



John McGivney Children's Centre presents...

FALL 2019 RECREATION PROGRAM GUIDE

September to December

Therapeutic Recreation Rules!

Therapeutic recreation enhances quality of life through the activities you love. At the John McGivney Children's Centre (JMCC), our recreation therapist works closely with kids, youth and families to educate and support in meaningful recreation participation. Goals are discussed between your family and your JMCC team to optimize success in suitable programs.

Benefits of Therapeutic Recreation

- ❖ Improves social and communication skills
- ❖ Improves physical and cognitive abilities
- ❖ Increases confidence and self-esteem
- ❖ Encourages a greater sense of accomplishment





What families have said about JMCC's Therapeutic Recreation Program

"JMCC is like a family, a place we can trust with the well-being of our daughter. Their rec programs have allowed Micayla's abilities to grow stronger and they can benefit so many other children in our community." – **Eleonora Vitella, Micayla's mom**

"I asked Tommy what he thinks about the bowling program: 'It is soooooo good!' As a mom, it's fantastic to see him be a part of a league and JMCC has given him something to look forward to each week. I get home from work and he will say, 'Hurry up mom, we have to get to bowling to see my friends!' That's what these leagues are about: friendship, a sense of belonging and being accepted. Tommy looks forward to seeing his friends and therapists, giving high-fives, bowling and of course the blue slushies."
– **Jen Wright, Tommy's mom**

"Cheerleading is something I never thought my daughter would be able to do. Before, JMCC, she couldn't participate in many community recreational programs. Either they weren't athletic, they advanced too quickly or I wasn't comfortable with them due to her medical needs. Fatemah loves the JMCC classes and her coaches while I love that she is building skills and relationships with other girls. We are so thrilled that this program is in place and are committed for the long run!"
– **Yoanna Vadim, Fatemah's mom**

"The JMCC Cheer Squad is inclusive, supportive and a dream opportunity for my daughter to learn, grow and experience new things. Her face lights up when she walks into class and I've already seen so much growth in her." – **Joanna Conrad, Vivienne's mom**



Registration

To obtain more information or to register for one or more of our programs, please contact Mallory Reiner, JMCC Recreation Therapist at the information below.

Please Note: Program costs help us cover the expenses related to our recreation programs however, if you require assistance with fees, please contact Mallory Reiner.



Mallory Reiner
Recreation Therapist



519-252-7281 ext. 523



Mallory.Reiner@jmccentre.ca

~Boccia~

Description: Not sure how to play? Not to worry! Boccia is an easy sport to learn and in an encouraging and welcoming environment, you'll get the hang of it in no time. Join us at the Novelletto Rosati Sports & Recreation Complex to build upper body strength, coordination, get competitive and make some new friends.

Criteria: All abilities welcome

When: Mondays: October 7 to November 25

Time: 6 to 7 p.m.

Where: Novelletto Sports & Recreation Complex

Age: 7 to 18 years

Cost: \$20



~Parent & Tot Yoga~

Description: Join Karli, founder of Yellow Bus Yoga, and explore interactive yoga with your young ones. Karli will be using kid-friendly tools inspired by Cosmic Kids Yoga to make sure this program is fun for all participants. If you love story time, this program is for you!

Criteria: Must attend with a parent

When: Wednesdays: October 2 to November 27

Time: 3 to 3:45 p.m.

Where: JMCC GYM

Age: 1 to 4 years

Cost: \$60



~Community Thursdays~

Description: Curious about the different recreation facilities and parks in your community? Come out and explore what our community has to offer! Every week our JMCC group will visit different recreation sites to learn about the different programs offered and to have the opportunity to meet new people and play together.

Criteria: Interested in learning about community opportunities. Transportation to various locations.

When: Thursdays: September 19 to October 17

Time: 6 p.m. Time will vary depending on location. 1 to 2 hours

Where: Around Windsor-Essex

Age: 14 to 18 years

Cost: \$10



~Music Club~

Description: Inspired Sound Music Therapy wants to make music with you! Music therapy can reduce stress, boost positive energy and get your body grooving. This popular program only has a limited number of spots so make sure you sign up fast! (Max 8 participants)

Criteria: All abilities welcome.

