreation events, and much more!

Please visit their website to see their programs and services available on virtual platforms and in person.
[https://www.cnib.ca/en/programs-and-services?
region=on_west](https://www.cnib.ca/en/programs-and-services?region=on_west)

CNIB Events happening in person in the Windsor-Essex area will be posted on our website and on social media platforms.



Miracle League Baseball

Everyone deserves the chance to play baseball. Every game day, children and adults with physical and intellectual disabilities gather on a specially built diamond that allows for wheelchairs and walkers to be barrier free. Miracle League provides the opportunity for children and adults to play baseball, make new friends, and build self-esteem.

CRITERIA: All abilities welcome

AGES: 3 years of age and older

WHEN: May - July and September - October

WHERE: 3295 Meloche Road (Amherstburg)
6755 Wyandotte St E, Windsor (Riverside)

COST: \$55 for both seasons, merchandise included

CONTACT: Phone: 519-995-0962
Website: <https://amherstburgmiracle.com/>
Website: <https://www.rmbamiracleleague.com/>



Challenger Baseball

Partnered with the Toronto Blue Jays, Challenger Baseball is an adaptive baseball/softball program that empowers individuals living with physical and/or cognitive disabilities. Baseball is used to enhance connection, courage, independence, and love of all physical activity!

CRITERIA: Individuals with physical and/or cognitive disabilities

AGES: 3 - 18 years old

WHEN: Start Date: May 3rd, 2025
Every Saturday at 3:30pm

WHERE: Mic Mac Park, 1125 Prince Rd, Windsor,
ON N9C 1Z2

COST: Free

CONTACT: windsorchallengers@gmail.com



Industry Movers Dance

Industry Dance Co. offers a variety of dance classes for dancers of all abilities and skill level. Classes are designed to offer dancers of all movement abilities a positive, supportive environment where rhythm and therapeutic movement are emphasized. They are committed to creating an inclusive space where every dancer can grow and thrive.

CRITERIA: All abilities welcome

AGES: 3 to 16 years

WHEN: Lil' Movers (Ages 7+) Saturdays 11:00am - 12:00pm
Industry Movers for Beginners (Ages 16+) Saturdays at 10:00am

WHERE: Industry Dance Co. 1250 Tecumseh Rd. E,
Windsor, ON, N8W 1B6
Phone: 519-551-2355
Websites: <https://www.industrydanceco.ca/>

COST: Determined when signing up online or over the phone



Windsor-Essex Therapeutic Riding Association (WETRA)

Windsor-Essex Therapeutic Riding Association (WETRA) offers therapeutic horse riding sessions to youth with various needs. The focus of lessons is to develop riding specific skills and play mounted games, while in a safe accessible leisure setting. For those who cannot or do not want to ride, the HOOF program offers opportunities to interact with the horses as well.

CRITERIA: Some safety limitations are listed on their website

AGES: 2 years of age and older

WHEN: 8-12 week sessions, starting on individual basis

WHERE: 3323 North Malden Rd,
RR#2 Essex, ON N8M 2X6

COST: \$55 per session

CONTACT: Phone: 519-726-7682
Email: info@wetra.ca

Website: <https://www.wetra.ca/>



Winstars Gymnastics

Winstars gymnastics offers a class for individuals who live with physical and cognitive disabilities, with an emphasis on increasing physical movement. The program is taught by an educational assistant with a strong background in respite work and autism spectrum disorders.

CRITERIA: Some safety limitations are listed on their website

AGES: Two groups (ages 3-9 and 10+)

WHEN: Monday, 4:30-5:25pm (ages 3-9)
Monday, 5:30-6:25pm (ages 10+)

WHERE: 8400 Twin Oaks Dr, Windsor, ON N8N 5C2

COST: Contact Winstars for pricing

CONTACT: Phone: 226-676-0630
Website: winstarsgym.com



Fantastic Fridays - Family Respite Services

Fantastic Fridays is a social group facilitated by Family Respite Services (FRS), the Town of LaSalle and City of Windsor. The program provides opportunities for youth to participate in sport, recreation and physical activities, assisting them to develop skills and socialize with others.



CRITERIA: Access to the program is limited and must be arranged through the Family Coordinator at FRS if support is required. Individuals who do not need support can sign up on the Town of LaSalle or City of Windsor website.

AGES: Youth Group - 6 to 12
Teen Group 13 - 19

WHEN: Two Fridays each month

WHERE: The Vollmer Complex, 2121 Laurier Drive,
LaSalle, ON
OR The Gino Marcus Community Centre
1168 Drouillard Rd, Windsor ON N8Y 2R1

COST: \$15 per session

CONTACT: Chelsea, Family Respite
cgarraway@familyrespiteservices.org

SUMMER & DAY CAMPS

YMCA CAMP HENRY

Website: <https://www.ymcaswo.ca/camp-henry-family-camp-info-guide>

Email: camp.henry@swo.ymca.ca

City of Windsor
Town of Tecumseh
Town of LaSalle
Town of Amherstburg
Town of Lakeshore
Town of Leamington
Town of Essex
Town of Kingsville

Greater Essex County District School Board

Website:

<https://www.publicboard.ca/en/programs-and-learning/camp-wonder.aspx>

WINDSOR PARKS

Farrow Riverside Miracle Park
6755 Wyandotte St. East

Captain John Wilson Park
3950 Ducharme Street

Aylmer Riverfront Park
340 Riverside Drive East

South Cameron Woodlot
1761 Kenora Street and Mark Avenue

Little River Acres Park
8575 Little River Road and Little River
Acres Drive



RESPITE RESOURCES

Refuel Respite Inc.

