

Track to THRIVE



PROGRAM BREAKDOWN

Track for laps (15- 20 min.)

Meet up for group warm up on the Walking Track or outside at the Sports Centre, weather permitting.

Circle Time (10 min.)

An interactive time where participants gather in a circle for the purpose of encouraging social interaction, sharing of thoughts and feelings, greetings, review of program/expectations.

AquaFit Class / Swim & Play (60 min.)

Join the fitness class or public swim time open to all ages and abilities.

Lunch & Social time (60 min.)

Youth Activity Room with access to microwave, ping pong table, board games, cards, couch, and island with stools.

Stretch & Flex (30 min.)

Instructor led Class in Optimist Room for stretching to help muscles and joints be flexible and strong as you move through a full range of motion.

Milton Sports Centre 10:00 AM - 2:00 PM
8 week program from March 18 - May 6, 2025
Day of week: Thursday Cost: \$500 (or \$62.50/session)



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PROGRAM DETAILS

Arrival:

Individuals are dropped off (or take bus) and check in with CLNH staff at the Sport Centre (corner of Derry Rd and Santa Maria Blvd) between 9:30 and 10:00 a.m. As this program is created for individuals who can be independent with only a CLNH Support Worker, parents/family members/advocates do not attend. Departure: Individuals are picked up (or take bus) by 2:00 pm.

Eligibility for program:

This program focuses on those who are capable of participating in activities in the community with a 1:6 ratio of staff to individuals (small group setting), can be in the community with minimal supervision and without parent/family/advocate presence, are not prompt dependent, have no significant behaviour or medical issues and are independent in toileting, eating, and changing clothes for swimming. CLNH staff do not administer medication in this program.

Need for additional support:

If an individual needs additional support over and above the support provided by CLNH staff, the individual can still participate in the activities that are open to the public if they provide their own support worker. In such cases, the individual registers through the Town of Milton Recreation Dept. rather than through CLNH and the individual is not part of the CLNH program.

Fee for Service:

This program is eligible for payment through Passport funding.

Interested? Contact CLNH:

dlaunslager@clnh.on.ca or dmcgraw@clnh.on.ca

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