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 [State of emergency: COVID-19 in Ottawa](#)

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Inclusive Recreation

> About Inclusive Recreation programs

Integrated and specialized recreation programs at City community centres give children, youth and adults with special needs the opportunity to participate in community recreation. Integrated and specialized programs are made possible through the support of partnership funding.



If participation in a program presents any serious risk to health and safety, a support person may also need to attend. **A support person** means someone who accompanies the participant in order to help with communication, mobility, personal care or medical needs. Participants must provide their own support person. Contact a [coordinator in your district](#) for more information on accessibility policies and procedures, and to receive a Release for Support Person form.

> Winter 2020 - 2021 Inclusive recreation programs

With the announcement of new provincial restrictions to slow the spread of COVID-19, the City has announced the temporary closure of indoor recreation and cultural facilities and the suspension of drop-in and registered programs and facility rentals. These restrictions take effect December 26 and will remain in place for 28 days.

All participants who are registered for Inclusive Recreation Programs will be notified directly of impacts to programming and will receive communication from the City of Ottawa as soon as Inclusive Recreation Programs can reopen.

> Enrolment and medical forms

- [Program Enrolment Form \[PDF - 43 KB \]](#) 
- [Medical Administration Request \[PDF - 166 KB \]](#) 
- [Accessible Formats and Communication Supports Request Form](#)

> **Inclusive virtual activities**

Physical programs

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- [Seated tai chi](#)
- [10-minute workouts – Zumba Beginner’s Level](#)
- [20 minute standing and seated exercise](#)
- [Seated Fuzion Fitness](#)
- [Special Olympics Montana Virtual Training #4](#)
- [Special Olympics Montana Virtual Training Episode #6](#)
- [Stay Active - Fitness Fun 1 - "Fun Fitness Challenge"](#)
- [30 Min Standing and Seated Exercise](#)
- [Stay Active - Obstacle Course 1 - "I 'Can' Do It!"](#)
- [Stay Active Obstacle Course 2 - "Ausome Agility Skills"](#)
- [Stay Active Obstacle Course 5 - Up-Over-Around](#)
- [Stay Active Obstacle Course 6 – Soccer](#)
- [Chair Workout Exercises For Abs](#)
- [Gentle Chair Yoga](#)
- [Seated Zumba](#)
- [8 minute inclusive workout by National Center on Physical Activity and Disability.](#)
- [Exercise Video for People with Intellectual and Physical Disabilities \(Part 1\)](#)
- [Exercise Video for People with Intellectual and Physical Disabilities \(Part 2\)](#)
- [HIIT Wheelchair Workout](#)
- [Seated arm aerobics and kickboxing](#)
- [Ideas for Getting Active in Your Home](#)
- [7 Easy Ways to Exercise During TV Commercials](#)
- [Running Form: Correct Technique and Tips to Avoid Injury.](#)
- [Just Move City of Ottawa Fitness](#)
- [Just Move Number #3 City of Ottawa Fitness](#)

Dance activities

- [Wheelchair Dance Fitness routine](#)
- [#KeepDancingChallenge – by Dance Ability Movement – “Uptown Funk” by Bruno Mars](#)
- [#KeepDancingChallenge – by Dance Ability Movement - “Some Things Never Change” from Frozen 2 movie](#)
- [#KeepDancingChallenge – by Dance Ability Movement – “Better When I’m Dancing” by Meghan Trainor](#)
- [#KeepDancingChallenge – by Dance Ability Movement – “The Git Up” by Blanco Brown](#)
- [How To Learn Bollywood Dance](#)
- [Tap Dancing Hands Down](#)

Yoga, meditations, affirmations

- [7 Minute Meditation to Start Your Day - Yoga With Adriene](#)
- [Laughter Yoga Session](#)
- [What is mindfulness](#)
- [Mindfulness coffee meditation](#)
- [Japanese relaxation method](#)
- [Superhero yoga](#)
- [Everyday mindfulness](#)
- [Swimming with the dolphins](#)

