



Abilities Centre™

Fall 2026
Program Guide







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A·S·A·D®

Academy for Student Athlete Development

2026 - 2027





Enhance Your Performance

Our mission is to deliver a high-performance program that goes beyond the field of play, empowering individuals to achieve their personal goals in athletic performance, academics, and life. A.S.A.D. works in collaboration with a team of experts and leaders in the Canadian sport system to create a dedicated training environment where student-athletes can elevate their game.

Athletics

- Over 85 Strength and Conditioning sessions
- Over 70 Sport Technical sessions
- Coached and delivered by experts in the Canadian Sport System

Current sport technical streams

- Hockey, Soccer and Baseball
- Potential expansion: Rugby, Volleyball, Basketball, and Lacrosse
- Training Locations: Abilities Centre, Iroquois Park, Whitby Dome and The Yard

Individual athlete development (I.A.D.)

Open to all sports and athletes, including but not limited to:

- Swimming
- Track and Field
- Ski and Snowboard
- Racing
- Field Hockey
- Gymnastics
- Cross Country

Contacts:

Ryan Stickle
A.S.A.D. Durham Senior Coordinator
rstickle@abilitiescentre.org

instagram: @ASAD_Durham

Website: abilitiescentre.org/programs/asad

Academics

Partnership with the Durham District School Board and Durham Catholic District School Board

- Teachers on-site at the Abilities Centre providing instruction daily
- Individualized classroom support and a flexible schedule to accommodate competition and training demands
- Opportunity to earn academic credits and a Personal Fitness credit
- Collaborative course planning between A.S.A.D. and home school guidance counsellors to build student timetables
- Pathway to graduate with 30 credits in four years
- Students remain active members of their home school community

Integrated support teams

A.S.A.D. leverages **nationally and globally recognized experts** to deliver Integrated Support Team sessions, ensuring optimal **academic, athletic, and psychosocial development** for all participating athletes.

Nutrition:

- Defining and Measuring Energy
- Pre-Exercise and Pre-Competition Fueling
- Hydration Strategies

Mental Performance:

- Goal Setting
- Motivation and Intensity
- Self-Awareness

Injury Management:

- Prevention and Recovery



Schedule

Student-athletes attend A.S.A.D. for half of their school day and spend the other half at their home school. The ASAD portion includes two 75-minute periods:

- One academic period
- One athletic training / physical education / technical sport stream

Athletes in team sports typically attend in the morning (a.m.), while Individual Athlete Development (I.A.D.) athletes attend in the afternoon (p.m.).

Period	Monday	Tuesday	Wednesday	Thursday	Friday
P1	A.S.A.D. Academic	A.S.A.D. Academic	A.S.A.D. Academic	A.S.A.D. Academic	A.S.A.D. Academic
P2	A.S.A.D. S&C	A.S.A.D. Technical Session	A.S.A.D. S&C	A.S.A.D. Technical Session	A.S.A.D. S&C
P3	Home School Academic	Home School Academic	Home School Academic	Home School Academic	Home School Academic
P4	Home School Academic	Home School Academic	Home School Academic	Home School Academic	Home School Academic

Cost

- $5,500 to $8,000 per year for two semesters of programming (varies by sport stream)
- A.S.A.D. operates as a fee-for-service model, with all costs directed toward program delivery and expenses
- Financial assistance is available for eligible athletes (p.m.).

Transportation

- Families are expected to arrange transportation for drop-off and pick-up at Abilities Centre according to their A.S.A.D. schedule.
- The A.S.A.D. team will assist in connecting families for potential carpooling options when possible.

Application

- A.S.A.D. is a high-performance high school program designed for student-athletes on a performance pathway, aiming to compete at higher levels such as U SPORTS, OCAA, and NCAA levels.
- Academic eligibility is reviewed by the student's home school guidance counsellor.
- Applications and acceptances are required for enrollment — there is no cost to apply.

To review the full application process, visit the A.S.A.D. webpage on the Abilities Centre website or contact rstickle@abilitiescentre.org.









Employment Services

For more information on Pathways 2 Employment please contact us at empservices@abilitiescentre.org or (905) 665-8500 ext. 224.

For more information about Community Connections, please email commservices@abilitiescentre.org or call 905-665-8500 ext. 224.

