

2018-19 Ontario Sport and Recreation Communities Fund (OSRCF)

PROVINCIAL STREAM

A table of successful applicants. Each row is a different project and contains the following information: organization, project name, approved grant amount and project description.

Organization	Project Name	Approved Amount \$	Project Description
Association of Ontario Snowboarders	Speed & Style	\$132,000	The Speed & Style project will develop the physical literacy of 1,200 children through the introduction of the Speed & Style, national multi discipline training days for LTAD Stage 3 Learn to Train participants that combine snowboard basics with a focus on safety, injury prevention, the improvement of fundamental movement skills, and fundamental sport skills.
Canada's National Ballet School / L'Ecole nationale de ballet du Canada	Sharing Dance for Seniors	\$254,390	The Sharing Dance for Seniors project will establish a province-wide network of community spaces where trained facilitators and instructors provide regular, inclusive access to the program for 5,000 seniors on a sustained basis, supported by online resources and program content.
Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)	Building Capacity to Increase Retention Rates for Girls and Women in Sport	\$166,620	The Building Capacity to Increase Retention Rates for Girls and Women in Sport project will partner with 10 PSOs, impacting 600 participants, to develop capacity among staff and key volunteers to retain more women and girls as athletes, coaches, officials and league executives.
Freestyle Skiing Ontario	Freestyle for Everyone	\$146,925	The Freestyle for Everyone project will improve freestyle skiing skills for more than 150 participants including children 12 and under, as well as women and girls 24 and under by developing FUNdamentals staged programming, as per freestyle skiing's Long Term Athlete Development (LTAD) framework.

Organization	Project Name	Approved Amount \$	Project Description
Jays Care Foundation	The GROW Challenger Project	\$148,852	The GROW Challenger Project will expand the existing 18 Ontario Challenger Baseball Leagues to include 950 new children with disabilities (2,491 total)—through an additional 10 new Challenger Leagues and 30 new Challenger schools—in communities across Ontario that do not currently offer children with disabilities the opportunity to play organized baseball.
Le Centre canadien de la diversité des genres & de la sexualité	Creating safer spaces for gender & sexual minorities within recreational sports in Ontario	\$184,000	The Creating safer spaces for gender & sexual minorities within recreational sports in Ontario project will build the capacity for sports organizations in Ontario to be more inclusive of LGBTQ2+ people by training over 20,000 Ontarians. This includes supporting organizations' ability to deliver quality sports and recreation programming that challenges pervasive and explicit homophobic and transphobic attitudes in sports.
Ontario Tennis Association	Green Means Go: Activating Seniors through Tennis	\$196,266	The Green Means Go: Activating Seniors through Tennis project will increase opportunities for 3,000 older adults (55-64) and seniors (65+) province-wide to participate in tennis by delivering low-impact tennis clinics at volunteer-run tennis clubs and via 5 community organizations.
Ontario Volleyball Association	The Parent & Player Volleyball Program	\$122,255	The Parent & Player Volleyball project will provide 300+ children in the FUNdamentals and Learn to Train stages of LTAD (ages 5-12) and 300+ parents/ guardians in the Active for Life stage of LTAD with an introduction to indoor and beach volleyball.
Squash Ontario	Just Play Squash	\$83,335	The Just Play Squash project will develop fundamental movement and racquet skills of 1,120 individuals, specifically, children and youth, women, and adults, including older adults and seniors.

For general inquiries by phone:

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2018-19 Ontario Sport and Recreation Communities Fund (OSRCF)