When: Saturdays: November 9 to December 14

Time: 4 to 5 p.m.

Where: JMCC

Age: 5 to 13 years of age

Cost: \$60



~SkateABLE~

Description: Come out and learn how to skate with the adaptive program skateABLE. This specialized program has developed a line of adaptive ice walkers and harnesses so that people with mild to severe disabilities can learn to skate safely and successfully.

Criteria: Willing to learn how to skate

When: Tuesdays: October 22 to December 10

Time: 5 to 5:50 p.m.

Where: Adie Knox Herman Recreation Complex

Age: All Ages

Cost: \$180



~Girls Club~

Description: Get together with cool, fun, like-minded girls to socialize, meet new friends and of course have FUN! Partnered with social work, participants will be in a safe environment to comfortably talk about what it's like being a girl.

Criteria: No parents or boys!!

When: Tuesdays: September 17 to October 15

Time: 4:30 to 5:30 p.m.

Where: JMCC

Age: 7 to 12 years



Interested in exploring something different? Check out what our community has to offer! You can find these programs along with others on the JMCC website. Under the FAMILIES tab, click Recreation Opportunities to start exploring.

If you need assistance with registration, if you would like to know if a program is suitable, or you just want to try it out, contact our recreation therapist for more details.

~Little Ninjas~

A fun therapeutic program that teaches children to train in the art of martial arts, acquiring special skills to accomplish their mission to fight their challenges. This program builds self-esteem, confidence, self-respect and self-discipline along with special breathing techniques which improves focus and concentration. Participants also learn how to work with others and follow directions from their instructors. These skills contribute to the well-being of children physically, spiritually and emotionally.

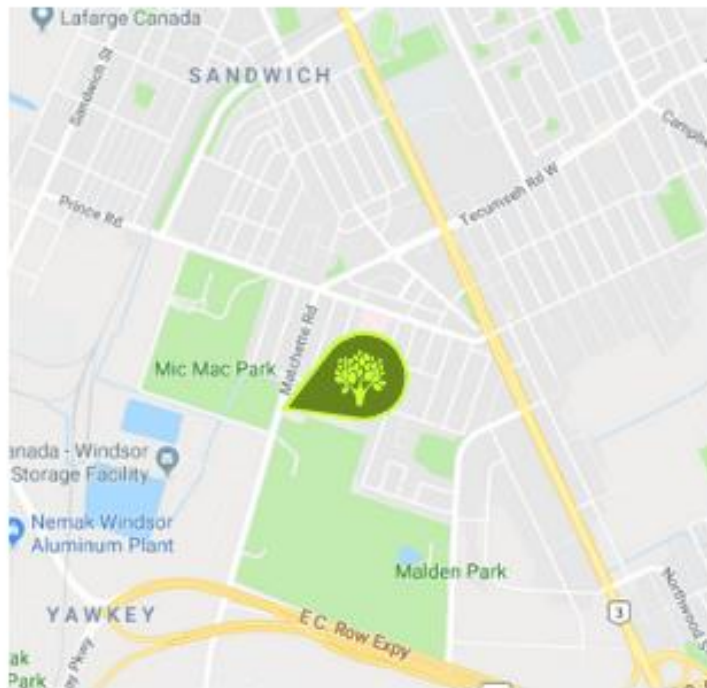
~Winstars Gymnastics~

This specialized program, under the guidance of Melynda Outram, provides individuals with the chance to be physically involved in gymnastics. Gross motor skills and body awareness will be challenged.

~Windsor Ice bullets~

This program offers both recreational and competitive sledge hockey to children in Essex-Kent and makes it accessible by having the necessary equipment to help each sledge hockey athlete develop to their maximum potential both on and off the ice.





**3945 Matchette Road
Windsor, ON**



**Monday – Friday
8:00 a.m. – 5:00 p.m.**



**519-252-7281
info@jmccentre.ca
www.jmccentre.ca**