

# Accessing Inclusion Supports for Municipal Programs

This resource aims to help families learn about inclusion supports and/or adapted programming in Parks and Recreation Programs in their communities.

We strive to keep this information accurate. If you find any errors or know of community recreation opportunities we've missed, please let us know.

## What is inclusion/integration support?

An inclusion support option is designed for individuals who require some additional assistance to participate in a recreational program. This option allows participants with special needs/disability to participate in any program alongside their peers and with the support of an inclusion staff. Participants are also generally able to bring their own support worker. Please check with your municipality to determine if there are additional documents that may need to provide such as a vulnerable sector check.

## What is adapted programming?

An adapted program opportunity is designed for individuals who have a special need/disability and want to participate in a recreation program with others who have similar interests and abilities. Adapted programs generally have a higher staff to participant ratio and flexible programming to meet various needs.

Spaces in both integrated and adapted programs are limited and tend to fill quickly. We recommend signing up for your municipalities recreation email newsletters, so you get notifications of when program registrations become available.

## Group readiness

To support the success, safety and inclusion of all individuals registered in the program, it is important that all participants are 'group ready'. This may include:

- Being able to take direction and instruction from a staff person in a large group setting.
- Being comfortable in a group environment with peers within the same age group.
- Being able to participate in the program safely for themselves and others enrolled.

Participation in programs is based on the participant's individual needs; however, it is encouraged that the individuals have the ability to participate in the activities presented.

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# City of Brampton – Year Round Programs

Join the City of Brampton [mailing list](#) to stay informed about registration dates and deadlines!

Link: <https://www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Inclusion-Integration.aspx>

Contact: [inclusionprograms@brampton.ca](mailto:inclusionprograms@brampton.ca)

## Inclusion/Integration Support

- 2:1 Participant to Staff ratio.
- Integration support is scheduled on a first come basis and subject to staff availability.
- You must first register into the program of choice and then register to request the additional support using the sessional Integration barcode
- Upon registration you will be contacted by an Inclusion team member to discuss modification requirements

## Adapted Programming (subject to change)

- Swim and Explore (6-13)
- Out and About (14+)
- Skating Small Group (3-13)
- Swimming Small Group (3+)

## How to Register:

The screenshot shows the City of Brampton website navigation bar with the following menu items: Residents, Business, Arts, Culture, Tourism, City Hall, Online Services, 3-1-1, and a search icon. Below the navigation bar, the website content is organized into several categories:

- Cardio, Muscle and Strength Conditioning**
  - [Child and Youth Fitness](#)
  - [Low Impact Exercise](#)
  - [Muscle and Strength Conditioning](#)
  - [Parent and Baby/Child and Family Fitness](#)
  - [Yoga, Balance, and Wellness](#)
- General Interest**
  - [Baking and Cooking](#)
  - [Cards and Games](#)
  - [Crafts and Hobbies](#)
  - [Education and Learning](#)
  - [Outdoor and Nature](#)
  - [Preschool Full Year](#)
- Professor's Lake**
  - Beach Access
  - Boat Rentals
  - Wibit (Inflatable Floating Waterpark) Access
- Skating and Inline**
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- Science, Technology, Engineering, Arts and Math**
  - [STEAM 3 to 6 Years](#)
  - [STEAM 6 to 14 Years](#)
  - [STEAM 14+ Years](#)

Two red arrows are overlaid on the screenshot:

- A red arrow labeled "Inclusion support" points from the "General Interest" category to the "Inclusion" category.
- A red arrow labeled "Adapted programs" points from the "Inclusion" category to the "Inclusion" category.

# City Of Brampton – Camps

Link: <https://www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Camps.aspx>

Contact: [inclusionprograms@brampton.ca](mailto:inclusionprograms@brampton.ca)

## Inclusion/Integration Support:

- 2:1 Participant to Staff ratio.
- Integration support is scheduled on a first come basis and subject to staff availability.
- You must first register into the program of choice (green box below) and then register to request the additional support using the sessional Integration barcode (red box below)
- Services for individuals with needs that require 1:1 supervision are available and can be arranged for an additional fee.

