



RECREATION THERAPY SPRING PROGRAMS 2026

Contents

Circle Time (age 2 - 5 years)	3
Fit and Fun Mini (age 2 - 5 years)	3
Multi Sport (3+ years)	4
Fit and Fun (4-10 years)	4
Hero Circle (6+ years)	5
Fun Swim (0 - 19 years)	5
Preteen Social Connect (10 - 13 years)	6
Teen Social Connect (14 - 18 years)	6

Foreword

Our recreation therapy groups focus on skill development and social interaction with peers.

To ensure this program is the right fit, participants need to be 'group ready'. Consider whether your child is able to do the following without 1:1 supports:

- Interact with peers in a group environment in a safe way for themselves and others.
- Take direction and instruction from a Group Leaders and Volunteers.
- Participation in programs is based on the child's individual needs; however participants need to demonstrate an ability to participate in at least 50% of the program activities.

Please note:

- Space for on-site groups is limited. Please only register if you are able to attend most or all of the dates.
- Clients new to Recreation Therapy will be contacted to complete an initial assessment.
- Registrations will be accepted until one week before the program start date or until the program reaches capacity.

For group programs, please connect with your therapist for a referral to recreation therapy.

Referrals do not guarantee a spot in the group. You will be contacted to complete a screening to ensure the group is an appropriate fit.

Circle Time (age 2 - 5 years)

This program provides an opportunity for participants and their families to enjoy socializing, music, movement and stories with other clients and families. Siblings are welcome to attend.

Participant Criteria:

- Ages 2 - 5 years
- Enjoy songs and stories
- Able to attend with a caregiver

ErinoakKids Oakville Site

Date: Tuesdays, Apr 14 - Jun 16

Time: 10:00 - 11:00 a.m.

ErinoakKids Mississauga Site

Date: Mondays, Apr 13 - Jun 15

(Excludes May 18)

Time: 10:00 - 11:00 a.m.



Fit and Fun Mini (age 2 - 5 years)

A social/movement group for children with mobility devices and unique physical needs.

Activities include circle time, active games, movement stations and free play. Siblings are welcome!

Please note: one parent/guardian must attend and participate with their child.

Participant Criteria:

- Ages 2 - 5 years
- Able to attend with a parent/guardian to support
- Interested in trying and/or learning about adapted sport

ErinoakKids Mississauga Site

Date: Thursdays, Apr 16 - Jun 18

Time: 11:00 a.m. - 12:00 p.m.

ErinoakKids Oakville Site & Burlington Gymnastics Center

Date: Wednesdays, Apr 15 - Jun 3

Time: 10:00 a.m. - 11:00 a.m.

Fee: \$50

ErinoakKids Brampton Site

Date: Tuesdays, Apr 14 - Jun 16

Time: 10:30 a.m. - 11:30 a.m.

Multi Sport (3+ years)

Multisport is a fun and exciting way to introduce a variety of adapted schoolyard games and fun activities.

Children as young as 3, along with family members, will get a chance to develop and practice wheelchair skills, communication skills as well as develop hand eye coordination.

Please note: one parent/guardian must attend and participate with their child.

Participant Criteria:

- Ages 3+ years
- Interested in trying and learning about adapted wheelchair sports

ErinoakKids Mississauga Site

Date: Thursdays, Apr 16 - Jun 18
(Excludes May 7, Jun 4)

Time: 5:45 - 6:45 p.m.



Fit and Fun (4 - 10 years)

Fit and Fun is a sport/fitness social group for children with mobility devices and unique physical needs.

Participants will engage in a variety of cooperative games with the focus on healthy, active living.

Please note: one parent/guardian must attend and participate with their child.

Participant Criteria:

- Ages 4 - 10 years
- Able to participate in group activities and discussion with minimal support
- Interested in trying and/or learning about adapted sport

ErinoakKids Mississauga Site

Date: Thursdays, Apr 16 - Jun 18

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

Hero Circle (6+ years)

This program, delivered by specially trained black belt martial artists, teaches children breathing, visualization, relaxation techniques and traditional martial arts moves to empower children beyond the pain and trauma of childhood diseases and conditions.

Participant Criteria:

- Ages 6+ years
- Able to participate in a group program for 45-60 minutes
- Able to attend to a task for a minimum of 5 minutes

ErinoakKids Mississauga Site

Date: Mondays, Apr 13 - Jun 15
(Excludes May 18)

Time: 5:00 - 5:45 p.m.

ErinoakKids Brampton Site

Date: Tuesdays, Apr 14 - Jun 16
(Excludes May 5)

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

ErinoakKids Oakville Site

Date: Tuesdays, Apr 14 - Jun 16
(Excludes May 5, June 2)

Time: 5:00 - 5:45 p.m.

Fun Swim (0-19 years)

Fun Swim is a free recreational swim for all ages and abilities!

Participant Criteria:

- Able to adhere to supervision and Admission Standards (below).
- Able to participate in a group setting in a way that is safe for themselves and others.
- Medically stable and seizure free for at least six months.
- Clients/parents who have diagnosed cardiovascular conditions must seek medical clearance prior to participating.
- Swimmers who are not toilet trained must wear specially designed swim diapers or pool pants.

Admission Standards:

- Children <8 must be accompanied by a parent or guardian (18+) and is responsible for their direct supervision (within arms' reach and able to render immediate assistance), with a maximum of one child for each parent or guardian.
- Children 8+ who are unable to pass the facility swimming test must be accompanied by a parent or guardian (18+) and responsible for their direct supervision.
- Children 8+ who are able to pass the facility swimming test are permitted to use the pool independently but a parent or guardian must remain on the pool deck for the duration of the session.

ErinoakKids Brampton Site

Date: Mondays
Session 1: Apr 13 - May 11
Session 2: May 25 - Jun 22
Time: 5:30 - 6:30 p.m.

Preteen Social Connect (10 - 13 years)

Preteen Social Connect provides opportunities for preteens ages 10-13 (up to grade 8), to socially connect and interact with peers. During the group they have the opportunity to play games and get to know each other through various interactive activities.

Participant Criteria:

- An active client with ErinoakKids or with an OAP number
- Ages: 10 - 13 years
- Able to participate in group activities and discussion with appropriate support and accommodations
- Participants requiring support with social goals/ personal care may attend with a support person
- Complete an initial telephone assessment which includes a questionnaire that reviews the program format/ goals, as well as any individual social objectives

ErinoakKids Mississauga Site

Date: Thursdays, Apr 2, May 7, Jun 4

Time: 5:30 - 6:45 p.m.

**To register, call Marisa Leung
905-855-2690 ext. 2433**

Teen Social Connect (14 - 18 years)

Teen Social Connect provides opportunities for teens 14- 18 years old, to socially connect and interact with peers. During the group they have the opportunity to play games and get to know each other through various interactive activities.

Participant Goals/Eligibility:

- Active client with ErinoakKids or with an OAP number
- Ages 14 - 18 years
- Able to participate in group activities and discussion with appropriate support and accommodations
- Participants requiring support with social goals / personal care may attend with a support person
- Complete an initial telephone assessment which includes a questionnaire that reviews the program format/goals, as well as any individual social objectives

Virtual Sessions

Date: Tuesdays, Apr 21, May 19, Jun 16

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

ErinoakKids Mississauga Site

Date: Tuesdays, Apr 7, May 12, Jun 2

Time: 5:30 - 7:00 p.m.

**To register, call Andrea Cachia,
905-855-2690 ext. 2684**



Contact

Contact Us



General line: 905-855-2690



erinoakkids.ca/recreationtherapy

Follow Us @erinoakkids

