



Community Living Sarnia-Lambton

PATHWAYS HEALTH CENTRE FOR CHILDREN
COMMUNITY LIVING SARNIA-LAMBTON
LAMBTON COUNTY DEVELOPMENTAL SERVICES
and our
COMMUNITY PARTNERS

COMMUNITY RECREATION AND LEISURE RESOURCE
A QUICK REFERENCE FOR ALL



Sailing



Baseball



Playgrounds



Learn to Skate



Soccer



Horseback Riding



Gymnastics



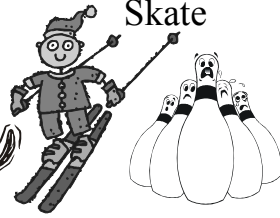
Curling



Sledge Hockey



Skiing



Bowling



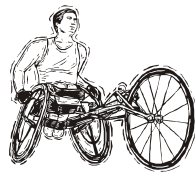
Figure Skating



Friendship Clubs



Crafts



Track, Field and Boccia Clubs



Weight Training



Swimming



Boy Scouts & Girl Guides



Girl Guides of Canada
Guides du Canada

COMMUNITY RECREATION AND LEISURE RESOURCE FOR ALL

The purpose of this guide is to provide you with information to assist you in making choices regarding recreation and leisure.

This resource has been developed by the Recreation Integration Sarnia Lambton committee in partnership with Pathways Health Centre for Children, Community Living Sarnia-Lambton, Lambton County Developmental Services and our Community Partners.

Disclaimer

We have included contact information about many community programs not affiliated with the three agencies responsible for publishing this guide.

The information appears in this guide because consumers have reported that they have had positive experiences with these service providers.

If you have any information or programs that you wish to add, please contact **Miriam Carmody – City of Sarnia’s Special Needs Coordinator** @ (519) 332-0656 or email @ mcarmody@sarnia.ca

Downloaded Version of this “Community Recreation and Leisure Resource” is found at:

The City’s Website @ www.sarnia.ca

Pathways Health Centre for Children Website @ www.pathwayscentre.org

Lambton County Developmental Services Website @ www.lcds.on.ca

Information Sarnia Lambton Website @ www.informationsarnialambton.org

Sarniasports.com @ www.sarniasports.com

Additional Information:

Fees

Most programs have registration fees.

If the registration fee is the only barrier preventing a motivated person from participating, we encourage you to contact the person in charge of the program to further discuss your options.

There may be support available.

Eligibility

Some programs have eligibility criteria.

If you are unsure if the program will meet the needs of you or your family member/friend, please contact the person in charge **before** you register.

Support Staff

Participants requiring support may have to provide their own staff. Support staff should be enthusiastic, motivated and knowledgeable about how they can support the person in the activity.

The staff must also remain with the participant at all times, if required.

If you are unsure, please call before registering for the program.

Services to Assist In Participation

Passport

Passport is a new initiative designed to enhance opportunities for people who have a developmental disability and who have left school and are seeking community participation supports. Through Passport, participants will be exposed to a wide range of experiences that focus on post-school activities and the personal development each person needs to achieve his/her goals for living as an adult in the community.

Passport is intended for residents of Ontario who have a developmental disability, confirmed by a qualified medical practitioner and/or psychologist, in writing, and who:

- Have left school and would benefit from community participation supports (there is no upper age limit for Passport applications); or
- Have been waiting for service and are in need of community participation supports (where the individual does not meet the criteria for funding through ODSP Employment Supports); and
- Are living at home with their families or in other living arrangement including group homes, living on their own or with roommates, supported independent living or with a Family home provider.
- However, priority will be given to applications that are living at home with their families.

Applications can be submitted to Family Counselling Centre throughout the year for future consideration. All people with a developmental disability who might benefit from community participation supports are encouraged to apply for Passport.

Contact: Leah Proctor (519) 336-0120 ext. 243 or
Jane Racher (519) 336-0120 ext. 262

Special Services At Home

Special Services At Home makes it easier for people with disabilities to live at home with their families or in the community. It provides funding to families so that they can purchase services for personal development or relief support not available elsewhere in the community.

The services are for people of all ages with a developmental disability and for children under eighteen with a physical disability. To qualify, individuals must live in Ontario with their families or independently in the community and need help in daily activities and require more supports than most families can provide. A good example of this support is parent relief (or respite) so family members can have time for their own needs or for the needs of other members in the family.