## Adapted Camps:

- Camp Inclusive: No Limits (6+)

## How to Register:

The screenshot shows the City of Brampton website's 'Select an Activity' page. The page has a dark header with the City of Brampton logo and navigation links: Residents, Business, Arts, Culture, Tourism, City Hall, Online Services, and a 3-1-1 icon. The main content area is titled 'Select an Activity' and features a 'Filter' dropdown. The activities are organized into three columns:

- Arts and Music:** Music, Photography, Pottery, Visual Arts
- Dance:** Non-Recital, Recital
- Fitness:** Cardio and Zumba, Cardio, Muscle and Strength Conditioning, Child and Youth Fitness
- Camp:** Camp 14+ Years, Camp 4 to 6 Years, Camp 6 to 14 Years, Camp Holiday, Camp Inclusive, Camp P.A. Day Programs
- Drop-In and Try-It Programs:** Fitness, Flower City Senior Centre, General Interest, Inclusion, Skating, Sports

In the 'Camp' section, 'Camp 14+ Years' is highlighted with a green box, and 'Camp Inclusive' is highlighted with a red box.

# City of Burlington – Year Round Programs

Join the City of Burlington [mailing list](#) to stay informed about registration dates and deadlines!

Link: <https://www.burlington.ca/en/recreation/accessible-recreation.aspx>

Contact: [liveandplay@burlington.ca](mailto:liveandplay@burlington.ca) OR 905-335-7738.

## Inclusion/Integration Support

- Participants in all year round recreation programs may bring their own support person at no additional cost.

## Adapted Programming

- Friday Activity Night (FAN) (18+)
- Dash (4-12)
- Dunk and Dive (13-21)

## How to Register:

The screenshot shows the City of Burlington website interface. At the top, there is a navigation bar with the City of Burlington logo and links for Accessibility, Translate, Careers, Public Engagement, and Service Burlington. A blue 'Menu' button is on the right. Below the navigation bar, a blue header reads 'Individuals with Disabilities'. The main content area is divided into two columns. The left column features a yellow box with the letter 'A' and the text 'Active and Social'. Below this, there are two program listings: 'Friday Activity Night (FAN) #205303' and 'Dash #206536'. Each listing includes details such as dates, times, locations, and a 'Closed' button. The right column is a sidebar menu with a red box highlighting 'Accessible Recreation Programs'. Other items in the sidebar include 'Adult 19 and 55 Programs', 'Children's Programs', 'Drop-in Programs', 'Family Programs', 'Music', 'Outdoor Play', 'Passes, Memberships and Gift Cards', and 'Pickleball'. A green speech bubble icon is visible next to 'Outdoor Play'.

# City of Burlington – Camps

Link: <https://www.burlington.ca/en/recreation/summer-camps.aspx>

Contact: [camps@burlington.ca](mailto:camps@burlington.ca) OR 905-335-7738

## Inclusion/Integration Support

- The City of Burlington offers smaller staff to participant ratios at 1:4 when extra support may be needed.

## How to Register:

The screenshot shows the City of Burlington website interface. At the top left is the City of Burlington logo. To its right are navigation links: Accessibility +, Translate +, Careers, Public Engagement, Service Burlington, and a Menu button. The main content area displays a list of three camp programs, each with a 'More Info' button. The sidebar on the right contains a list of categories with expand/collapse icons (+/-). A red box highlights the 'School Break Programs' and 'Summer Camps' items in the sidebar, with a green speech bubble icon next to 'School Break Programs'.

Program Name	Price Range
March Break Blast - Ages 6 to 9 #205819	\$210.60 - \$223.45
March Break Blast with disabilities - Ages 4 to 5 #205820	\$210.60 - \$223.45
March Break Blast with disabilities - Ages 6 to 9 #205821	\$210.60 - \$223.45

- Outdoor Play +
- Passes, Memberships and Gift Cards +
- Pickleball
- Registering for a Program +
- Skating +
- Student Theatre Programs
- Summer Camps and School Break Programs -
- School Break Programs** (highlighted)
- Summer Camps +

# Town of Caledon – Year Round Programs

Join the Town of Caledon [mailing list](#) to stay informed about registration dates and deadlines!

