



YMCA Kaleidoscope Program

Program Details: The Kaleidoscope program is designed for youth and young adults with special needs or considerations between the ages of 13 to 25 that can thrive in a 1 to 3 ratio. The YMCA Kaleidoscope program focused on health and fitness, relationship building, 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 the 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, fitness activities, gym activities, outdoor activities (weather permitting), and life skill activities.

2019/2020 Program Dates:

October 19 & 26
November 9 & 23
December 7 & 21

January 11 & 25
February 8 & 22
March 7 & 28

April 18
May 2 & 16

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 staffs have experience supporting youth 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 with Vulnerable Sector Search issued within the past year, and YMCA Child, Youth and Vulnerable Adult training, etc. For more information, or to make arrangements for an independent support worker please contact Marissa. *Please be advised the process to set up a new independent support worker can take multiple weeks.*

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 Marissa directly to set up invoicing.

How to Register: Registration is on a first come first serve basis. All registration must be completed the Wednesday days 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.

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 Marissa.

Cancellation Policy: Families will be eligible to receive a refund or credit for any cancellation completed prior to 12pm on the Wednesday before the program date. After Wednesday at 12pm no refunds will be issued.

Contacts: During the week please call Marissa Vanderlee at 905-934-9755 ext 282 or 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.