C.H.A.L.K. Kids Wall

An innovative vertical approach to enhancing physical and mental performance while building on skills transferrable to various sports activities. Tailored to each individual ability level, kids will have fun participating in both on-the-wall and off-the-wall activities to improve balance, hand-eye coordination and strength. Through the use of unique wall climbing equipment and techniques, participants are provided with the tools needed to enhance bone health, brain and motor skills, and cardio strength.

**Age: 4 - 6 years**

Fee: $89.25/9 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Sat Jan 10 10:00-10:45am 248250

Vellore Village Community Centre

1 Villa Royale Ave., Woodbridge

**Day Date Time Code**

Thu Jan 8 6:00-6:45pm 249839

**Age: 7 - 11 years**

Fee: $89.25/9 classes

Vellore Village Community Centre

1 Villa Royale Ave., Woodbridge

**Day Date Time Code**

Mon Jan 5 7:45-8:30pm 249840

Shape Your Body

Get into shape with weight training, coordination, balance and core conditioning exercises led by a fitness instructor. Through individualized program plans based on ability level, participants learn to release negative energy and anxiety, build self-esteem, improve social interaction and focus, and perform daily living skills all while having fun! Note: Participants must be able to

participate individually in a group setting. An assessment is required prior to program registration. Contact specialneeds@vaughan.ca.

**Age: 14 years+**

Fee: $272/10 classes

Garnet A. Williams Community Centre

501 Clark Ave. West, Thornhill

**Day Date Time Code**

M,W Sep 22 4:30-5:30pm 243646

M,W Oct 27 4:30-5:30pm 243647

M,W Jan 5 4:30-5:30pm 250218

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Tu,Th Sep 23 5:00-6:00pm 243090

Tu,Th Sep 23 6:00-7:00pm 243091

Tu,Th Oct 28 5:00-6:00pm 243092

Tu,Th Oct 28 6:00-7:00pm 243093

Tu,Th Jan 6 5:00-6:00pm 248303

Tu,Th Jan 6 6:00-7:00pm 248305

Tu,Th Feb 10 5:00-6:00pm 248304

Tu,Th Feb 10 6:00-7:00pm 248306

Yoga with Parents

Through deep breathing exercises and yoga poses, participants release anxiety and improve endurance, flexibility, concentration and self-regulation. The use of relaxation techniques as well as the routine and structure of yoga offers an overall positive impact on the sense of wellness and balance.

**Age: 6 years+**

Fee: $158.75/9 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Fri Sep 26 5:30-6:30pm 243120

Fri Jan 9 5:30-6:30pm 248339

After School Program

Fun and games await participants of this exciting after school program. Specialized staff lead participants in a rotational schedule of structured and innovative activities.

Games, crafts, and homework time complement the life skills component of the course. Special events include movie days, tournaments and much more. Note: If participant requires support

1:1, an additional fee will be applied for a staff member provided by the City. Cost must be covered by the parent. Alternately, you may provide your own support worker.

**Age: 14 years+**

Fee: $466.50/23 classes•

Fee: $486.75/24 classes

Fee: $2393.25/118 classes•

Vellore Village Community Centre

1 Villa Royale Ave., Woodbridge

**Day Date Time Code**

M-F •Jan 5 2:30-6:00pm 254154

Mon •Jan 5 2:30-6:00pm 256611

Tue Jan 6 2:30-6:00pm 256612

Wed Jan 7 2:30-6:00pm 256613

Thu Jan 8 2:30-6:00pm 256614

Fri •Jan 9 2:30-6:00pm 256615

Circle of Friends: Social Skills

In this social skills program, children with special needs learn to communicate, share, play and interact with their peers through cooperative activities and games. Participants will learn to develop proper social behaviours such as taking turns, asking for help, initiating conversation and expressing feelings appropriately. Note: Children must be able to participate independently in a group setting.

**Age: 6 - 10 years**

Fee: $212/9 classes•

Fee: $235.75/10 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Mon Sep 22 6:00-7:00pm 243023

Mon •Jan 5 6:00-7:00pm 248251

Connect

Connect with new friends over fun group activities such as baking, scrapbooking, swimming, dancing, bocce, cards, sport games, and special guests. With a focus on community awareness and social interaction outside the family unit, this program helps develop social skills and life skills including: problem solving, setting goals, expressing feelings appropriately, taking turns, asking for help, and initiating conversation. Note: To be eligible, participants must be able to manage themselves safely and independently within a group environment. Contact specialneeds@vaughan.ca prior to registration.

**Age: 10 years+**

Fee: $441.75/10 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Sat Sep 20 11:00am-4:00pm 243024

Sat Jan 10 11:00am-4:00pm 248252

CrEATing Healthy Habits

Create healthy habits while making wholesome foods from cultures around the world! Participants have fun learning about healthy and active living through nutrition information and preparing their own food.

**Age: 8 - 13 years**

Fee: $244/9 classes•

Fee: $271/10 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Tue Sep 23 6:00-8:00pm 243026

Tue Jan 6 6:00-8:00pm 248254

Fun Club

Participants with disabilities socialize and learn new skills in a fun atmosphere. Individuals learn appropriate social behaviour as the group interacts through entertainment programs, nutrition classes, games and discussions. Activities include: bowling, bocce, swimming, culinary activities, movies, arts & crafts, games and more. Participants must be able to attend independently in a group setting.