Link: <https://www.caledon.ca/en/living-here/inclusive-recreation-services.aspx>

Contact: Coordinator - Specialty Programs [amy.cauz@caledon.ca](mailto:amy.cauz@caledon.ca) OR 905-584-2272 ext. 4804

## Inclusion/Integration Support

- Inclusion support requests must be requested at least 2 weeks prior to the program start date and is subject to staff availability.
- A Participant Profile must be completed and submitted to the Specialty Programs Coordinator/Programmer at least three days prior to the program start date.
- The profile will be reviewed by the Specialty Programs team to ensure we provide the best support option. You will be contacted to confirm your request and answer any additional questions.

## Adapted Programming

- Adapted Swim Lessons, 1:1 (3+)
- Water Play (3-21)
- Activity Time (4-21)
- Basketball (12+)
- Fun Club (4-21)
- Dance (14+)
- Julia’s Place: Sensory Exploration (5-17)

## How to register:

The screenshot shows the Town of Caledon registration portal. At the top left is the Town of Caledon logo and contact information: "Town of Caledon 905.584.2272". A "Login" button is in the top right. The main content area is titled "Select an Activity" and is divided into several columns of activity categories. On the left, there are "Filters" for Date Range, Time Range, Days of week, Keyword, Location, Service, Age, and Gender. The activity categories include: \*Drop-In Activities (Adult 55+, Childminding, Fitness and Wellness, Skating, Sports, Swimming, Walking Track, CECC), Camps (Active Living and Sports, Activity, Arts, Dance and Drama, Leadership, PA Day, Science, Technology, and Nature, Support and Inclusion, Winter Break), Fitness and Wellness (Fitness and Wellness Courses), Skating (Group Lessons, Private Lessons, Semi-Private Lessons, Support and inclusion), Support and Inclusion (Art and Music Programs, Inclusion Support Request, Social Programs, Sports and Active Programs, Swimming/Support and Inclusion), and Training and Events (First-Aid and Training, Fun and Events). A red box highlights the "Support and Inclusion" category, and a red arrow points to it with the text "Inclusion support".





# Town of Caledon – Camps

**Link:** [https://www.caledon.ca/en/living-here/camps.aspx?\\_mid =103923#Inclusive-Services-Camp-Support-Options](https://www.caledon.ca/en/living-here/camps.aspx?_mid =103923#Inclusive-Services-Camp-Support-Options)

**Contact:** Coordinator - Specialty Programs [amy.cauz@caledon.ca](mailto:amy.cauz@caledon.ca) OR 905-584-2272 ext. 4804

## Inclusion/Integration Support:

- Families request support by registering under the “Inclusion Support Request” barcode. A member of the Specialty Programs team will connect to complete the camp registration, allocate funding (if applicable) and confirm/schedule support
  - Please note: families are not required to register for camp separately.
- External support workers are also welcomed

## How to Register:

Town of Caledon  
905.584.2272

Login

Filters [Reset](#)

Date Range [Reset](#)  
dd/MM/yyyy - dd/MM/yyyy

Time Range [Reset](#)  
hh:mm tt - hh:mm tt

Days of week [Reset](#)  
Mon Tue Wed Thu Fri Sat Sun

Keyword [Reset](#)  
Search

Location [Reset](#)  
Location

Service [Reset](#)  
Service

### Select an Activity

- \*Drop-In Activities**
  - [Adult 55+ \(Drop-in\)](#)
  - [Childminding \(Drop-in\)](#)
  - [Fitness and Wellness \(Drop-in\)](#)
  - [Skating \(Drop-in\)](#)
  - [Sports \(Drop-in\)](#)
  - [Swimming \(Drop-in\)](#)
  - [Walking Track - CECC \(Drop-in\)](#)
- Camps**
  - Active Living and Sports Camps
  - Activity Camps
  - Arts, Dance and Drama Camps
  - Leadership Camps
  - PA Day Camps
  - Science, Technology, and Nature Camps
  - Support and Inclusion Camps**
- Swimming**
  - [Group Lessons \(Swimming\)](#)
  - [Group Teen / Adult Lessons \(Swimming\)](#)
  - [Low-Ratio Lessons \(Swimming\)](#)
- Support and Inclusion**
  - Art and Music Programs
  - Inclusion Support Request
  - Social Programs
  - [Sports and Active Programs](#)
- Fitness and Wellness**
  - [Fitness and Wellness Courses](#)
- Skating**
  - Group Lessons (Skating)
  - Private Lessons (Skating)
  - Semi-Private Lessons (Skating)
- Sports, Creative and Learning**
  - [Cooking and Baking](#)
  - [Performing Arts](#)
  - [Play and Discovery](#)
  - [Science, Engineering and Technology](#)
  - [Sports](#)