The ministry of Community and Social Services provides an annual budget for the program. Families describe their needs and request special funding on an application form which can be obtained from the Family Counselling Centre. The Ministry reviews the applications and makes funding decisions after a careful look at the needs of the person and his/her family and whether other supports and services are available. Families have choices about how the individual program will be delivered and can assist throughout the process including the provision of in-home support workers.

Contact: Leah Proctor (519) 336-0120 ext. 243 or
Jane Racher (519) 336-0120 ext. 262

Creating an Environment for Success...

Please,

- ensure that you are familiar with the program you or your child is attending.
- provide the staff and volunteers with information about yourself and your needs, if it will make your experience more successful.
- for support staff to be successful, they need to know the information about the program your attending, let them know!
- ensure that you support your program when asked. Most of these services are run by a dedicated group of volunteers. No Volunteers = No Programs.
- if you have some ideas, speak up, please – everyone wants to hear them!

“WE LIVE TO PLAY...WE PLAY TO LIVE”

COMMUNITY PROGRAMS CHECKLIST

PATHWAYS HEALTH CENTRE FOR CHILDREN (PHCC) COMMUNITY LIVING SARNIA-LAMBTON (CLSL) LAMBTON COUNTY DEVELOPMENTAL SERVICES (LCDS)

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|----|------------------------|--|---|--|
| 1. | Adaptive Rowing | | | |
| | | Adaptive Rowing | <ul style="list-style-type: none"> For individuals interested in rowing competitively and recreationally | Bluewater Rowing Club Robert Walicki (519) 541-1811 ext 8046 |
| 2. | City of Sarnia | <p>Miriam Carmody is the City of Sarnia's Special Needs Coordinator</p> <p>Liaise with and engage community special needs organizations, groups and individuals in regards to community leisure and recreation.</p> | <ul style="list-style-type: none"> In a facilitating role assist the special needs community in identifying leisure interests and needs, gaps in leisure, and develop action plans for and assist in the development of leisure programs and services. Act as an information resource | <p>Miriam Carmody (519) 332-0656 City's Special Needs Coordinator</p> <p>mcarmody@sarnia.ca</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|----|-----------------|---|--|--|
| 3. | Baseball | | | |
| | | <p>Blacktop Baseball in Petrolia An adapted baseball program for youth with disabilities with the focus on fun, participation and basic skill development.</p> | <ul style="list-style-type: none"> • Ages 6 to 18 years • Support Required | <p>Petrolia Community Services Pat Harwood (519) 882-2232 parks@town.petrolia.on.ca</p> |
| | | <p>Challenger Baseball in Sarnia An adapted baseball program for youth with disabilities with the focus on fun, participation and basic skill development.</p> | <ul style="list-style-type: none"> • Ages 6 to 18 years • Support Required | <p>SMAA Conveyor Bob Rochon (Volunteer) (519) 542-7456 bmrochon@mnsi.net</p> |
| 4. | Bowling | | | |
| | | <p>Community Living Sarnia- Lambton Bowling Ten Pin High Rollers Bowling Sarnia Strikers 5-Pin Bowling</p> | <ul style="list-style-type: none"> • Ages 16 and Up. • Support Required | <p>Community Living Sarnia-Lambton Norma Hills (519) 332-0560 nhills@communitylivingsarnia.org</p> |
| | | <p>Accessible Facility Marcin Bowl is accessible, both into the building and onto lanes. They have bumper bowling and bowling ramps.</p> | <ul style="list-style-type: none"> • Contact the facility for details • Support Required | <p>Marcin Bowl, 609 Helena St. (519) 344-1169</p> |
| | | <p>Bowling Lanes are booked bi-weekly from September to May of each year. 5 Pin Bowling at the Marcin Bowl facility.</p> | <ul style="list-style-type: none"> • \$5.00 for 2 games (including shoes) • Accessible for all | <p>Lambton County Developmental Services Michelle Griffin (519) 882-0933 ext.53 mgriffin@lcds.on.ca</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|----|--|--|---|--|
| 5. | Boy Scouts & Girl Guide Clubs | | | |