Refuel Respite provides in and out of home respite with personalized support plans tailored to each client's needs.

CRITERIA: All abilities welcome

AGES: 5 years to 18 years

WHEN: As needed

WHERE: Windsor Essex County

COST: \$35 hourly, (usually covers mileage)

CONTACT: Email: refuelrespite@gmail.com
Phone: 1-877-821-1495
Website: <https://refuelrespite.com/>

Refuel Respite Inc.

18 years + Day Program

Refuel Respite day program is tailored for individuals aged 18 and above, offering a diverse range of activities.

These activities encompass arts and crafts, games, cooking and baking, life skills, social skills, play, music, and fitness. Programs are based in the community and at the centre.

- CRITERIA:** All abilities welcome. Please bring your own lunch.
- AGES:** 18 years and older
- WHEN:** Week Days 10:00am to 4:00pm
- WHERE:** 169 Talbot St S Essex, Windsor, ON N8M 1B7
- COST:** \$180 per day
- CONTACT:** Email: refuelrespite@gmail.com
Phone: 1-877-821-1495
Website: <https://refuelrespite.com/>



Family Respite Services

Family Respite Services coordinates support and provides short breaks that strengthen families and contribute to children having meaningful lives in our community. A Family Coordinator will contact families to talk about coordination of respite supports for your child.

Family Respite Services welcomes families to inquire about respite supports by completing the self referral form <https://familyrespite.emhware.ca/child-referral/> or by calling their office.

Contact Information

Website: <https://familyrespite.org/>

Phone: 519-972-9688.

Address: 2565 Ouellette Avenue, Suite 150
Windsor ON, N8X 1L9



WinCity Care Inc.



WinCity Care Inc. is a day program and respite centre for individuals with intellectual and developmental disabilities. WinCity Care Inc. specializes in Autism Spectrum Disorder. The activities provided within their programs are designed to expand and enhance client's skills using play, life skills, social skills, arts and crafts, and much more. Individual plans can be made to fit your child's needs.

CRITERIA: After-School Respite Program and
Weekend Respite Program
Sign up required

AGES: 4 years of age and older

WHEN: After-School - Weekdays 3:30 pm – 8:00 pm
Weekend - Saturday & Sunday, 9 am - 3 pm

WHERE: 2535 Jefferson Blvd, Windsor, ON
N8T 2W5

COST: Price starts at \$28/hour. Cost varies based on need, hours and days per week. Please contact for direct quote.

CONTACT: Email: Wincitycare@gmail.com
Phone: 519-915-1855
Website: <https://www.wincitycare.com/>

Abode Respite 18+

Abode Respite is an organization that provides out-of-home group respite services and inclusive community programming to adults of all abilities.

AGES: 18+ years

WHEN: Monday - Friday, 9am - 5pm

WHERE: 144 Arthur Ave, Essex, ON, N8M 2N6

CONTACT: Email: aboderespice@gmail.com
Phone: 519-961-9092



Harmony in Action 18 years + Day Program

Harmony In Action provides day support opportunities for individuals with developmental disabilities. Supports are provided by a dedicated staff to foster friendships, facilitate personal growth and independent skills, and to participate actively in the community or through virtual programs.

CRITERIA: Individuals with developmental disabilities

AGES: 18 years and older

WHEN: Monday – Friday: 9:00 am – 3:00 pm

WHERE: 3335 Woodward Blvd, Windsor, ON N8W 2Y7

COST: Please contact for cost.

CONTACT: Phone: 519-252-1207.

Email: executivedirector@harmonyinaction.com

Website: <https://harmonyinaction.com/>



Harmony
in Action

ONLINE RESOURCES

Ability Online

Ability Online's virtual communities are comprised primarily of people who share the challenges associated with disabilities and/or chronic illness, but everyone is welcome to participate. They offer skill development modules, safe chat rooms, games and activities.

<https://newabilityonline.org/>

Contact Information

information@abilityonline.org
416.650.6207 or 1.866.650.6207



Access 2 Entertainment Card

The Access 2 Entertainment Card provides free admission (or a substantial discount) for the support person that accompanies a person with a disability at all participating entertainment venues. The person with the disability pays the regular admission fee. The card indicates to the ticket seller that the individual requires the support of an attendant.

Participating locations are across Ontario and listed on their website. Some local venues include Adventure Bay Water Park, F45 Fitness LaSalle, Fit and Healthy Centre, University of Windsor St. Denis Centre, and The Canadian Transportation Museum and Heritage Village,

Easter Seals Canada, 40 Holly Street, Suite 401, Toronto,
Ontario M4S 3C8

Phone: 1-416-932-8382 ext 227

Website: www.access2card.ca



An Easter Seals Canada Program