# Town of Halton Hills – Year Round Programs

Join the Town of Halton Hills [mailing list](#) to stay informed about registration dates and deadlines!

Link: <https://www.haltonhills.ca/en/explore-and-play/special-needs-accessibility-recreation.aspx>

Contact: [online form](#) OR 905-873-2600 ext. 2275

## Inclusion/Integration Support

- Please indicate your special need on your registration form and staff will contact you for more information
- Participants in all year round recreation programs may bring their own support person at no additional cost.

# Town of Halton Hills – Camps

Link: <https://www.haltonhills.ca/en/explore-and-play/camps.aspx>

Contact: [online form](#) OR 905-873-2600 ext. 2275

## Inclusion/Integration Support

- Inclusion support is available for full or half day camps
- After registering for Inclusion Support, a staff member will be in contact to learn about the child and ensure the program is a suitable fit.
- Registration for inclusion support will close 2 weeks in advance of program start date.

# Town of Milton – Year Round Programs

Join the Town of Milton [mailing list](#) to stay informed about registration dates and deadlines!

Link: <https://www.milton.ca/en/arts-and-recreation/inclusion.aspx>

Contact: [inclusion@milton.ca](mailto:inclusion@milton.ca) OR 905-878-7252 ext 2605

## Inclusion/Integration Support

- ICAN Swim – Participants with disabilities will be provided with extra support at swimming lessons (please note: these are not private swim lessons)
- ICAN Seasonal Program support – Inclusion Care for Assisted Needs (ICAN) support is offered to individuals with exceptionalities who require additional assistance to participate in seasonal programs. After registering, you'll be promoted to select your top 3 programs of choice.

## Adapted Programming

- Move More Sports for ALL (6-10)
- PALs – Participating at ALL Levels (13-21)
- Swim and Gym
- Zumba for ALL (18+)

## How to Register:

The screenshot shows the Town of Milton registration interface. At the top left is the logo for Milton with the phone number (905) 864-4132. At the top right is a blue 'Login' button. The main content area is divided into two columns. The left column contains a 'Filters' section with several sub-sections: 'Date Range' with two date pickers, 'Time Range' with two time pickers, 'Days of week' with radio buttons for Mon, Tue, Wed, Thu, Fri, Sat, and Sun, 'Keyword' with a search box, 'Location' with a dropdown menu, and 'Service' with a dropdown menu. Each sub-section has a 'Reset' link. The right column is titled 'Select an Activity' and contains two boxes. The 'Drop-in' box lists several activity categories with links: Drop-in 55+, Drop-in Aquafit, Drop-in Fitness, Drop-in General Interest, Drop-in Hockey/Skating, Drop-in Sports, and Drop-in Swimming. The 'Registered' box lists activity categories with links: 55+, Arts, Camps/School Breaks, Fitness, General Interest, Inclusion/Special Needs (highlighted with a red rectangle), Internal - Staff ONLY, Sports, and Swimming.