Employment and Community Services

Employment Services

Employment Coaching and Job Development Services

Our Employment Coaching Services focus on individual's skills, goals, values and strengths in relation to work. Through a person-centered approach, our Employment Counsellors provide individualized support to help individuals feel confident and capable in the workplace. We guide job seekers in developing the knowledge, skills, and strategies needed to prepare for, obtain, and maintain employment. Through our Job Development Services, you'll work with the Employment Team to find and apply for meaningful opportunities – online or in person. Tailored guidance, resources, and referrals ensure that every individual receives the support aligned with their strengths and goals, empowering them to approach work with confidence and self-assurance.

Employment Workshops

We offer government-funded workshops designed to build practical skills and boost confidence in the workplace. Each workshop combines guided learning with hands-on practice, encouraging discussion and active participation. Topic covers essential areas such as resume building, professional communication, workplace accommodations, interview skills, and more!

Pathways 2 Employment (P.2.E.) Program

Program Cost: $1,800.00 plus applicable fees

Start date: Wednesday, September 8, 2026

Pathways 2 Employment (P.2.E) is a person-centered employment program designed to support individuals with disabilities who are seeking meaningful and sustainable employment in Durham Region. The program focuses on providing opportunities for participants to identify their strengths, interests and career goals while building the skills and confidence needed to succeed in the workplace. Using principles of supported employment, P.2.E strives to promote community inclusion, economic participation and self-determination.

Learning, training, and upskilling take place both at Abilities Centre and at host site locations within the community. These learning environments provide practical, real-world experiences where participants can develop transferable skills such as communication, time management, problem-solving, initiative, teamwork and more. Through guided skill development, mentorship, and hands-on learning, the program prepares individuals to pursue employment opportunities that align with their professional goals and skillset.







Community Connections

Community Connections is a 10-week program designed for individuals with disabilities aged 14 and older. The program focuses on building skills that promote confidence and encourage active participation in the community. Participants will work towards enhancing community navigation, money education, transit awareness, and functional skills while preparing for an experiential learning each week.

Experiential learnings take place at various community locations including grocery stores, restaurants, the library, and other local destinations. With support from Program Facilitators, participants will regularly use public transit to travel to and from community locations, helping to build confidence and familiarity with navigating the community.

Program Eligibility

- You are 14 years of age or older
- You identify as having a disability
- You want to gain confidence navigating the community

Program Benefits

- Quality, person-centered programming
- Small group size (10 participants) to ensure adequate support
- Guest Information Session with Durham Region Transit
- Transit Awareness Training, including guided trips to nearby locations







Program Fees

The cost of this program is $1,600.00. Please note, a 5% Facility Management Fee (FMF) and tax are added separately. The breakdown of this is below:

- Program Cost = $1,600.00
- FMF (5%) = $80.00
- Tax on FMF = $10.40
- Total: $1,690.40

Participants will not be able to attend programming until all fees are paid by September 29, 2026. Program fees may be made in installments.

Please contact Morgan Bowles, Manager, Employment & Community Services for further details at mbowles@abilitiescentre.org.

***Additional fees of up to $100 may be required if participants choose to spend during experiential learning** (e.g. meals, food, drinks, tickets, etc.) and are not covered by the Registration Fee. Please note, spending is optional. Money education skills will be covered in class to ensure all participants have equal opportunity to learn.

What is the Facility Management Fee (FMF)?

The FMF is a 5% fee added to memberships and programs at our Whitby location. This fee helps maintain and improve the facility to ensure a safe, accessible, and welcoming space for everyone. Every dollar collected from the FMF will be reinvested into the Centre. Funds will support building maintenance, accessibility upgrades, and equipment updates to ensure the facility meets the needs of all members.

Program Details

Community Connections works to promote three main areas: Skill Development, Confidence, and Community Engagement.