- [Yoga for Loneliness](#)
- [Wheelchair Yoga](#)
- [Baseball yoga](#)
- [Airplane yoga](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [Melting - Flow - GoNoodle](#)
- [Wheelchair yoga and stretches](#)
- [How to Calm Your Worries and Sleep Better: A Scientist's Tips for Falling Asleep More Quickly](#)
- [A Guide to Self Care while Social Distancing](#)
- [Gentle Chair Yoga](#)
- [Meditation for ASD](#)
- [Body Scan Meditation](#)
- [Mini Session – Tropical Yoga](#)
- [Mini session Sports Yoga](#)
- [Rainbow Breathing](#)

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Cognitive activities

- [Guess that animal](#)
- [Proper hand washing](#)
- [Rate that joke](#)
- [I spy emoji riddles](#)
- [Recycle roundup](#)
- [Climate change video](#)
- [Earth Day Word Search](#)
- [Logo quiz challenge](#)
- [Guess that animal sound](#)
- [Crack the code](#)
- [Sandwich stack](#)
- [Spot the emoji difference](#)
- [Macarons 12 piece puzzle](#)
- [Turtle Maze](#)
- [Car Maze](#)
- [Egg manufacturing Virtual Reality Video](#)
- [Wordshake](#)
- [Apples from farm to table](#)
- [Interactive Scavenger Hunt with Ms. Chestnut!](#)
- [Indoor Scavenger Hunt](#)
- [Diefenbaker Jigsaw Puzzle](#)
- [What is This Dino? Museum of Natural History](#)

Life skills

- [Needs and wants lesson](#)
- [Active Listening: How To Communicate Effectively](#)
- [Paying attention to details](#)
- [Folding clothes Marie Kondo style](#)
- [Three different ways to fold towels](#)
- [Anger management tips](#)
- [Improving our communication skills](#)
- [The Best Way to Load Your Dishwasher](#)
- [Small Steps to a Healthy You](#)

Music therapy

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- [Guess the classic rock song #2](#)
- [Guess The 90s TV Show Theme Song](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [The Evolution of Dance - 1950 to 2019](#)
- [Guess the Disney Song](#)
- [Guess the Disney voice](#)
- [Teamwork makes the dream work](#)
- [Evolution of music](#)
- [The most unusual musical instruments of the world](#)
- [Music memory game](#)
- [Listen to and experience the opera from multiple points of view](#)
- [Cincinnati Music Hall Virtual Tour and scavenger hunt](#)

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Horticultural therapy

- [14 Store Bought Vegetables and Herbs You Can Regrow](#)
- [How to water a plant...the right way](#)
- [How to plant seeds in egg cartons](#)
- [How To Revive Your Perishing Plants](#)
- [10 Herbs You Can Grow Indoors on Kitchen Counter](#)
- [Top 6 struggles of growing herbs indoors](#)
- [Laundry Basket Turned Strawberry Planter](#)
- [Gardening basics for beginners](#)

Cooking, baking programs and nutrition

- [No Bake Oatmeal Energy Balls Recipe with Chocolate Chips](#)
- [How to make Smoothie Popsicles](#)
- [Healthy Avocado Tuna Salad Recipe + Light Lemon Dressing](#)
- [Nutrition and healthy lifestyles – episode #1](#)
- [10 Healthy Desk Snacks for School or Work](#)
- [20 Healthy Food Swaps](#)
- [Nutrition and healthy lifestyles – episode #2](#)
- [Homemade Hummus Recipe](#)
- [Cauliflower Crust Pizza Recipe](#)
- [Nutrition and healthy lifestyles – episode #3](#)
- [How to Create a Healthy Plate](#)
- [6 Fun Cooking Tricks](#)
- [Healthy Sweet Potato Toast Breakfast Recipe](#)
- [Nutrition and healthy lifestyles – episode #4](#)
- [Serving Sizes and Measuring Foods](#)

