



## **YMCA Kaleidoscope Program**

**Program Details:** The Kaleidoscope program is designed for youth and adults with special needs or considerations between the ages of 13 to 25 that can thrive in a 1 to 3 ratio. This program creates opportunities for participants to become successfully involved in fun, age appropriate activities. Participants are given the chance to develop friendships while being integrated into a safe community setting.

The main focuses of Kaleidoscope are health and fitness, and life skill development. Participants are involved in a variety of health and fitness activities including the use of the Walker Family YMCA facility (indoor track, weights, treadmills, stationary bikes, rowing machines, cross trainers, squash and racquet ball courts, gymnasium and swimming pool). In addition, walking trips around our local community will take place on a regular basis.

Participants are asked to bring a bathing suit and towel, healthy snack, water bottle, outdoor apparel and indoor running shoes to the program.

**Daily Activities:** Activities include swimming, gym activities, outdoor activities (weather permitting), creative projects and special events.

### **2018/2019 Program Dates:**

October 13, 27

Nov 10, 24

Dec 8, 22

Jan 12, 26

Feb 9, 23

Mar 9, 23

Apr 13, 27

May 11, 25

**Hours and Location:** Kaleidoscope runs from 1:00pm to 4:00pm at the Walker Family YMCA in St. Catharines. Drop off and pick up for this program is in multipurpose room F (downstairs).

**Staffing and Ratio:** All YMCA Staff are required to have a current Criminal Reference Check with Vulnerable sector search, Standard First Aid and CPR C. The Kaleidoscope staff have experience supporting children and adults with a wide range of needs and abilities, in a variety of environments. The program ratio is 1 staff for every 3 participants.

Participants requiring a smaller support ratio will have the opportunity to bring their own support worker, and pay 50% of the program fee. Please note that Independent Support Workers must be arranged in advance through the YMCA and meet YMCA's requirements including a clear Criminal Reference Check – Vulnerable Sector Search issued within the past year. For more information, or to make arrangements for an Independent Support Worker please contact Evan Armstrong.

**Fee:** The fee for participants is \$35.00 per session, and must be paid at the time of registration. Payment will be accepted by cash, debit, Visa, Master Card or cheque. If your child is funded through another agency, please have the agency contact Evan Armstrong directly to set up invoicing.

**How to Register:** Registration is on a first come first served basis. All registration must be completed the Wednesday prior to the program date in order to ensure appropriate staff to participant support ratios. Registration can be done in person at any YMCA of Niagara Membership desk or online at [www.ymcaofniagara.org](http://www.ymcaofniagara.org)

If your child is a new participant to the program, you will be asked to meet with a Kaleidoscope staff to complete a profile prior to their first day of program. The profile will provide the staff with the necessary information on how to successfully support your child. To set up a profile appointment please contact Evan Armstrong at 905-934-9755 ext 282 or via email at [helping.hands@niagara.ymca.ca](mailto:helping.hands@niagara.ymca.ca)

**Cancellation Policy:** We will give families a full refund or credit for any cancellation done 3 days before the program date. This will provide adequate time for us to offer the spot to another child. After this period, refunds or switches will not be permitted.

**Contact information:** During the week please call Evan Armstrong at 905-934-9755 ext 282 or email [helping.hands@niagara.ymca.ca](mailto:helping.hands@niagara.ymca.ca). On Saturday afternoons please call the Walker YMCA at 905-934-9622 and ask to speak to the duty manager.