



Services and Recreational Activities for Children

Here you will find recreational resources that are local to Windsor-Essex as well as provincial services and programs that can be accessed in-person and online. These recreational activities and services provide physical, mental and emotional support for children as well as their families.

Recreational and Sport Activities		
Agency	Contact Information	Service Description
Rose City Archers	For more information please contact and/or visit: 1971 Rossini Blvd. Windsor, ON, N8W 4P6 519-945-1344 www.rosecityarchers.ca	For ages 7 and up with upper body strength, left and right arm coordination. Requires membership (individual or family offered).
Amherstburg Heroes Athletic Club: Basketball	For more information please contact: General Amherstburg High School 130 Sandwich Street South Amherstburg, ON, N9V 1Z8 519-791-3302 michelle@communitylivingessex.org	Open to all ages and athletes with an intellectual disability. Cost will be included.
LaSalle Lightning Wheelchair Basketball	For more information please contact: John Boyko johnboyko@bell.net	All ages welcome. Must be able to propel manual wheelchair independently. Cost will be included.

<p>Miracle League of Amherstburg: Baseball</p>	<p>For more information please contact and/or visit: 519-919-4641 www.amherstburgmiracle.com</p>	<p>For ages 3 and up. All cognitive and physical abilities are welcomed. Provides the opportunity for children and adults with disabilities a chance to play baseball, make new friends, and build self-esteem.</p>
<p>Italian-Canadian HandiCapable Association (ICHA)</p>	<p>For more information please contact and/or visit: 3939 Carmichael Drive Windsor, ON, N9C 3Z1 519-977-9394 or 519-977-8900 ext. 22 icha@thesoccerplace.ca www.icha.ca</p>	<p>The association offers many programs including yoga, basketball, bocce, floor hockey, bowling, and soccer. They also have their own events that change throughout the year. More information about their different events is on their website. Must be a member to attend programs. Memberships are available individually, or for the family.</p>
<p>Bowlero Windsor</p>	<p>For more information please visit: www.revs.ca/revs-bowlero</p>	<p>Suitable for all ages; is completely wheelchair accessible and has special bowling ramps ideal for wheelchair use and lightweight bowling balls for added comfort.</p>

<p>Rose Bowl Lanes: Pin Pals Windsor</p>	<p>For more information please visit: www.revs.ca/revs-rose-bowl</p>	<p>Suitable for all ages; designed for children with special needs and their families to encourage social connection and a need for leisure.</p>
<p>Windsor Sledge Hockey "Ice Bullets"</p>	<p>For more information please visit: www.windsorsledgehockey.com</p>	<p>Player's are provided with both recreational and competitive sledge hockey opportunities. The junior league varies from ages 8-16. The intermediate league varies from ages 15-60.</p>
<p>Special Stars Autistic Program – Windsor-Essex County</p>	<p>For more information please visit: www.wscspecialstars.com</p>	<p>Non-profit organization, providing a safe environment for individuals with ASD to develop social skills and peer interaction through the recreational activity of soccer.</p>
<p>Windsor Aquatics Club (WAC): Adie Knox Herman Recreational Complex</p>	<p>For more information please contact: Windsor Aquatics Club (WAC) 519-818-7883 Adie Knox Herman Recreation Complex 519-253-3157</p>	<p>Coaches will assess children who are 5 years and older, to ensure they are placed into the correct group based on their abilities. Two week free trial period, costs will begin after trial period is over.</p>