| | | Community Scouting Program for Children | <ul style="list-style-type: none"> • Ages 5 and up • Support Required | Scouts Canada, Sarnia and District (519) 336-6671, call for information about a club in you area |
| 6. | Curling Program | | | |
| | | Sarnia Golf and Curling Club Junior Curling programs begins late October on Sunday afternoons | <ul style="list-style-type: none"> • Ages 12 – 21 • Ability to understand and follow basic instructions • Wheelchairs/Walkers are not allowed on the ice. • Support may be required | Sarnia Golf and Curling Club (519) 336-2201 |
| 7. | Dances | | | |
| | | Boys and Girls Club Monthly Dances | <ul style="list-style-type: none"> • Call for fee details • Support required • Accessibility - good | Boys and Girls Club Lochiel Kiwanis Centre (519) 337-3651 |
| | | Community Living Sarnia-Lambton One Time Per Month September to May 8 p.m. to 11 p.m. Smoke and Alcohol Free | <ul style="list-style-type: none"> • 12 years and up • \$5.00 Fee • Grace United Church in Sarnia | Nellie Phillpott (519) 336-3379 OR Norma Hills (519) 332-0560 nhills@communitylivingsarnia.org |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|----|--------------------------------|--|--|---|
| | | Lambton County Developmental Services 7 p.m. to 10 p.m. Smoke and Alcohol Free September to June | <ul style="list-style-type: none"> • \$5.00 Fee (pop and chips included) • Brooke-Alvinston-Inwood Community Complex • Support Required • Accessible | Diane Bailey (519) 898-5224 dbailey@lcds.on.ca |
| 8. | Equipment Loan Programs | | | |
| | | Pathways Health Centre for Children <ul style="list-style-type: none"> • Boccia Ball Sets • Sledges • Life Jacket/Wet Suits • Freedex Bike (Junior/Adult) • All-Terrain Chair • Hand Trikes (Junior/Adult) • Team Xtreme – Adapted Nintendo Controller | <ul style="list-style-type: none"> • Call to find out about our Loan Equipment More Equipment: • Skaters Edges • Video Library • Pillo Pollo Sets • Parachute • Bowling Ramps • And More! | Pathways Health Centre for Children Amy Spadafora (519) 542-3471 ext. 260 aspadafora@pathwayscentre.org |
| 9. | Friendship Clubs | | | |
| | | Community Living Sarnia-Lambton Provides an opportunity for youth with disabilities and their support staff to plan, organize and participate in leisure and recreation activities. | <ul style="list-style-type: none"> • Tuesday's Ages 8 to 14 • Thursday's Ages 15+ • Support Required | Norma Hills (519) 332-0560 nhills@communitylivingsarnia.org |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|-----|---------------------------------|--|--|---|
| | | <p>Lambton County Developmental Services A religion-based non-denominational gathering where volunteers facilitate activities (music, crafts, games). Alvinston/ Wyoming and Brigden. Various evenings depending on the location during the fall and winter months.</p> | <ul style="list-style-type: none"> • All Ages • No Fee Required • Accessibility – depending on location | Lambton County Developmental Services Michelle Griffin (519) 882-0933 ext. 53 mgriffin@lcds.on.ca |
| 10. | Horseback Riding Lessons | | | |
| | | <p>TomLynn Acres By appointment only. There is an indoor riding area. A closed observation room has been added along with a transfer ramp & adaptive riding equipment.</p> | <ul style="list-style-type: none"> • Contact Tom Saul for all the details • Accessibility – Limited • Support may be required | TomLynn Acres Tom Saul 4897 Shiloh Line, R.R. #1 Petrolia, ON N0N 1R0 (519) 882-0958 |
| 11. | Ice Sports | | | |
| | | <p>Learn to Skate and Figure Skating Lessons A certified Skating Coach and Special Olympics Coach</p> | <ul style="list-style-type: none"> • Assessed by Pat Harwood • Support may be required | Petrolia Community Services Pat Harwood (519) 882-2232 parks@town.petrolia.on.ca |
| | | <p>Saturday Ice</p> | <ul style="list-style-type: none"> • All disabilities welcome • Call for further details | Sport for Disabled: Sarnia Lambton Robin Snell 519-862-2887 |
| | | <p>Sledge Hockey A hockey program for individuals with disabilities. Players use ice sleds and modified hockey sticks to play. Thursday's 4 – 5 p.m. Germain Arena Also: Travel Games and Tournaments</p> | <ul style="list-style-type: none"> • 6 years and up • For the cost there is a yearly registration fee • Support Required | Sport for Disabled: Sarnia Lambton Robin Snell 519-862-2887 |