Local/Regional Stream CENTRAL REGION

A table of successful applicants. Each row is a different project and contains the following information: organization, municipality, project name, approved grant amount and project description.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Aga Khan Museum	Toronto	Dancing in the Park: Celebrating Community	\$54,545	This project will increase participation opportunities over two years for physical activity through global dance demonstrations lead by experts, for 3,500 people of all ages, backgrounds, income levels and genders from across Toronto, with a focus on residents in neighbourhoods surrounding the Aga Khan Park.
Broad Reach Foundation For Youth Leaders	Toronto	Rest-less in TO	\$219,594	This project will engage 600 youth aged 12-24, older adults and seniors in sport, recreation and physical fitness by providing more equitable and sustainable access to sailing.
Community Matters Toronto	Toronto	Family Swimming in St. James Town	\$72,576	This project will provide recreational swimming opportunities to 650 residents of St James Town and the surrounding neighbourhoods.
Firebird Community Cycle	BARRIE	The Phoenix Project	\$33,540	This project will provide affordable access to donated bicycles and parts, while participants will learn to repair and maintain a bicycle. The goal is to promote physical activity, independence, and a healthy lifestyle by increasing the use of bicycles. This project, done in partnership with the Canadian Mental Health Association (CMHA), the City of Barrie and North Collegiate High School, will engage up to 200 seniors, 50 teens and over 200 community members throughout the City of Barrie.
Free For All Foundation (IFFAF)	Mississauga	Keep Them Moving	\$67,075	This 2 year project called "Keep Them Moving" will support the introduction of a new cricket program for 100 youth ages 13 to 24 in the Queen and Kennedy neighbourhood of Brampton.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Grandview Children's Centre	Oshawa	Let's Get Active for children/youth with developmental disabilities including autism	\$41,286	This project will provide active sport and game based recreational programming to children and youth aged 8 to 18 with autism, down syndrome and other development disabilities. The "Let's Get Active" year round programming focussed on fundamental movement skills and physical literacy will target 320 participants over two years in Ajax and Oshawa.
Harbourfront Centre	Toronto	New Sports and Active Camp Activity at Harbourfront Centre	\$37,500	This project will provide 14 weeks of new sports and active camps for children and youth ages 6–15. This will increase opportunities for participation in physical activity, embed physical literacy through sport and recreation as a foundation for lifelong physical activity, and increase the capacity of the sport and recreation
Heritage Skills Development Centre	Toronto	Scarborough Active Newcomer Women	\$73,914	This project will increase opportunities for 100 newcomer women in Toronto to develop healthy, active lifestyle habits. The "Scarborough Active Newcomer Women" project will enable newcomer women become empowered and confident to engage in recreational activities in their new community through four components: physical literacy, creation and maintenance of a community garden, aerobics and yoga, and community walks.
I Challenge Diabetes	NORTH YORK	Diabetes Sports Camp	\$154,622	This project will provide individualized and innovative approach to promote physical literacy, as well as a long, active and safe lifestyle to 206 children and teens (aged 5-15) living with type 1 diabetes by offering 7 day programs throughout the school year and 3 weeks of summer sport camps over two years. "Diabetes Sports Camp" project will be held in conjunction with the York University Lions Camp and supported by experts in the field and daily individualized support from seasoned athletes with T1D and diabetes educators.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Jane Alliance Neighbourhood Services	Toronto	Jane Street Senior Walkers	\$71,752	This project will increase opportunities for low-impact physical activities and related education in nutrition for 200 low-income seniors (65+) from ethnic minority groups living in the Rockcliffe-Smythe neighbourhood. The "Jane Street Senior Walkers" project will provide indoor and outdoor activities for seniors, as well as help organization to strengthen the capacity by expanding the roster of trained volunteers, primarily seniors and students.