# Town of Milton – Camps

Link: <https://www.milton.ca/en/arts-and-recreation/inclusion.aspx>

Contact: [inclusion@milton.ca](mailto:inclusion@milton.ca) OR 905-878-7252 ext 2605

## Inclusion/Integration Support

- 1:1 support through the Inclusion Care for Assisted Needs (ICAN) program at no extra cost
- Inclusion Support Workers receive general training on program adaptations, behaviour management and basic personal care; however most do not have professional qualifications in this field.
- Register for the ICAN Summer Camp Support week of your choice at a \$0 fee
- After your space is secured, staff will contact you to confirm your top 3 camp choices – participant’s must meet the age requirements of the camp
- You will be contacted to finalize the placement, and payment details
- The camp fee will be charged to your account
- Fill out the All About Me form prior to camp

## Adapted Programming

- KidsCAN Camp (6-13)
- ICAN Leadership Skills Camp (ages 14-17)

## How to Register:

The screenshot shows the Town of Milton website interface for camp registration. At the top left is the logo for Milton with the phone number (905) 864-4132. At the top right is a blue 'Login' button. The main content area is divided into two sections: 'Filters' on the left and 'Select an Activity' on the right. The 'Filters' section includes fields for Date Range, Time Range, Days of week, Keyword, Location, and Service, each with a 'Reset' link. The 'Select an Activity' section is divided into two columns: 'Drop-in' and 'Registered'. The 'Drop-in' column lists activities like 'Drop-in 55+', 'Drop-in Aquafit', 'Drop-in Fitness', 'Drop-in General Interest', 'Drop-in Hockey/Skating', 'Drop-in Sports', and 'Drop-in Swimming'. The 'Registered' column lists activities like '55+', 'Arts', 'Camps/School Breaks', 'Fitness', 'General Interest', 'Inclusion/Special Needs' (highlighted with a red box), 'Internal - Staff ONLY', 'Sports', and 'Swimming'.

# City of Mississauga – Year Round Programs

Join the City of Mississauga [mailing list](#) to stay informed about registration dates and deadlines!

Link: <https://www.mississauga.ca/recreation-and-sports/home/adapted-programs/>

Contact: [recreation.support@mississauga.ca](mailto:recreation.support@mississauga.ca) OR 905-615-3200 ext. 8147

## Inclusion/Integration Support

- Participants in all year round recreation programs may bring their own support person at no additional cost.

## Adapted Programming

- Adapted Ice Skating (6+)
- Adapted Swim for Life (5-18)
- Adapted Fine Art Studio Fundamentals (13-18)
- Children in Motion (6-13)
- Sensory Friendly Swim (drop in, all ages)
- Snoezelen Swim (drop in, all ages)

## How to Register:



<https://www.youtube.com/watch?v=cpfhb2lzYQQ>

# City of Mississauga – Camps

**Link:** <https://www.mississauga.ca/recreation-and-sports/home/adapted-programs/>

**Contact:** [recreation.support@mississauga.ca](mailto:recreation.support@mississauga.ca) OR 905-615-3200 ext. 8147

## **Inclusion/Integration Support**

- 1:1 staff to participant support
- Recreation Support Facilitators are often students with limited behaviour management train and they:
  - Don't offer the same level of support as educational assistants or behaviour therapists
  - Can only provide verbal prompts for going to the washroom and changing
  - Can't assist in the operation of personal mobility devices, such as lifts, transfers and wheelchairs
  - Can't administer medications
  - Can't support personal care needs, such a feeding or toileting
  - Learn basic behaviour management, such as redirection techniques
  - Do not physically stop or restrain participants
- Fee: the cost of registration is approximately \$350 per week. This amount does not include the cost of camp.
- Families are able to have their support person attend with them at no extra cost. The support person can be any individual over the age of 14, who is familiar with your child's needs and requirements.

## **How to Register:**

Email [recreation.support@mississauga.ca](mailto:recreation.support@mississauga.ca) or call 905-615-3200 ext. 8147 to discuss support needs, options and the registration process.

# Town of Oakville – Year Round Programs

Join the town of Oakville [mailing list](#) to stay informed about registration dates and deadlines!

Link <https://www.oakville.ca/parks-recreation-culture/programs-activities/inclusion-support/>

Contact [recreation@oakville.ca](mailto:recreation@oakville.ca) OR 905-815-2000

## Inclusion/Integration Support

- Support personnel are welcome to attend all programs, are admitted at no charge and are not required to register. Staff may request additional personal information from the support worker for emergency purposes.

