



## The Adaptive Recreation Pilot Program

The Kawartha Lakes Sport and Recreation Council (KLSRC) is excited to be able to offer new recreation opportunities to Kawartha Lakes residents in 2019!

In this program, participants will have the opportunity to try various recreational activities in a comfortable environment with other participants also interested in a modified option. All activities in this session will take place in Fenelon Falls.

**The emphasis is on trying something new,** or revisiting a previously enjoyed activity, modified to participants' current ability level, all while having fun and enjoying some social interaction. It's a great opportunity to learn some new skills and build confidence in a multi-activity setting. In partnership with community recreation providers, this program has been designed to give you the chance to find an activity that will motivate you to be Active Again.

**These activities, modified through the use of different rules or adaptive equipment, will be of special interest to older adults, persons with disabilities, or adults who are getting active again**

\*Most adaptive equipment can be provided at no cost.

### Cost:

Register for: **ALL 6 ACTIVITIES** \$70.00

Register for: **4 ACTIVITIES** \$60.00

Register for: **3 ACTIVITIES** \$50.00

### How to Register:

Interested participants can register by visiting [www.klsrc.ca](http://www.klsrc.ca)

For more information, contact [info@klsrc.ca](mailto:info@klsrc.ca) or call 705-324-4493 ext. 237



*These more accessible recreation options are made possible through a grant provided to the Kawartha Cycling Club (KCC) from the Ontario Trillium Foundation. KCC has in turn, generously partnered with KLSRC and other CKL sport organizations to offer sessions in up to 6 different activities throughout 2019.*



## CYCLING

Offered through **1 session** during select Wednesdays from **June to August**



## CURLING

Offered through **4 sessions** during Tuesdays and Sundays in **March**



## NORDIC POLE WALKING

Offered through **4 sessions** during select Wednesdays in **April and May**



## YOGA

Offered through **4 sessions** during select Fridays in **July and August**



## PICKLEBALL

Offered through **4 sessions** during Wednesdays in **September**



## ADAPTIVE (WALKING) RUGBY

Offered through **4 sessions** in **June**