Learning Disabilities Association of Toronto	Toronto	Jump 2 Success	\$92,344	This project will develop the fundamental skills of children ages 5-12, youth ages 13-24 and Seniors aged 65 plus living with a Learning Disability and/or ADHD. We will provide programming for 360 participants across the GTA and families of low income. We will engage them in participation and dialogue about their perception of health and wellbeing and counteract inactive lifestyles. Participants will have a needs determination whether diagnosed or self-identified. This assessment will set our baseline for varying learning styles and customized approach to learning sports and recreational skills development.
Malvern Family Resource Centre	Scarborough	Healthy Seniors For Life!	\$103,083	This project will increase opportunities for 500 inactive older adults (over 55) in Toronto. The "Healthy Seniors For Life!" project will engage older adults in 4 recreation / fitness activities per week, including 2 session of low impact and 2 weekly sessions of a multi-player sport.
March of Dimes Canada	Toronto	Next Steps: A Walking Program for Stroke Survivors	\$25,158	This project will enable the March of Dimes Canada to deliver "Next Steps: A Walking Program for Stroke Survivors" targetting seniors aged 65 and above. The program will be delivered in 3 communities, targetting a minimum of 20 people per group. The project will encourage low-impact exercise for stroke survivors using supportive walking poles and assisted by an onsite coordinator to ensure safety and deliver education to participants.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
MIAG Centre for Diverse Women & Families	Mississauga	"Dazzling Seniors"	\$57,512	The "Dazzling Seniors" 2 year project will provide 200 seniors from diverse ethno cultural communities with an opportunity to participate in the activities of Nordic pole walking, yoga and line dancing in 4 neighbourhoods in Mississauga, Brampton and Etobicoke. The programs will be offered in 3 languages and a series of videos will be produced for seniors who may not be able and to encourage seniors to remain active beyond the project.
Native Child and Family Services of Toronto	Toronto	Physical Literacy for Indigenous Families	\$118,122	This project will provide 90 urban Indigenous Torontonians with supported access to a safe, culture-based physical literacy program capable of improving the long-term health outcomes of Indigenous people by helping them make physical activity a regular part of their lives.
North York Community House	Toronto	ALL 4 Seniors	\$201,566	This project will provide physical activity opportunities through gentle fitness and dance for 600 older adults 55 years of age and older. It will promote and increase the health and wellbeing of seniors by sharing physical literacy tools and using welcoming approaches.
P.O.I.N.T. Inc.	Toronto	"A League of Our Own: Seniors Passport to Fitness"	\$12,000	This project will introduce "The A League of Our Own: Seniors Passport to Fitness". The project will engage 235 new senior participants (65+) in variety of sport activities such as snowshoeing, hiking, pedal boats, virtual reality sports, and Nordic pole walking. In order to encourage seniors of all levels, lower impact sports like badminton, bowling, croquet, Tai Chi, mini golf and fitness/dance classes will be available as an alternative.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Right To Play	Toronto	Youth To Youth Level Up Expansion (Y2Y LUEP)	\$112,150	This project will target 100 new teachers currently working in high-needs schools within the Toronto District School Board's Model Schools For Inner Cities (MSIC) program. The Y2Y Level Up Expansion Project aims to provide a 2nd course option per year, doubling the capacity building opportunities for MSIC teachers, and therefore doubling the potential number of youth that can be trained as YLs. 1,500 new YLs will be trained to provide physical activity programming to 5,000 children.
Silent Voice Canada	TORONTO	Deaf Children and Youth Sports and Rec Program	\$95,505	This project will increase opportunities for Deaf children and youth to participate in ACCESSIBLE physical activities, sports and recreation activities conducted in American Sign Language (ASL) and lead by Deaf athletes, coaches and role models reaching 400 Deaf children and youth participants and engaging over 80 Deaf
South Asian Autism Awareness Centre	Scarborough	All-Stars Fitness Program	\$9,805	This project will increase opportunities for 75 children and youth living with Autism Spectrum Disorder (ASD) in Toronto. The "All-Stars Fitness Program" project will focus on developing fundamental skills and building meaningful fitness interactions through fitness, and will be delivered in four-month blocks for a total of 3 blocks per year.
