



Special Olympics
Ontario



Special Olympics Toronto is excited to offer several programs aimed at young athletes that may just be starting their Special Olympics journey!

Register Online: <https://portal.specialolympics.ca/ontario/athlete-registration>

Toronto Basket Hounds

Basketball
Training, instruction, games
Ages 10-18
The York School Jr. Campus
Thursdays 6:30-7:30pm (October to April)
\$60



Basket Hounds love to have fun! If we aren't playing basketball we are probably playing our favourite game... duck duck goose! During practices we learn basic basketball skills and how to work as a team on the court. We apply our skills in game situations playing against other recreational Special Olympics basketball teams, our coaches, or family and friends. We have a wide range of abilities on our court. Athletes do not need to be independent on the court to play basketball. Coaches are always there to help!

Rosedale FUNdamentals

Multi-Sport
Introduction
Ages 7-12
Rosedale Jr. P.S.
Tuesdays, 7:00-8:00pm (October to June)
No cost



FUNdamentals is a continuation of the Active Start program for athletes with an intellectual or developmental disability ages 7-12. This program transitions from basic movement skills to basic sport and physical literacy skills while maintaining an atmosphere of fun and meaningful interaction. This program also promotes specific sport education, proper nutrition, and social inclusion through participation in positive sport environment. The skills learned in this program provide support for everyday activities as well as a base for Special Olympics sports training and competition as athletes grow older.

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Swim to Shine

Learn to Swim

Instruction

All Ages

St. Patrick CSS or Bishop Marocco CSS

Saturdays, 3-4pm or 6-7pm

\$39.50 per lesson



Swim to Shine is a high-energy, 3-stage swim progression program designed for individuals with intellectual and developmental disabilities of all ages. Each 55-minute weekly lesson is built around consistency, safety, and empowerment — helping swimmers grow physically, emotionally, and socially at a pace that supports their unique needs. Whether your child is stepping into the water for the first time or striving for more advanced skills, our program builds confidence, resilience, and independence — one splash at a time.

North Toronto Nitros

Soccer

Instruction

Ages 24 and under

Forest Hill C.I.

Sundays, 9:00-10:15am

No cost



The program is focused on creating a positive social environment, through the help of dedicated volunteers (Nitros players from the club) to strive for a 1:1 coach to player ratio. The program is split into a junior and senior group, which is based on playing ability as opposed to age. The junior group is focused on more 1:1 assistance and individual games, while the senior group is made up of the more experienced players who play more small sided 5v5 games throughout their session.

Little Kickers

Soccer

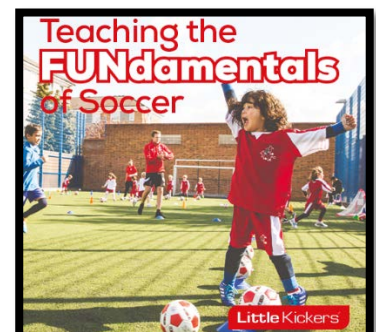
Instruction

Ages 1-8

Church of the Transfiguration

Saturdays, 11:45am-12:45pm

\$95/month, and a one-time fee for the uniform of \$36





We believe in something we call “Play not Push”. It means teaching soccer in a fun, pressure-free environment. We want to give children a positive introduction to sport as a whole, not just soccer , so they’re more likely to stay healthy and active throughout their lives. Secondly, we believe soccer can be educational. Coached in the right way it can stimulate imagination and aid early development skills such as learning colours and numbers, following instructions and playing as a team.

Forest Hill Skating Club

Learn to Skate
Instruction
Ages 10-18
Larry Grossman Memorial Arena
Tuesdays, 5:15-6:15pm (Sept to Dec)
\$862 per athlete (4 month session)



Participants in FHIST will work with our team of experienced coaches and volunteers in small groups to ensure we are able to meet each individual's unique needs. The participants will learn the fundamentals of skating in a supportive environment and will build their skating skills as they progress through each level of the program alongside their peers. As they advance, participants will have the opportunity to further explore figure skating through Forest Hill's annual ice show as well as Special Olympics figure skating events.

Dance Buddies

Dance
Instruction
Ages 7-21
Swansea School of Dance
Saturdays, 12:00-1:00pm
Cost TBD



The focus of this program is on creating a friendly and welcoming community is a priority. Dance Buddies is an adapted dance class for students with diverse cognitive, physical and developmental needs. This inclusive class pairs children with and without disabilities for a shared learning experiences. This is a fun jazz and rhythm class that provides a structure with neurodivergent brains in mind. The class includes creativity, imagination, dance and music. We have found this brings benefits for all involved and helps us to achieve our mission of teaching with integrity and kindness.