- **Length of program:** 10 weeks
- **Days:** Tuesdays & Fridays
    - **On Tuesdays**, participants will engage in activities that will enhance existing knowledge and skills to prepare them for experiential learning in their community.
    - **Starting in Week 2, Fridays** will feature trips to various locations in the community.
- **Time:** 9 a.m. to 3 p.m.
- **Start Date:** October 6, 2026
- **End Date:** December 11, 2026

Registration Process

The refgistraion process is listed below:

1. Send an email to commservices@abilitiescentre.org and express your interest in Community Connections.
2. Complete the **Participant Interest Form** within your email. You can find this form on the Abilities Centre website at abilitiescentre.org/activities/community-connections. Please note if you have filled an Abilities Centre Participant Profile, you do not need to fill the Interest Form.
3. Following steps 1 and 2, you will receive an email to schedule a brief meet-and-greet with a team member.
4. Following the meet-and-greet, you will receive a confirmation email with a ‘Welcome Package’ which includes important information and forms.







Sports and Recreation

For more information,
contact sportandrec@abilitiescentre.org.

Lacrossing Barriers (Ages 7+)

Lacrossing Barriers at Abilities Centre In partnership with Abilities Centre, Lacrossing Barriers is bringing an inclusive lacrosse experience to our community. This program is designed for participants of all ages, backgrounds, and abilities — whether you're brand new to the sport or already have some experience. Through fun, skill-building activities, and game play, participants will: Learn the fundamentals of lacrosse, Canada's national sport Develop teamwork, communication, and movement skills Stay active in a supportive, barrier-free environment Our goal is to create a space where everyone can enjoy the game, connect with others, and gain confidence both on and off the field. All equipment is provided, and modifications are available to ensure everyone can fully participate.

Dates: Mondays from September 21, 2026 to November 23, 2026

Times: 6:15 p.m. to 7:30 p.m.

Fees: $155

Register: Online (abilitiescentre.org/programs/sports-recreation)







Wheelchair Basketball - Beginner (Ages 7+)

Discover the game, build confidence, belong. The Abilities Centre Wheelchair Basketball Introductory Program welcomes individuals of all abilities, ages 7 and up, whether new to wheelchair basketball or new to using a sport chair. In a supportive, barrier-free environment, participants build foundational skills, including sport wheelchair mobility, passing, shooting, positioning, and game awareness, through fun, structured activities. All equipment is provided. Developed with community champion and former wheelchair basketball coach Michael Frogley, the program is guided by respect, perseverance, and being a good teammate. Optional development opportunities, including local tournaments across Ontario, are also available.

Dates: Tuesdays from September 22, 2026 to December 8, 2026

Times: 6 p.m. to 7 p.m.

Fee: $185

Register: Online (abilitiescentre.org/programs/sports-recreation)





Eagles Wheelchair Basketball (Ages 7+)

Develop your game, compete with purpose, grow as a team. The Abilities Centre Eagles is an intermediate, recreational wheelchair basketball program for athletes ages 7 and up ready to build on foundational skills and move from learning the game to actively playing and competing. Athletes refine technical and tactical skills, develop advanced wheelchair mobility and game-speed control, and learn team systems, strategy, and competitive play. Practices are led by experienced coaches, including provincial and national team athletes Eric Voss and Tamara Steeves, who bring high-performance insight into a supportive, developmental environment. Guided by the same core pillars, respect, perseverance, and being a good teammate, the Eagles program builds both individual growth and team culture, with opportunities to compete in organized games and tournaments across the Ontario wheelchair basketball community.

Dates: Tuesdays from September 22, 2026 to December 8, 2026

Times: 7 p.m. to 8:30 p.m.

Fee: $225

Register: Online (abilitiescentre.org/programs/sports-recreation)



Sportsmania (Ages 5 to 8)

Sportsmania is a fun, high-energy introductory sport program for children ages 5–12. Each week, participants explore a new sport, such as soccer, basketball, or lacrosse, learning basic rules and skills in a supportive, inclusive environment. The program builds fundamental movement skills like running, throwing, catching, coordination, and spatial awareness, along with teamwork and communication. Participants also learn what competition means beyond the scoreboard, with success measured through effort, sportsmanship, and personal growth. No prior experience is needed, just energy, curiosity, and enthusiasm!

Dates: Wednesdays from September 23, 2026 to November 25, 2026

Times: 6 p.m. to 7 p.m.