Sport for Life Society	OTTAWA	Physical activity and physical literacy in the early years	\$134,500	The Physical activity and physical literacy in the early years project will recruit and train 30 master trainers on physical literacy in the early years (0-5 years old) who will provide in-person physical literacy training to over 700 early years providers in the Greater Toronto Area.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
SPRINT Senior Care	Toronto	SPRINT Senior Care's Enhanced Gentle Fitness Program	\$137,500	This project will enable SPRINT Senior Care to enhance their programming by removing financial and transportation barriers for seniors while improving access to high quality gentle fitness programming. The project, "SPRINT Senior Care's Enhanced Gentle Fitness Program" will be a two year endeavour that will target seniors aged 65+, by offering 832 additional gentle exercise classes at 5 new locations with 198 new clients served.
Start2Finish	Burlington	Daily 20 (Development & Pilot)	\$111,600	The "Daily 20" pilot project is a 2 year initiative to develop interactive learning resources and implement a new physical activity program for children ages 6 to 13 within 6 elementary schools in Toronto and Hamilton. The program will be facilitated by teachers, trained volunteers and staff providing 20 minutes of activity in classrooms, gyms, playgrounds and community centres.
The City of Markham	Markham	Active Communities	\$32,360	This project will allow the City of Markham to continue building community capacity through training and workshops in physical literacy to staff and community sport leaders and through the development of an introductory sport leadership program. The "Active Communities" initiative will also help align existing programming to the various stages of Long-Term-Athlete-Development continuum in addition to assisting with the delivery of three new physical activity programs which will be offered to over 350 participants.
The City of Mississauga	Mississauga	Stay Active for Life	\$20,894	The "Stay Active for Life Project" will provide 1000 older adults and seniors in Mississauga with an opportunity to participate in free, low-impact physical activity programs at 15 community facilities. Through the hosting of "try it" days, implementation of a new pickleball program and training in physical literacy, seniors will become more aware of the sport and recreation programs available and acquire the skills necessary to support lifelong participation.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The City of Orillia	Orillia	Essential Sports Program (ESP)	\$65,877	This project will allow 128 persons with disabilities to be social, physically active and gain confidence alongside able-bodied participants. The program will eliminate barriers such as cost and lack of opportunity by providing access to specialized equipment, individualized consultations as well as inclusive-focused programming.
The Salvation Army - Mississauga Temple, Community and Family Services	Mississauga	"Project Boundless": Promoting an Active and Healthy Lifestyle amongst Children and Youth	\$18,668	This project will offer an opportunity to 90 children and youth from low-income families in Mississauga to participate for free in summer sport activities and fitness/health-oriented programming. As well, the Salvation Army will be able to purchase equipment, hire recreational leaders and provide them with trainings such as HIGH-FIVE and physical literacy in order to assist them in working with children and hence, enhancing program quality and providing positive experiences for participants.
The Town of Oakville	Oakville	Make Your Move - Get Active, Play Oakville	\$61,094	This project to support "Make Your Move – Get Active, Play Oakville" will increase the capacity of the Town of Oakville to deliver high quality programs and provide new physical activity opportunities for children and seniors. The project includes: training for 40 staff in therapeutic aqua fitness to implement new programs for seniors; training for 30 staff and volunteers in physical literacy to embed the principles of physical literacy into all programming; establishment of a sports equipment lending program to alleviate barriers of access and cost; and the implementation of an 8 week half-day supervised playground program for 1824 children ages 6-12 in low income neighbourhoods.

