

What is Recreation Therapy?

Physical activity and social connections help improve everyone's overall health and well-being. Teens with additional needs benefit from participating in a variety of leisure activities to help relieve stress and prevent boredom and depression.

At S.T.A.R., a range of activities include creating projects, developing healthy relationships, learning life skills, and helping participants explore their world.

Interacting with peers improves:

- quality of life
- behaviour
- self-confidence and self-esteem

Sports, games, and exercise help to improve body awareness, cardiovascular health, flexibility, overall strength, coordination, and fine and gross motor skills. Cognitive benefits of engaging in physical and social activities may include improved problem-solving, increased attention span and boosted self-esteem.

Oakville's Youth Spots are inclusive!

The Town of Oakville offers youth drop-in and pre-registered programs, training and volunteer opportunities.

Each centre offers:

- Homework help
- Computer and video games
- Resume writing and job searching
- On-site library
- Opportunities to earn volunteer hours
- Ping pong and pool tables
- Movie nights
- Snacks and cooking nights

Weeknight programs and activities range from arts and culture programs, to outdoor activities, movie nights, and tournament nights. It's all free!

Nottingham Youth Centre

1131 Nottingham Gate
905-845-6932

QEPCCC Youth Centre

2302 Bridge Road
905-815-5979, ext. 4681



S.T.A.R.

Social Teens in Active Recreation

Formerly known as YARD Plus



Formerly known as YARD Plus, S.T.A.R. is our program for teens with additional needs S.T.A.R. provides a place for youth with additional needs between the ages of 13 to 21 to participate in leisure activities such as sports, arts and crafts, games, and exercise.

Designed to assist youth with additional needs in recreational development, join us for S.T.A.R. sessions on Saturdays from 11 a.m. to 2 p.m.

Every week offers a unique theme, supervised swimming, gym time, crafts, and more! The last day of the program is always our "Bon Voyage" celebration with a pizza lunch provided. Staff support for the S.T.A.R. program is on a 3-to-1 ratio. Participants who require additional support must provide their own worker.

For more information contact:

Chloe Seidner
Recreation Assistant
QEPCCC Youth Centre
905-845-6601, ext. 4681
chloe.seidner@oakville.ca

Fall and Winter Session Information

Each session is six weeks at Queen Elizabeth Park Community and Cultural Centre (QEPCCC)
2302 Bridge Road.

Winter Session 1

Starts January 26, 2019
Use code 238781

Spring Session 1

Starts April 6, 2019
Use code 242924

Spring Session 2

Starts May 25, 2019
Use code 242925

*Spaces are limited and registrations are processed on a first-come, first-served basis.

How to Register

Online, by Touch-Tone phone, fax, in person, or by mail*:

Recreation and Culture Department
Town Hall
1225 Trafalgar Road
Oakville, ON
L6H 0H3
Fax: 905-338-4811
oakville.ca

To register online or by touch tone phone, have your family PIN number and personal ID numbers ready. Don't have registration PIN and ID numbers yet? Set up your account online at oakville.ca.

Please remember to complete the Participant Profile Form to best service the needs of all program participants. This information will be shared with instructional staff only.

Teen Adventure Program

Looking for a full-day/week summer program for youth with additional needs aged 13 to 21? The Teen Adventure Program offers recreational activities and trips for teens. Teens must be able to participate with a 3-to-1 level of staff support or provide their own support worker. Some restrictions apply. Please call 905-338-4250 for more information and to register.