Fee: $185

Register: Online (abilitiescentre.org/programs/sports-recreation)



Sportsmania (Ages 9 to 12)

Sportsmania is a fun, high-energy introductory sport program for children ages 9–12. Each week, participants explore a new sport, such as soccer, basketball, or lacrosse, learning basic rules and skills in a supportive, inclusive environment. The program builds fundamental movement skills like running, throwing, catching, coordination, and spatial awareness, along with teamwork and communication. Participants also learn what competition means beyond the scoreboard, with success measured through effort, sportsmanship, and personal growth. No prior experience is needed, just energy, curiosity, and enthusiasm!

Dates: Wednesdays from September 23, 2026 to November 25, 2026

Times: 7 p.m. to 8 p.m.

Fee: $185

Register: Online (abilitiescentre.org/programs/sports-recreation)



Healthy Youth Programming for Everyone (H.Y.P.E.) (Ages 10 to 14)

H.Y.P.E is an inclusive, high-energy program where participants connect with friends, stay active, and have fun in a welcoming environment. Each session opens with an hour of game-based court activities that build movement skills, teamwork, and confidence for all skill levels, occasionally introducing new sports to keep things fresh. The final 30 minutes shift to the games room for relaxed social time, helping participants recharge, strengthen friendships, and build a sense of belonging. Participants also get access to special pop-up "H.Y.P.E Nights," held on-site and off-site, extending the fun and connection beyond regular sessions.

Dates: Thursdays from September 24, 2026 to June 10, 2027

Times: 6:30 p.m. to 8 p.m.

Fall fee: $190

Annual fee: $480

Register: Online (abilitiescentre.org/programs/sports-recreation)



Wheelchair Rugby (Ages 12+)

This beginner-friendly program, offered in partnership with Wheelchair Rugby Canada, introduces participants to Wheelchair Rugby, a fast-paced Paralympic sport invented in Canada. Open to all ages, genders, and abilities, this attack-and-evasion sport involves chair-to-chair contact, with the objective of carrying the ball across the opponent's try line to score. Participants will learn the fundamentals and rules, develop skills like ball handling, passing, chair control, and spatial awareness, and build confidence and teamwork in a safe, structured environment using sport-specific rugby wheelchairs. No previous experience is required, trained instructors provide guidance and adaptations for beginners curious to try something new.

Dates: Thursdays from September 24, 2026 to November 26, 2026

Times: 6:30 p.m. to 8 p.m.

Fall fee: $350

Register: Online (abilitiescentre.org/programs/sports-recreation)









Abilities Centre™

Therapeutic Recreation

For more information,
contact therapeuticrecreation@abilitiescentre.org.

Active Connections (Ages 14+)

Active Connection combines the physical and social domains for two hours of fun. Beginning on the court, participants work through fundamental movement and sport-specific skills before joining a team or partner for game play in a new sport or game of focus each week. In the second hour, participants interact with one another through activities like game shows or life-size board games that work towards teamwork, enhanced confidence, relationship-building, and goal setting/attainment.

Dates: Wednesdays from October 7, 2026 to December 9, 2026

Times: 6 p.m. to 8 p.m.

Fall fee: $170

Register: Online (abilitiescentre.org/programs/therapeutic-recreation-tr/)







Creative Cafe (Ages 14+)

Creative Cafe gives participants the autonomy to use their imagination and create outside-the-box. Drawing from various artistic stylings like visual arts (painting, drawing, sculpting), dramatic arts, music, and dance, participants have the opportunity to utilize each medium to express emotion, explore their interests and values, and identify personal goals and strengths.

Dates: Thursdays from October 8, 2026 to December 10, 2026

Times: 6 p.m. to 7:30 p.m.

Fall fee: $200

Register: Online (abilitiescentre.org/programs/therapeutic-recreation-tr/)







Looking to work on specific goals or skills but not sure where to start?

Reach out to us for 1:1 sessions with a Therapeutic Recreation Specialist.

We can help in many ways, including:

- Preparation for larger group programs/ camp success
- Interest recognition through exposure to different activities
- Recreation or life specific skills
- Improving play skills (sharing, turn-taking, instruction following, etc.)
- Improving coping strategies through fun and engaging activities

Email us today at therapeuticrecreation@abilitiescentre.org.








Training Bus





Abilities Centre

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Whitby, Ontario
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905-665-8500