## Adapted Programming

- Aquadapt – 1:1 swim lessons
- Sensory swim (drop in)
- Sensory skate (drop in)

## How to Register:

The screenshot shows the Town of Oakville website's program search interface. At the top, there is a navigation bar with the Oakville logo, a search bar, and links for 'Sign In' and 'Online Services'. Below the navigation bar are several menu items: 'Transportation & Roads', 'Parks, Recreation & Culture', 'Community & Events', 'Home & Environment', 'Business & Development', and 'Town Hall'. The main content area is divided into several sections. On the left, there are filter options for 'Time Range', 'Days of week', 'Keyword', 'Location', 'Service', and 'Age'. The 'Keyword' filter is currently set to 'Search using text or Course ID'. The main content area is divided into several columns of program categories. The 'Adult Programs' column lists various activities like Clay, Cooking and Nutrition, Culture Days, Dance, Digital Arts and Technology, Fibre Arts, Fine Arts, Fitness and Wellness, Learning and Life Skills, Martial Arts, Museum Programs, Music, Sports, Theatre Arts, and Woodworking. The 'Aquatic Programs' column lists Aquatic Training and First Aid, Fitness and Wellness, Inclusion and Special Needs (highlighted with a red box), Learn to Swim Adult, Learn to Swim Children, Learn to Swim Parent and Tot / Preschool, Learn to Swim Youth, Private and Small Group Lessons, and Specialty Aquatic Programs. The 'Camp Programs' column lists Arts and Culture Camps, General Day Camp, Hockey and Skating Camps, Inclusion and Special Needs, Leadership Camps, Museum Camp, School Break Programs, Science and Nature Camps, and Sports and Aquatic Camps. The 'Drop-in Programs' column lists Court Bookings, Culture Drop-in, and Fitness Drop-in. The 'Children's Programs' column lists Clay, Cooking and Nutrition, and Culture Days.

# Town of Oakville - Camps

Link <https://www.oakville.ca/parks-recreation-culture/programs-activities/inclusion-support/>

Contact [recreation@oakville.ca](mailto:recreation@oakville.ca) OR 905-815-2000

## Inclusion/Integration Support

- Low ratio Kids Adventure Camp offers lower leader to participant ratios at 1:4 when extra support may be needed
- The town offers additional support for camp programs where participants with exceptionalities will be paired with staff trained in inclusive recreation at their location of choice to ensure a safe and fun camp experience

## Adapted Programming

- Teen Adventure Program (14-21)

## How to Register:

**Filters** [Reset](#)

**Date Range** [Reset](#)  
yyyy-MM-dd - yyyy-MM-dd

**Time Range** [Reset](#)  
h:mm tt - h:mm tt

**Days of week** [Reset](#)  
Mon Tue Wed Thu Fri Sat Sun

**Keyword** [Reset](#)  
Search using text or Course ID

**Location** [Reset](#)  
Location

**Service** [Reset](#)  
Service

**Age** [Reset](#)

Select an area of interest. If a selection is grey, there are no course offerings.  
Registration for fall programs is open.

**Adult Programs**

- [Clay](#)
- [Cooking and Nutrition](#)
- [Culture Days](#)
- [Dance](#)
- [Digital Arts and Technology](#)
- [Fibre Arts](#)
- [Fine Arts](#)
- [Fitness and Wellness](#)
- [Learning and Life Skills](#)
- [Martial Arts](#)
- [Museum Programs](#)
- [Sports](#)

**Aquatic Programs**

- [Aquatic Training and First Aid](#)
- [Fitness and Wellness](#)
- [Inclusion and Special Needs](#)
- [Learn to Swim Adult](#)
- [Learn to Swim Children](#)
- [Learn to Swim Parent and Tot / Preschool](#)
- [Learn to Swim Youth](#)
- [Private and Small Group Lessons](#)
- [Specialty Aquatic Programs](#)

**Camp Programs**

- [Arts and Culture Camps](#)
- [General Day Camp](#)
- [Hockey and Skating Camps](#)
- [Inclusion and Special Needs](#)
- [Leadership Camps](#)
- [Museum Camp](#)
- [School Break Programs](#)
- [Science and Nature Camps](#)
- [Sports and Aquatic Camps](#)

**Drop-in Programs**

- [Court Bookings](#)

**Children's Programs**

- [Clay](#)
- [Cooking and Nutrition](#)