**Leisure in Fun Environments (L.I.F.E.) Programs**

**Summer day Camps**

* Supervised by professionals (Physio and Occupational Therapy)
* Recreation support workers work 1:1 with campers
* For ages 12 to 21; some spaces for younger campers with complex physical care needs
* Campers can attend for one or two weeks; can be a combination of the 2 different camps
* Funding
  + Registration fee paid by parents
  + Cost for 1:1 support is paid by Family Services (must be pre-approved by Family Services worker)
  + All other costs funded by the Children’s Rehabilitation Foundation
* Registration opens mid-late February, deadline is the end of March

1. **Sun and Fun Swim Camp**
   * Based at St. John’s High School in the Life Skills area and the school gym
   * The predictable start of each day makes this camp a great fit for youth who do best with consistency and routine
   * Camp runs from 9:30 to 3:00 daily, with 16 campers per week
   * Resource team staff assist 1:1 workers with adapting activity and setting up environments for campers with behaviour needs
   * Designed for campers who benefit from predictability (each day starts the same way)
   * This camp starts at the North Centennial Recreation Facility each morning, and campers walk or ride bikes to the high school after swimming
   * Other activities include crafts, neighborhood walks and bike rides, water fights, yoga, bowling, adapted sports (afternoons are also tailored to include quiet time as needed)
   * Adapted bikes and trikes are onsite, and stored in a PODS shipping container on the school parking lot
2. **Sun and Fun Music Camp**

* This camp follows the same model as the Sun and Fun Swim Camp, with a focus on music therapy
* Campers are dropped off and picked up at St. John’s High School
* Starts with music therapy each morning, and various camp activities each afternoon

1. **Out and About Camp**
   * Campers are provided with the opportunity to explore the city of Winnipeg with friends
   * Campers are dropped off and picked up at a different location each day (locations will be given to parents ahead of time)
   * Possible activity locations include the Assiniboine Park Zoo, Fort Whyte Alive, Kildonan Park, the Fringe Festival, the Forks, museums, and fun activities such as mini-golf, archery, and bowling
   * Designed for youth who are comfortable in a dynamic environment with lots of new things to discover
2. **Art Camp**

* This camp provides artsy participants with an opportunity to explore their creative side all week!
* In the morning, campers will participate in engaging art workshops
* After lunch, participants will spend the afternoon doing a variety of activities including gardening, cooking, crafts, and games
* Designed for youth who have an interest in art

1. **Chef/Gardener Camp**

* This camp is based out of SSCY Centre
* Campers will help in the gardens at Winnipeg Harvest
* Campers will develop their cooking skills as they prepare new and fun meals
* Designed for youth who can handle a dynamic environment

**RBC Therapeutic Recreation and Wellness programs**

* Supervised by a professional, with the exception of parent-attended programs
* Recreation support workers on a ratio of 1:3; volunteers assist as well
* Participants needing 1:1 support can attend with their own worker
* We can provide a 1:1 worker on request; payment is arranged directly between family and the staff person
* Registration for SNFT and Explore can take place any time; other programs as details are confirmed and information sent out / posted
* Contact Yvonne, Carol, or Kristin for registration forms

Participant-only programs

1. **Saturday Night for Teens** 
   * Held at our centre (Specialized Services for Children and Youth – SSCY)
   * 15 Saturdays during the school year, from 4:00 to 9:00 (5 hours, to give parents an opportunity to have an evening on their own)
   * For youth/young adults between 12 and 21 years old
   * Registrants are invited on a rotating basis to ensure that each event has full attendance, and all youth have equal opportunity to attend
   * Includes dinner prep, games and crafts, karaoke, dance, yoga, art, music therapy
   * A guest instructor (music therapist, dance teacher, yoga instructor, or artist) attends each event, and works with small groups after dinner
2. **Explore**
   * Community outings for ages 12 – 21 (no parents)
   * Includes hockey games, Santa Claus parade, community festivals, skating and toboganning, museums, going out to eat
   * Families are responsible for the cost of admission, food, and snacks
3. **Spa day**
   * Held at our centre (Specialized Services for Children and Youth – SSCY)
   * For youth/young adults between 12 and 21 years old; parent attendance optional
   * Includes home-made face masks, manicures and pedicures, crafts, and snacks
4. **After-school Cooking clubs – registrations are available from the hosting school**
   * Students from grades 7 – 12 stay after school to cook and enjoy dinner
   * Programs vary in length from 5 – 8 weeks, and run from 3:30 to 6:00
   * Peer volunteers are recruited from the school, providing an opportunity for friendship and bridging the gap between mainstream and special education
   * A full dinner is prepared each week (salad, main course, dessert) with recipes adapted as needed
   * Adapted cooking tools are used as needed
   * Students choose the menu from week to week
   * Grocery shopping and laundry can be done by the students as part of their Life Skills programming during the regular school day
   * Staff is provided by the LIFE program; School staff are welcome to join as well
5. **After-school Yoga clubs – registrations available from the hosting school**
   * Similar to the cooking clubs; one group does an hour of yoga while another group prepares dinner
   * Yoga instruction is provided by a qualified teacher with training in yoga for people with special needs