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|-----|------------------------------------|--|---|---|
| | | <p>Sledges Sledges are used as an alternative to skating by people who have balance or mobility challenges. Equipment loan available @ the Petrolia Greenwood Rec. Centre</p> | <ul style="list-style-type: none"> • Contact Michelle Griffin for loan information | <p>Lambton County Developmental Services Michelle Griffin (519) 882-0933 ext. 53 mgriffin@lcds.on.ca</p> |
| 12. | Indoor Fun & Facilities | | | |
| | | <p>Bluewater Gymnastics Provides gymnastics instruction and an opportunity to develop strength, flexibility and coordination. Has a good reputation for making accommodations for people with disabilities.</p> | <ul style="list-style-type: none"> • Willing to develop specialized programs if they have enough children for a group • Support may be required • Contact the facility for details | <p>Bluewater Gymnastics 1540 Lottie Neeley Park Rd. Sarnia Amy Pearson (519) 542-3062</p> |
| | | <p>Boys and Girls Club Children's recreation programs at the Lochiel Kiwanis Centre in Sarnia. Afternoon/Evening/Homework Programs Available</p> | <ul style="list-style-type: none"> • Minimal membership fee • Support required • Accessibility - good | <p>Boys and Girls Club Lochiel Kiwanis Centre (519) 337-3651</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|--|----------|--|---|---|
| | | GoodLife Fitness Clubs Has a good reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact the facility for details | 710 Cathcart, Sarnia (519) 344-1330 |
| | | Indoor Fun – Games and Activities Tuesday evenings at the Oil Heritage District Community Centre in Petrolia | <ul style="list-style-type: none"> • \$20.00 registration fee • 6:30 p.m. to 7:30 p.m. weekly | Petrolia Community Services Pat Harwood (519) 882-2322 parks@town.petrolia.on.ca |
| | | Iron Eagles Powerlifting and Weight Training A weight training/powerlifting program offered by Ironworks Fitness in Pt. Edward | <ul style="list-style-type: none"> • Ages 13 and up • Ability to comprehend basic principles of weight training • \$15.00 per month • Support Required • Accessibility – Limited | Pathways Health Centre for Children Dave Schaller (519) 542-3471 ext. 262 dschaller@pathwayscentre.org |
| | | Ironworks Fitness Has a good community reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact the facility for details | Cam Davies (519) 336-6867 Point Edward |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|--|----------|---|---|--|
| | | Oil Heritage District Community Centre Petrolia | <ul style="list-style-type: none"> • Wellness Centre & Pool Programs • Preschool Programs • Youth/Teen/Adult/Senior Programs • Dance & Aerobic Classes • Special Programs & Training | Contact for full details 360 Tank Street P.O. Box 1270 Petrolia (519) 882-2232 www.online.activecommunities.com |
| | | RiverCity Community Centre – Lacrosse Has a good community reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact for full details | 260 Mitton N St. Sarnia (519) 383-8463 |
| | | Sharky’s Athletic Club Has a good community reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact the facility for details | 1596 London Line (519) 541-1555 |
| | | St. Clair Tae Kwon Do Has a good community reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact the facility for details | Pat Chalmers (519) 336-8856 340 Murphy Rd. Sarnia |
| | | YMCA Has a good community reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact the facility for details | 1015 Finch Drive Sarnia (519) 336-9622 |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|-----|----------------------|--|--|---|
| 13. | LCDS Programs | | | |
| | | <p>Community Connections Drop-In Centre A self-directed drop-in centre for adults with developmental disabilities. 4168 Robert St. Petrolia Mon. and Thurs. 7 – 9 p.m. Wed. 9:00 a.m. – 3:00 p.m.</p> | <ul style="list-style-type: none"> • 16 years of age and up • Cost: Yearly membership fee • Accessible • Must be able to attend the centre independently or come with a support person • Must register prior to attending | <p>Lambton County Developmental Services Michelle Griffin (519) 882-0933 ext. 53 mgriffin@lcds.on.ca</p> |