Down Syndrome International Swimming Organization (DSISO)	For more information please visit: www.disco.org	The Down Syndrome International Swimming Organization (DSISO) was created to provide swimmers with Down Syndrome the opportunity to swim at World Class level through its World Championships held every two years.
Swimming With A Mission Windsor (S.W.A.M.)	For more information please contact and/or visit: 888-530-5618 ext. 15 1-888-530-5618 ext. 123 (toll free) windsor@swamcanada.ca https://www.windsor.on.swamcanada.ca/	Provides affordable and accessible one-on-one swimming instructions and lessons to children with special needs. Able to provide lessons specifically to children at risk of drowning.
Kids Beating Cancer Honourable Ninjas	For more information please contact and/or visit: 519-972-0083 kbc@inhonour.ca https://www.inhonour.ca/programs-17/kids-beating-cancer-honourable-ninjas	Suitable for children ages 3 to 18 with cancer and other life-threatening illnesses/disabilities and their siblings.
Special Olympics	For more information please contact and/or visit: Windsor ICHA Cindy LaBrecque clabrecque@cogeco.ca icha@thesoccerplace.ca Windsor Caboto Lis Sorensen Windsor.caboto@specialolympicsontario.ca	Provides athletic opportunities for persons with intellectual disabilities between the ages of 8 to 80 years old. Its ultimate goal is to bring athletes together for fun, friendship, and competition.

	<p>LaSalle Windsor Tracy Cormier 519-978-0193 myukon@aol.com www.lwspecialolympics.com/wp/</p> <p>Leamington-Essex Kandic Scott Essex.coordinator@specialolympicsontario.ca</p>	<p>As well as offering the athletes the option to simply come out for the exercise and socialization.</p>
<p>Special Equestrian Therapeutic Riding Association (SPEQTRA)</p>	<p>For more information please contact:</p> <p>Windsor Farms Equine Centre 528 Mersea Road 7 RR#5 Leamington, ON, N8H 3V8 519-322-8365 info@speqtra.ca</p>	<p>Suitable for children and adults with physical, developmental or emotional disabilities. Must be able to support own trunk and head. It is designed to provide psychosocial, psychological and recreation therapy for people with disabilities.</p>
<p>Windsor-Essex Therapeutic Riding Association (WETRA)</p>	<p>3323 North Malden Road RR#2 Essex, ON, N8M 2X6 519-726-7682 Fax: 519-726-4403 info@wetra.ca www.wetra.ca</p>	<p>All ages welcome; however, they must be able to support own trunk and head. Children and adults with physical, developmental, and emotional disabilities. Designed to provide psychosocial, psychological, and recreational therapy for people with disabilities.</p>

Yoga for Individuals with Down Syndrome	For more information please contact and/or visit: Coco Nicole Daignault Coconico73@yahoo.ca 519-981-7337 https://cocoyoga.ca/modified-yoga	For women and girls with Down Syndrome. A parent, friend or support is always encouraged to attend and participate with child.
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Parks and Playgrounds

Agency	Contact Information	Service Description
Farrow Riverside Miracle Park	6755 Wyandotte St. East Windsor, ON, N8S 1P7 519-944-9115 info@riversidemiraclepark.com	A fully accessible and inclusive playground and park alongside the Miracle Field Baseball Diamond designed for children and adults with disabilities, plus a walking path for people of all ages and abilities.
Parks & Facilities	Captain John Wilson Park 3950 Ducharme Street Windsor, ON Windsor Riverfront Park Alymer Avenue and Riverside Drive East South Cameron Woodlot Kenora Street and Mark Avenue Little River Acres Park Little River Road and Little River Acres Drive	Parks & Facilities installed since 2012 four new accessible themed playgrounds in four different parks across the city.

Movies and Music Therapy

Agency	Contact Information	Service Description
Drumbeats & Brushstroke	For more information please contact: Emily Finnigan 519-478-0060 efinnigan@wnmusictherapy.com	A combined music therapy and arts program designed for teens (13-18) with special needs. The program