Parent-attended programs

1. **Fall festival**
   * For the whole family
   * 2-hour festival on a Sunday afternoon
   * Activities include building scarecrows, carving pumpkins, decorating cookies, crafts, “Spooky Corner”, a photo booth, and games
2. **“Test-drive a Bike” days**
   * Held in the spring
   * Families needing help finding the right adapted / specialized bike or trike can come for a brief assessment and test drive
   * Bikes from our equipment pool, as well as bike trailers and beach wheelchairs, are made available for trial
   * Families are given a summary sheet to pass along to their therapist for assistance with funding
3. **Swim days**
   * For the whole family
   * Held on selected Sunday afternoons at an accessible community pool
   * Hosted in partnership with the Cerebral Palsy Association of Manitoba; open to their adult members as well
   * LIFE program staff provide assistance with changing and transfers as needed
   * An extra-wide massage table is used for changes in the adapted change rooms
   * Adapted and specialized flotation devices are available to borrow, and staff are available for consultation to families as needed
4. **Bowling** 
   * For the whole family, on selected Sunday afternoons in various rural communities
   * Yearly event for each community
   * Adapted equipment (free-standing bowling ramps, switch-activated ball holding device) available
5. **Gardening**
   * For the whole family, on selected Sunday afternoons
   * Planting, digging, smelling, tasting, crafts using garden materials
   * Work in the SSCY garden beds, as well as Winnipeg Harvest gardens
6. **Cooking**
   * Saturdays in 4 – 8 week blocks, for one to two hours
   * For children and youth ages 8 to 12, and 12 to 21
   * Each “junior cook” attends with a parent or caregiver
   * Each week has a different theme, eg beans, pizza, sandwiches
   * Includes food preparation and a Tasting Adventure
   * Tasting Adventure is structured as a safe opportunity to step outside of the comfort zone. Steps to tasting include touching, smelling, licking, holding food with your teeth, and eating. Participants are given the choice of how many steps they go through!
   * A rating sheet is filled out by each participant to keep track of what they have tried
   * For parents who have attended the 7-week Flexible Thinking learning series, cooking offers an opportunity to put guiding skills into practice
7. **Yoga**
   * Saturdays in 8-week blocks
   * For children and youth ages 8 to 12, and 12 to 21
   * Low sensory group is smaller and moves at a slower pace
   * Each yogi attends with a parent or caregiver
   * Led by an instructor with training in adapted yoga
8. **Music Therapy**
   * Saturdays in 8-week blocks
   * For children and youth ages 2 to 21, separated into different age groups
   * Each participant comes with one or both parents
   * Led by a certified music therapist

1. **Boccia**

* A joint program with Society for Manitobans with Disabilities and Cerebral Palsy Association of Manitoba
* Learn the skills needed to play boccia, and practice with other boccia players in Manitoba

1. **Archery**

* Held at SSCY Centre, in the parking lot
* Archery professionals bring the equipment to the Centre
* Practice archery skills or learn to shoot for the first time
* Adapted equipment will be available

Questions? Contact

* Yvonne Kash [yvonnek@rccinc.ca](mailto:yvonnek@rccinc.ca); 204-258-6500
* Carol Kehler [ckehler@rccinc.ca](mailto:ckehler@rccinc.ca); 204-258-6537
* Kristin Ryz [kryz@rccinc.ca](mailto:kryz@rccinc.ca); 204-898-1364