| | | <p>Community Resource Centre Is designed to provide a variety of resources and technological opportunities such as accessible computers, internet access, adaptive switches, touch screen computers, jumbo keyboard. And much more</p> | <ul style="list-style-type: none"> • Accessible • Support required • All ages • Call to schedule time to utilize the room. • Anyone in the community is able to access the centre • Friendly & knowledgeable technicians are available | <p>Lambton County Developmental Services 339 Centre St. Petrolia Deb Vanderwal (519) 882-0933 ext. 74 dvanderwal@lcds.on.ca or resource@lcds.on.ca</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|--|----------|---|--|--|
| | | <p>Snoezelen Room A multi-sensory environment designed to stimulate the primary senses of touch, hearing, sight, smell and taste.</p> | <ul style="list-style-type: none"> • All Ages • All caregivers must be trained to utilize this room – training is available • Call to schedule time | <p>Lambton County Developmental Services 339 Centre St. Petrolia Lori North (519) 882-0933 ext. 74 snoezelen@lcds.on.ca</p> |
| | | <p>Weekend Recreation Program A recreation based program available to people with developmental disabilities that live within the community with their families. The program provides much needed respite to families as well as recreational opportunities for their children.</p> | <ul style="list-style-type: none"> • Registration is required • 11 participants each session & 8 years and up • \$10/day (subsidies may be available if required) • Participants must provide own transportation to and from the program (transportation is available while at the program for activities) • Accessible | <p>Lambton County Developmental Services Michelle Griffin (519) 882-0933 ext. 53 mgriffin@lcds.on.ca</p> <ul style="list-style-type: none"> • Made possible through fundraising • Runs Saturday's from September to June |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|-----|-------------------------------|---|--|--|
| 14. | Ontario March of Dimes | | | |
| | | <p>Day Programs Tuesday & Thursdays (1:00 p.m. to 4:00 p.m.) The Ontario March of Dimes in partnership with the Brain Injury Association of Sarnia-Lambton offers a day program focused on the life skills development, socialization.</p> | <ul style="list-style-type: none"> • 16 years of age and older • Persons must have a permanent physical disability or an acquired brain-injury • Free (small donations are accepted for treats) | <p>Eva Gardner Independent Living Resource Worker (Facilitator)</p> <p>150 North Christina Street. Unit 129 Bayside Centre (519) 332-4702</p> |
| | | <p>Recreation and Integration Services The program enhances the quality of life of adults with disabilities through recreation, leisure and social integration. Programs include: Summer and Winter Holiday Programs and Accessible Travel Services (Geneva Park)</p> | <ul style="list-style-type: none"> • Adult Programs – Contact Toronto office directly for more information | <p>Recreation and Integration Service Department Ontario March of Dimes 10 Overlea Blvd. Toronto, Ontario M4H 1A4</p> <p>(416) 425-3463 1-800-263 (Dimes) 3463</p> |
| 15. | Sailing | | | |
| | | <p>Sailing An integrated sailing program with the Sarnia Yacht Club to work towards receiving White Sail Levels</p> | <ul style="list-style-type: none"> • Ages 6 - 18 | <p>Pathways Health Centre for Children Amy Spadafora (519) 542-3471 ext. 260 aspadafora@pathwayscentre.org</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|-----|--|---|---|--|
| 16. | Sarnia Minor Athletic Association | | | |
| | | <p>Sarnia Minor Athletic Association A non-profit organization, run entirely by volunteers, offering sports activities to the youth of Sarnia & District. It is the aim to foster the advancement of education in athletics and sports in promoting good sportsmanship through athletics among minors without restrictions of race, creed, or level of ability.</p> | <p>Office Hours: 1:00p.m. to 4:00p.m. Monday thru Wednesday and Fridays 3:00p.m. to 6:00p.m. Thursdays</p> | <p>Sarnia Minor Athletic Association Chaytor Building - German Park P.O. Box 524 Sarnia, ON N7T 7J4 Phone: 332-1896 Email: smaa@ebtech.net</p> <p>Web Page: www.sarniaminorathletic.com</p> |
| 17. | S.H.A.R.E. | | | |
| | | <p>Sarnia Handicapped Aiming for Rehabilitation and Equality (S.H.A.R.E.) A registered charity since 1973, serves Sarnia Lambton residents with all disabilities. The all-volunteer group raises funds in the community. Funds are used to provide a variety of services including swim therapy, transportation, social and recreational programs, educational workshops and social services.</p> | <ul style="list-style-type: none"> Fully Accessible <p>The social services branch helps with shared costs of needs not fully covered by other sources such as wheelchair repairs, hospital beds, prosthetics and scooters. S.H.A.R.E. holds regular publicized meetings at St. Clair Corporate Centre.</p> | <p>Phone: (519) 344-9518 PO Box 782 Sarnia, ON N7T 7J9</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|-----|------------------------|--|--|--|
