ADAPTED

Program

Special Needs



Centre du Sablon

Descriptions

ADAPTED

ADAPTED PROGRAMS

SOCIAL SKILLS							
Clientele	Day	Time	Cost	Instructors	Local	Duration	Start date
5-12 years old	Saturdays	9h30, 11h10, 13h20 or 15h*	441 $	Alex, Marly & Zainab	Class 1	12 weeks	09/01/2027
Course Description: This course aims to develop essential social skills such as verbal and non-verbal communication, emotional regulation, sharing, empathy, and much more.							

LIFE SKILLS							
Clientele	Day	Time	Cost	Instructors	Local	Duration	Start date
12-21 years old	Thursdays	17h25 or 19h*	420 $	Alex & Hadiya	Class 1	12 weeks	07/01/2027
Course Description: This activity aims to develop social skills tailored to the everyday needs and experiences of adolescents aged 12 to 21 with special needs.							

ADAPTED SPORTS							
Clientele	Day	Time	Cost	Instructors	Local	Duration	Start date
5-12 years old	Sundays	13h30 or 15h*	319$	Miles & Olga	Gymnase/Salle de boxe	11 weeks	10/01/2027
Course Description: This activity aims to introduce children to a variety of sports adapted to each participant's abilities and individual needs. Participants will also develop essential social skills such as sharing, teamwork, and following instructions.							

ADAPTED COOKING							
Clientele	Day	Time	Cost	Instructors	Local	Duration	Start date
8-12 years old	Wesnesdays	17h30	450$	TBD	Kitchen	12 weeks	06/01/2027
Course Description: This course aims to develop basic cooking skills in an adapted and inclusive environment. Participants will learn to prepare simple recipes, safely handle kitchen utensils, follow step-by-step instructions, and develop their independence, creativity, and teamwork skills.							

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ADAPTED MULTI-DANCE							
Clientele	Day	Time	Cost	Instructors	Local	Duration	Start date
5-12 years old	Mondays	17h30*	252 $	TDB	Poly 1	12 weeks	04/01/2027
Course Description: This course aims to develop coordination, motor skills, and self-expression through various dance styles in an adapted and inclusive environment. Participants will explore rhythm, movement, and creativity while building self-confidence, independence, and social skills, all while having fun and progressing at their own pace.							

RESPITE SUNDAYS							
Clientele	Day	Time	Cost	Instructors	Local	Duration	Start date
12-21 years old	Sundays	9h00 – 15h00*	630$	TBD	Le Spot	6 weeks	10/01/2027
Course Description: Offered every other Sunday, this activity provides participants with special needs a safe, adapted, and inclusive environment where they can socialize, develop independence, and build meaningful connections. Through recreational, sports, and creative activities tailored to their interests, participants will strengthen their social skills, self-confidence, and independence, while providing families with a well-deserved break.							

***The schedules for these activities are determined based on each participant's individual needs. Following the mandatory meeting, our team will assign participants to groups according to their specific needs.**