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The Town of Whitby	Whitby	Get Active, Stay Active - Your Way!	\$59,125	This project will enable the Town of Whitby to deliver the "Get Active, Stay Active- Your Way" project, which will focus on educating and engaging seniors, age 60+, in active lifestyle programming. The project aims to deliver five 12 week sessions, with 25 seniors per session participating. The program is structured to provide physical evaluation, fitness education and motivation towards healthy lifestyles.
The Township of King	King City	Sports For All	\$105,065	This project will create the first series of adaptive sporting programs for children and youth with disabilities in King Township titled "Sports for All". The municipality will partner with the Holland Bloorview Kids Rehabilitation Hospital and All Sports All People to offer adaptive hockey, basketball, soccer and baseball to 200 youth with disabilities over two years. In addition, behaviour management and inclusion workshops will be offered to local coaches and organizations to facilitate greater inclusion in King Township's recreation sector.
The Township of Tiny	Tiny	Tiny Teens - On the Go to Healthy,Active Living	\$33,687	This project will introduce 560 youth to 24 sports in various locations throughout the region. Along with the 28 drop-in sessions, Tiny Teens - On the Go to Healthy, Active Living will build local capacity by offering the Fundamental Movement Skills (FMS) Certification Training to 60 youth.
Toronto Speed Skating Club	Toronto	Expand Your World by Learning To Speed Skate	\$8,633	This project will enable the Toronto Speed Skating Club to offer 12 four week sessions of speed skating to children & youth in the City of Toronto. The "Expand Your World - Learn to Speed Skate" initiative will offer physical activity opportunities to 110 children, will train 10 new volunteer coaches in the NCCP Fundamentals Leader course and will assist with the purchase of 10 new pairs of speed skates.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Town of Innisfil	Innisfil	Mobile Youth Centre	\$28,724	This project, "Mobile Youth Centre", will be done in partnership with Nantyr Shores Secondary School, the Innisfil YMCA and Youth Connex Committee. The goal of the Mobile Youth Centre is to increase physical activity in a non-traditional sporting capacity, by providing free and inclusive recreational activities to 450 youth and children that do not have access to traditional sport facilities or activities.
UrbanArts Community Arts Council	Toronto	More Life: Hip Hop Dance Program	\$53,640	This 2 year project will increase opportunities for 350 youth (ages 13-24) in the York South-Weston region of Greater Toronto. The "More Life: Hip Hop Dance" project will deliver a variety of free dance and physical literacy lessons twice weekly, engaging 20 volunteers that will also receive skills training.
Vibe Arts	Toronto	Intergenerational Movement Workshop	\$10,000	This project will partner Vibe Arts with Harmony Hills Retirement Community to offer a series of workshops to engage 30 residents of the Centre and children from a local daycare in East York in a safe, judgement-free movement classes welcoming participants of all abilities. The program, lead by a trained Artist Facilitator and Artist
York West Active Living Centre	Weston	Open Circuit Workshop/Express workout	\$89,108	This project will introduce 120 older adults (55 - 64) and seniors (65+) to a physical fitness classes held twice a week and incorporate a cardiovascular training component to improve heart health, build core and upper body strength, improve eye hand coordination and encourage social interaction. "Open Circuit Workout/Express Workout" project will aim to engage seniors with disabilities, low-income and mental health challenges by providing an opportunity for each participants to meet one on one with a personal trainer to set individualized fitness goals. The target groups include Spanish and Italian-speaking communities in the Weston neighbourhood area.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Youth Empowering Parents	TORONTO	Youth Empowering Parents Bubble Soccer and Physical Literacy Project	\$20,164	This project will provide fit for life programming to 500 at-risk adults. 15 community youth will receive training to become effective bubble soccer coaches. Youth coaches will manage weekly bubble soccer games at the Regent Park Athletic Grounds, in Toronto.

