

**ACCESSIBLE.
ACCOMODATING.
ACTIVE.**



Check out these active programs that provide accessible services to youth and/or adults with disabilities.



Ongwanada

ONGWANADA KINGSTON

A non-profit, accredited organization offering a range of individualized services and community supports including community and sensory gardens and a hydrotherapy pool.

www.ongwanada.com



ABLE SAIL KINGSTON

This adapted sailing program features specially designed and adapted boats that are completely safe, and cannot capsize or sink.

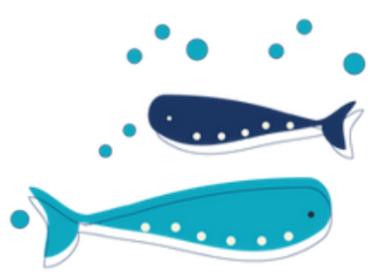
www.kingstonyachtclub.com/ablesail



ADAPTED PROGRAMS

The City of Kingston offers PRO Abilities (1-1 aquatic lessons), Leisure Connections (year-round for independent/supported adults, therapeutic swims and more!

www.cityofkingston.ca/residents/recreation/programs/adapted



S.W.A.M KINGSTON

S.W.A.M (Swimming With A Mission) is a not-for-profit student initiative that provides affordable and accessible one-on-one recreational swimming lessons to children with special needs.

www.kingston.on.swamcanada.ca



REVVED UP

This adapted exercise service promotes physical activity for adults with mobility impairments and developmental disabilities through mobility and circuit programs.

www.skhs.queensu.ca/research/research-centres-groups-labs/revved-up/



KINGSTON GOALBALL CLUB

Goalball is a paralympic sport played by blind or visually impaired individuals and encourages fitness while enhancing social and team building skills. It is played on a gym court sectioned off into 3 wings and split across the middle with tactile tape, along with a ball with bells.

www.ontariogoalball.com/kingston

SPECIAL OLYMPICS



This volunteer driven organization provides athletes from eight to eighty with the opportunity to train in sixteen official sports and numerous demonstration sports including soccer, track and field and curling.

www.kingston.specialolympicsontario.ca



H'ART SCHOOL

A non-profit, charitable arts hub that provides people with disabilities and those facing barriers with opportunities to create, study and produce works in the arts.

www.hartschool.ca



KINGSTON Y PENGUINS

This swim team is for children with physical disabilities and their able-bodied siblings. Participants learn through sport, how to set goals and develop self-discipline, while building self-confidence.

www.kingston.ymca.ca/programs/penguins



FINANCIAL ASSISTANCE

Canadian Tire Jumpstart and SPARK (Subsidy Program for Affordable Recreation in Kingston) can provide financial assistance if needed.

Please see the following links:

www.jumpstart.canadiantire.ca

www.cityofkingston.ca/residents/community-services/spark