| 18. | Skiing Programs | | | |
| | | Special Olympic Alpine Skiing Beginners to Advanced Alpine Ski Program for people with an intellectual disability | <ul style="list-style-type: none"> • Ages 8 and up • Cost varies | Eric Thomson Eric.thomson@sympatico.ca |
| | | Track 3 – Downhill Skiing The London Track 3 Ski School is dedicated in providing a safe, enjoyable downhill skiing experience for people with disabilities. | <ul style="list-style-type: none"> • Application process and assessment | Optimist Ski Centre, London Ski Club (519) 657-2554 Or Community Living Sarnia-Lambton Norma Hills (519) 332-0560 nhills@communitylivingsarnia.org |
| 19. | Soccer Programs | | | |
| | | LCDS Soccer Runs in the summer months Monday evenings 6:30 – 7:30 @ Queen Elizabeth II School Petrolia | <ul style="list-style-type: none"> • Ages 8 and up • Free | Lambton County Developmental Services Michelle Griffin (519) 882-0933 ext. 53 mgriffin@lcds.on.ca |
| | | Pt. Edward Soccer The soccer committee has a good community reputation for making accommodations for people with disabilities. | <ul style="list-style-type: none"> • Contact Caroline for further details | Caroline Luiciani @ pointedwardsoccer@yahoo.ca Web Site: www.pointminor.com |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|-----|-------------------------------------|---|---|---|
| | | Strikers Soccer Program in Point Edward | <ul style="list-style-type: none"> • Ages 8 – 14 • Contact for Pricing | Robin Snell 519-862-2887 Sports for Disabled: Sarnia Lambton Or Amy Spadafora Therapeutic Recreation Specialist Pathways Health Centre for Children (519) 542-3471 ext. 260 aspadafora@pathwayscentre.org |
| 20. | Sports for Disabled Programs | | | |
| | | Sports for the Disabled: Sarnia Lambton Currently oversees teams in the sports Track, Field, Swimming, Sledge Hockey, Saturday Ice, Travel Games and Tournaments and Boccia | <ul style="list-style-type: none"> • Accessibility – good • All disabilities welcome • Contact for further details | Robin Snell 519-862-2887 Sport for the Disabled: Sarnia Lambton www.sdlambton.com |
| 21. | Strangway Centre | | | |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|----|-----------------|---|--|--|
| | | <p>Strangway Centre The Centre offers a wide range of year round leisure, educational and social activities. Also provides services such as information referral, café, free monthly blood pressure and foot care clinics.</p> | <ul style="list-style-type: none"> Monday to Friday's from 9:00 a.m. to 4:30 p.m. Monday and Wednesday Evenings 6:30 p.m. to 9:00 p.m. For more information visit the centre for a brochure Specializes in the 50+ adult | <p>260 East St. North Sarnia Ontario (519) 332-0656 Email: strangway@sarnia.ca OR Email: mcarmody@sarnia.ca</p> |
| 22 | Swimming | | | |
| | | <p>After School Swim Program Children learn how to swim based on their individual skills and abilities.</p> | <ul style="list-style-type: none"> Registration required Must be on the caseload at Pathways Health Centre for Children | <p>Pathways Health Centre for Children Debra Marson (519) 542-3471 ext. 279 dmarson@pathwayscentre.org</p> |
| | | <p>Community Living Sarnia-Lambton Wednesday 7:00 to 8:00 p.m. (Recreational Swim) Saturday 1 – 2 p.m. (Family)</p> | <ul style="list-style-type: none"> Ages 16 and up Cost: donation accepted | <p>Community Living Sarnia-Lambton Norma Hills (519) 332-0560 nhills@communitylivingsarnia.org</p> |
| | | <p>Petrolia Adapted Swim Program A Red Cross Aqua based swim program offered in Petrolia for people with a disability.</p> | <ul style="list-style-type: none"> Registration required | <p>Petrolia Community Services Pat Harwood (519) 882-2350 parks@town.petrolia.on.ca</p> |

| | ACTIVITY | DESCRIPTION | ELGIBILTY / COST | CONTACT |
|--|----------|--|--|---|
| | | <p>Special Olympics Competitive Swim Program-Sarnia Dolphins A swim team, weekly practices at the Rivercity Family Centre, Sarnia.</p> | <ul style="list-style-type: none"> • Ages 8 and up • Must be able to swim 25 metres unassisted • Cost: yearly registration fee required & swim meet fees • Limited accessibility | <p>Dawn Heisler (519) 898-5313 heisler@amtelecom.net Special Olympics Coordinator</p> |

Updated : Jan. 10, 2009