Art therapy

- [Follow along spring tulip drawing](#)
- [How to make a Sensory Bottle](#)
- [DIY - Fine Motor Activities All Using Home Supplies](#)
- [Twelve Easy Flower Doodles You Need To Know](#)
- [Why people believe they can't draw and how to prove they can](#)
- [Essential Watercolor For Beginners: Techniques](#)

- [Nail Polish Marbled Flower Pots](#)
- [Spruce up glass bottles to flower vases](#)
- [DIY - Watercolor Tie Dye](#)
- [How to Make A Stress Ball](#)
- [DIY cactus Rock Garden](#)
- [How to Draw a Great White Shark](#)
- [How to Make Fork Pom Poms](#)
- [Finger Knitting](#)
- [Pressed-Flower Project](#)

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Animal therapy

- [Kitten Therapy: The Prescription for Stress](#)
- [What your dog's sleeping position says about their personality.](#)
- [Elephants 101– National Geographic](#)
- [Polar bears 101 – National Geographic](#)
- [Giraffes 101 – National Geographic](#)
- [Sea turtles 101 – National Geographic](#)
- [Koalas 101 – National Geographic](#)
- [Robert Irwin's virtual Australia Zoo tour](#)
- [Indoor cat playland](#)

Geography

- [Virtual field trip: Amazon Rainforest](#)
- [Virtual exploration of the coral reef](#)
- [Machu Picchu](#)
- [Iqaluit, Nunavut – The Canadian Arctic](#)
- [Parks Canada Virtual Tours](#)
- [Hong Kong – virtual tour](#)
- [Kenai Fjords, Alaska](#)
- [Hawai'i Volcanoes, Hawaii](#)
- [Dry Tortugas, Florida](#)
- [Niagara Falls State Park Virtual Tour](#)

Museums and famous places with virtual tours

- [The Louvre in Paris, France](#)
- [The Royal Ontario Museum in Toronto](#)
- [The British Museum in London, England](#)
- [The Guggenheim in New York, New York](#)
- [National Museum of Modern and Contemporary Art in Seoul, South Korea](#)
- [Rijksmuseum in Amsterdam, the Netherlands](#)
- [The Museu de Arte de São Paulo in São Paulo, Brazil](#)
- [The J. Paul Getty Museum in Los Angeles, California](#)
- [Nasa Space Center](#)
- [Uffizi Gallery, Florence, Italy](#)
- [Parliament Buildings Ottawa, Ontario](#)
- [Smithsonian National Museum of Natural History](#)
- [Walt Disney World](#)
- [35 Virtual Field Trips for Kids to Get Them Learning About the World](#)

Aquariums and zoos with virtual tours

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- [Sea World](#)
- [National Aquarium in Baltimore](#)
- [State of emergency: COVID-19 in Ottawa](#)
- [National Aquarium in Washington](#)
- [Adventure Aquarium in New Jersey](#)
- [Atlanta Zoo - Panda Cam](#)
- [Houston Zoo](#)
- [San Diego Zoo](#)

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Resources

- [Recreational Respite](#)
- [Get in Motion](#)
- [Autism Ontario](#)
- [Autistica](#)
- [UNC Frank Porter Graham Child Development Institute Autism Team](#) 

> Contact us

All questions regarding 2020 summer camps should be directed to CampSummerFun@ottawa.ca.

For more information or help with scheduled payments please contact the Inclusive Recreation Admin Clerk at 613-580-2424 ext. 29283.

To schedule a telephone meeting with our staff, please call the Inclusive Recreation Coordinator in your district:

- East District: 613-580-2424 ext. 29300
- Central District: 613-580-2424 ext. 29292
- South District: 613-580-2424 ext. 29291
- West District: 613-580-2424 ext. 41226
- Health Programs: 613-580-2424 ext. 29320

> Community supports, healthcare & recreation

inclusive recreation, home support services, Ottawa Hand in Hand, finding healthcare...

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> Accessibility design standards & features

accessible play structure and play area locations...

[Learn More](#)