	<p>or visit:</p> <p>www.stececile.ca/arts/academy-of-music/</p>	<p>supports choice making, relationship building, and creative expression. It is an ideal program for individuals who have verbal or non-verbal communication skills, an interest in music and art, and a willingness to try new things.</p>
<p>Private Music Therapy Sessions and/or Adapted Music Lessons</p>	<p>For more information please contact:</p> <p>Emily Finnigan 519-478-0060 efinnigan@wnmusictherapy.com</p> <p>or visit:</p> <p>www.stececile.ca/arts/academy-of-music/</p>	<p>Half hour sessions offered at either location. Program goals are designed around your child's individual needs and can target areas such as expressive and receptive communication, fine and/or gross motor skills, social awareness and interaction, sensory and cognitive stimulation.</p>
<p>Therapy Express</p>	<p>For more information please contact:</p> <p>Emily Finnigan 519-478-0060 efinnigan@wnmusictherapy.com</p> <p>or visit:</p> <p>www.stececile.ca/arts/academy-of-music/</p>	<p>A group program designed for children and teens with special needs and uses music therapy, expressive art, drama and movement to promote expressive and receptive communication,</p>

		social interaction with peers, and creative self-expression. Professional therapists and practitioners run this program. Available for preschoolers (6 and under), elementary (7-12), and teens (13-18).
Music Therapy Academy Ste. Cecile	<p>For more information please contact and/or visit:</p> <p>Academie Ste. Cecile (Windsor) 2676 Grand Marais Road West Windsor, ON, N9E 1G2 519-966-775</p> <p>Academie Ste. Cecile (Tecumseh) 12021 Tecumseh Road East Tecumseh, ON, N8N 1M1 519-737-7575</p> <p>www.stececile.ca/arts/academy-of-music/</p>	Provides music therapy to enhance an individual's social, behaviour, physical, and emotional wellbeing. Sessions for children often include singing, playing instruments, and oriented expressive movements and dramatic activities. Open to any person with a disability. Sessions may be offered on a group or individual basis.
Camps		
Agency	Contact Information	Service Description
John McGivney Children's Centre Summer Programs/Camps	<p>For more information please contact:</p> <p>3945 Matchette Road Windsor, ON, N9C 4C2 519-252-7281 info@jmccentre.ca</p>	Summer programs/camps includes crafting, cooking, nature walks, swimming, and various recreational activities for ages 6

		year(s) to 18 year(s).
Easter Seals Camp Woodeden	<p>For more information please visit: https://www.eastersealscamp.org/</p> <p>Head Office- Toronto, ON (For general inquiries, applications, and eligibility) 700-One Concorde Gate Toronto, ON, M3C 3N6 Contact: Krishna Parks, Program Administrator Phone: 416-510-5094 Email: camp@easterseals.org</p> <p>Camp Merrywood- Perth, ON 741 Port Elmsley Rd Perth, ON K7H 3C7 Contact: Kate Goodfellow, Manager of Camp Operations Email: camp@easterseals.org</p> <p>Camp Woodeden- London, ON 2311 Oxford St W London, ON, N6K 4P1 Contact: Katrina Vanderkolff, Manager of Camp Operations Phone: 519-200-6462 or 519-471-6640 (Summer phone number) Email: camp@easterseals.org</p>	Camp Woodeden offers programs such as swimming, arts and crafts, pottery, music, drama, life skills and sports such as sledge hockey, archery, wheelchair basketball, lacrosse, badminton, a nature trail with Yurts for overnight sleep-outs and a fully accessible high ropes challenge course.
Autism Services Inc.	<p>For more information please contact and/or visit:</p> <p>3640 Wells St Windsor, ON, N9C 1T9 519-966-7283 www.autismservicesinc.com</p>	The Bruce Awad Summer Program is a unique program, which provides students with the opportunity to participate in daily activities such as fitness, arts and crafts, music, educational table tasks, food preparation, housekeeping duties, and other

		daily living skills. As well, as participate in a variety of community outings such as swimming, splash pads, parks, and gymnastics for ages 6 year(s) to 21 year(s).
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Other Services