**Age: 8 - 13 years**

Fee: $214.50/10 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Mon Sep 22 5:30-8:00pm 243040

Wed Sep 24 5:30-8:00pm 243039

Mon Jan 5 5:30-8:00pm 248266

Wed Jan 7 5:30-8:00pm 248265

Hangin' Out Together

Individuals with physical disabilities socialize and enjoy recreational activities including: pool, table tennis, billiards, card games, chess, checkers, backgammon, yahtzee, dominoes and foosball. Hang out with friends and enjoy refreshments, watch movies or television, listen to your favorite CD or play piano.

**Age: 16 years+**

Fee: Free/110 classes

Father E. Bulfon Community Centre

8141 Martin Grove Rd., Woodbridge

**Day Date Time Code**

Tu,F-Sa Sep 9 10:00am-1:00pm 243552

NEW Vaughan Enriched Day Program

This lifestyle Enriched Day program helps make the future a bright one for adults with special needs. Specialized staff lead participants in a daily rotational schedule of independent living activities, physical fitness, cooking, arts, leisure games, swimming, and literacy are some of the activities that complement the life skills component of the course. Designed to develop independence and confidence, this program also fosters a sense of belonging, promotes ongoing community participation and reduces the risk of social isolation. Note: Additional costs may be applied for 1:1 support, special events, community outings and transportation.

**Age: 18 years+**

Fee: $568/10 classes

Free: $795/14 classes•

Fee: $1703.75/30 classes•

Fee: $2385.25/42 classes•

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

M,W,F •Sep 15 8:30am-3:30pm 253635

Mon •Sep 15 8:30am-3:30pm 253642

Wed •Sep 17 8:30am-3:30pm 253643

Fri •Sep 19 8:30am-3:30pm 253685

M,W,F •Jan 5 8:30am-3:30pm 253645

Mon Jan 5 8:30am-3:30pm 253646

Wed Jan 7 8:30am-3:30pm 253647

Fri Jan 9 8:30am-3:30pm 253648

Fast Fingers Play the Piano

In this introductory piano program children with exceptionalities receive one-on-one instruction adapted to suit their age, ability, and musical learning desires. Participants learn how to read musical notes and/or play scales by ear, and discover the dynamics of rhythm and tempo through clapping and improvised playing of the piano and percussion instruments.

This entertaining musical opportunity helps children develop listening and fine motor skills, increase their ability to make eye contact and decrease negative behaviours that may interfere with learning. Note: Participants must be able to sit independently in a classroom, read and follow directions.

**Age: 6 years+**

Fee: $124.25/8 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Thu Sep 25 6:30-7:00pm 243032

Thu Sep 25 7:00-7:30pm 243034

Thu Sep 25 7:30-8:00pm 243035

Thu Sep 25 8:00-8:30pm 243031

Thu Sep 25 8:30-9:00pm 243033

Thu Jan 8 6:30-7:00pm 248257

Thu Jan 8 7:00-7:30pm 248258

Thu Jan 8 7:30-8:00pm 248259

Thu Jan 8 8:00-8:30pm 248260

Thu Jan 8 8:30-9:00pm 248261

We Have Talent

Participants with disabilities channel their creative energy through dance, singing and acting. This performing arts program offers participants instruction in visual arts, music and movement. The program concludes with a performance for family and friends.

**Age: 7 years+**

Fee: $107/9 classes•

Fee: $119/10 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Thu Sep 25 6:30-8:00pm 251437

Thu •Jan 8 6:30-8:00pm 251438

Active Play: Wheelchair Basketball

Stay active, stay healthy! Increase your level of physical activity playing wheelchair basketball. Participants with physical disabilities experience fitness, fun and friendship in a safe and welcoming community centre environment.

**Age: 18 years+**

Fee: $85/10 classes

Vellore Village Community Centre

1 Villa Royale Ave., Woodbridge

**Day Date Time Code**

Wed Sep 24 8:30-10:00pm 243205

Wed Jan 7 8:30-10:00pm 249829

FUNdamentals of Sports

Friendly fitness fun! Participants learn fundamental sports skills through a structured schedule of basketball, soccer, floor hockey, weight training and short and medium range running. Through adapted drills and non-competitive game play in a fun and safe community centre environment, adults develop teamwork and sportsmanship skills, improve their overall fitness level and learn to love sports!

**Age: 13 - 21 years**

Fee: $95.75/9 classes•

Fee: $106.50/10 classes

Vellore Village Community Centre

1 Villa Royale Ave., Woodbridge

**Day Date Time Code**

Mon Sep 22 7:00-8:30pm 243220

Mon •Jan 5 7:00-8:30pm 249846

Glide & Skate

Glide your way to fun learning basic skating skills such as balancing, gliding on two feet, forward movement and stopping. Children with special needs improve their coordination, endurance and strength, and develop self-discipline both on and off the ice in this learn-to-skate program. Note: Children will be grouped according to ability with an instructor/child ratio of 1:4. Participants MUST wear a CSA approved helmet with a facemask at all times.

**Age: 5 - 10 years**

Fee: $98.50/9 classes

Maple Community Centre

10190 Keele St., Maple

**Day Date Time Code**

Fri Sep 26 4:00-4:45pm 243042

Fri Sep 26 5:00-5:45pm 243041

Fri Jan 9 4:00-4:45pm 248269

Fri Jan 9 5:00-5:45pm 248270