Agency	Contact Information	Service Description
JMCC Teen Group	For more information please contact: 3945 Matchette Road Windsor, ON, N9C 4C2 Ruth McLean: 519-252-7281 ext. 544 info@jmccentre.ca	This group provides monthly meetings, outings and/or social events for teens with mental or physical disabilities.
JMCC Therapeutic Recreation	For more information please contact and/or visit: 3945 Matchette Road Windsor, ON, N9C 4C2 519-252-7281 info@jmccentre.ca https://jmccentre.ca/services/therapeutic-recreation	The therapeutic recreation team utilizes recreation and other activity-based interventions to promote optimal health for children and youth with special needs. These activity-based programs include: sports such as boccia, basketball, golf, dance, cheerleading, etc.; arts such as drama, music therapy, photography; social including the teen clubs, girls groups, boys game

		nights; and other cooking courses, outdoor exploration, and community outings. Available to children and youth under the age of 21.
Dances and Special Events Nights	For more information please contact and/or visit: www.mycommunityhub.ca 372 Talbot Street North Essex, ON, N8M 2W4 Natalie Kristy nkristy@communitylivingessex.org	Dances are sponsored by the McGregor Squelettes of Mary under the guidance of Community Living Essex County. Participation: age 16+.
Fantastic Fridays	For more information please contact: 2565 Ouellette Avenue, Suite 150 Windsor, ON, N8X 1L9 Catharine Shanahan: 519-972-9688 ext. 132 cshanahan@familyrespice.org	Family Respite Services program works with parks and recreation department of LaSalle to offer support for Friday night recreation program for older youth at Vollmer Rec Centre. Purpose of program provides opportunities for youth to participate in sport, recreation and physical activities, assisting them to develop skills and socialize with others.
Friendship Club	For more information please contact: St. Anne Church Parish Hall 12233 Tecumseh Road East Tecumseh, ON	Nights for social activity for adults with disabilities age 18 years+. Support workers welcome. All

	<p>Mary Rovers: 519-735-4632 or mrovers1@cogeco.ca</p>	<p>religious denominations welcome. Evening usually begins with singing and music followed by a 10-15 minute bible story/lesson, time for sharing news, ending with a prayer and refreshments. The friendship club been in operation over 25 years.</p>
<p>Italian-Canadian HandiCapable Association (Movies/Events)</p>	<p>For more information please contact and/or visit:</p> <p>3939 Carmichael Drive Windsor, ON, N9C 3Z1 519-977-9394 or 519-977-8900 ext. 22 icha@thesoccerplace.ca www.icha.ca</p>	<p>The association offers many recreational programs and hosts their own movie nights and events that change throughout the year. More information about their different events is on their website. Must be a member to attend programs. Memberships are available individually, or for the family.</p>
<p>Windsor Library</p>	<p>850 Ouellette Avenue Windsor, ON, N9A 4M9 519-255-6670 ext. 4404 TTY: 519-252-4775 www.windsorpubliclibrary.com</p>	<p>Anyone who will be homebound for at least three months may register with Accessibility Services and receive personally selected library materials on a regular basis. If you have a family member or a friend</p>

		who will pick up a bagful of materials, we will select, check out, and send to the nearest branch. Delivery, provided by volunteers, can be arranged if needed.
Snoezelen: Relaxation and Leisure	<p>For more information please contact and/or visit:</p> <p>Community Living Windsor 2840 Temple Drive Windsor ON 519-974-4221 www.clwindsor.org</p> <p>CNIB (Canadian National Institute for the Blind) 245 Janette Avenue Windsor, ON, N9A 4Z2 519-253-1900</p> <p>Sunnyside Rehabilitation Services 11811 Tecumseh Rd. East, Suite 118 Tecumseh, ON, N8N 4M7 519-739-6061 519-739-1419 (fax) 1-877-479-4460 (toll free) intake@sunnysiderehab.com</p>	Both a relaxing and stimulating darkened room with soothing music and lights. It provides people who have sensory and learning disabilities with appropriate relaxation.