- For general inquiries by phone:
- Main: 416-314-6044
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2018-19 Ontario Sport and Recreation Communities Fund (OSRCF)

Local/Regional Stream EAST REGION

A table of successful applicants. Each row is a different project and contains the following information: organization, municipality, project name, approved grant amount and project description.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Boys and Girls Club of Kingston and Area	Kingston	BGC Soccer League	\$45,809	This two year project will develop and deliver "BGC Soccer League", a non-competitive physical activity opportunity for children and youth in high risk, priority areas of Kingston. In partnership with Kingston Clippers Soccer club, skill development sessions will be offered for 8-12 year olds and intramurals with coaching and mentoring for 13-18 year olds. Transportation and cost barriers have been removed to allow participation of 240 participants.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Boys and Girls Clubs of Kawartha Lakes	Lindsay	Active for Life	\$162,460	This project will provide 6860 opportunities for children aged 7-12 and 2505 adults to get active annually by providing training to instructors to increase capacity, increase community knowledge of physical literacy and promote physical activity. The Active for Life project will provide participants with an opportunity to "try something new" such as swimming lessons, hockey, jiu jitsu, biking, dance, ball hockey, rugby among other fun activities and develop physical literacy skills to increase confidence to become active for life. The project will also offer transportation throughout 5 communities as well as offering programs in smaller communities to enable rural children to participate.
Carleton Place CORE Youth Services	Carleton Place	Move It! Recreation Program	\$103,064	This two year project will build organizational capacity for Carleton Place and District Youth Centre (CPDYC) and Mississippi Mills Youth Centre (MMYC), new program staff will increase free physical activity opportunities for over 500 children and youth in Lanark County each year. Program staff will be HIGH FIVE trained by a network partner and their resources will be used to enhance the capacity to deliver high quality recreational programming.
Centre Pauline-Charron	Ottawa	Programme de vie active	\$86,000	This project will provide opportunities for 350 francophone older adults (55+) and seniors (65+) to participate in a physical activity program 5-7 days per week. A physical activity Guide will be developed for all participants with activity plans that can be followed at home or they can partake in classes run by 25 trained volunteers at the Centre Pauline Charron 5 days a week.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Committee for Innovative Thinking For Youth Quinte West Youth Centre	Trenton	T.A.S.A.R Outreach (Teen Activity Sports and Recreation)	\$80,670	This project will provide 500 at risk, low income youth in the Trenton and Quinte West area with greater opportunities to participate in recreational activities such as bike and hikes, soccer, basketball, etc and integrate high interest programming such as ultimate frisbee, quidditch and archery. Teen Activity Sports and Recreation (TASAR) will build on past success and overcome previous program weaknesses by updating programming, training staff, augmenting partnership contributions and extending outreach to area youth with a full-time TASAR Outreach Coordinator whose efforts will grow awareness and attendance and increase sustainability.
Developmental Services of Leeds and Grenville	Brockville	Little Kids Gotta Move™ in Child Care and Tumbling Together™ : Early physical literacy for children with special needs	\$72,855	This two year project will expand opportunities to help 207 children (ages 3-5) with complex disabilities (autism spectrum disorder, developmental delays, language/communication disorders, anxiety, sensory/self-regulation dysfunction) to develop early fundamental skills of movement, body control, attention and communication necessary for participation in physical activity. Little Kids Gotta Move is a program which will be offered in seven new inclusive Child Care sites across the counties of Leeds-Grenville and Lanark County.
Glebe Neighbourhood Activities Group	Ottawa	GNAG's "Get Up & Go" program	\$32,075	This project will offer barrier-free recreational programming for 250 older adults (55-64) and build capacity by offering programming at three local seniors centres and a neighbourhood community centre. The Get Up and Go project brings sport and recreation programming to the seniors by offering five 10-week sessions with qualified fitness instructors.
Limestone Boat and Board Club	KINGSTON	Kingston & South Frontenac Water Sport Development Initiative	\$49,675	This two year project will deliver "Kingston & South Frontenac Water Sport Development Initiative", a non-competitive water sports program for 300 youth and older adults. In partnership with Sydenham Lake Canoe Club, skill development sessions in sprint, team and marathon kayak will be offered to 10-14 year olds, as well as train an adult coaching team.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Mouvement d'implication francophone d'Orleans	Orléans	Courir, un pas à la fois	\$21,545	The two year "Running one step at a time" project will engage 250 francophone youth, adults and seniors (55+) to participate in a learn to run program that will be offered year-round. Physical literacy will be reinforced with bi-monthly workshops which will be held for the participants covering subjects such as technique, injury prevention, and nutrition to help build their capacity as life-long runners.
Municipality of Port Hope	Port Hope	Physical Activity Counts	\$14,000	This project will increase physical activity opportunities for 2,000 seniors and older adults in the Port Hope area. Physical Activity Counts will provide enhanced outdoor, trails, swimming, fitness and recreational games options in an inclusive and encouraging environment. Staff will be trained in Minds in Motion, High Five Principles of Healthy Aging, Heart Health, mental health first aid, CanFit, First Aid/CPR and aquafitness to increase capacity and augment activity offerings as recommended in the community's Age Friendly Plan.
Nepean Rideau Osgoode Community Resource Centre	Nepean	Community In Action (CIA)	\$103,628	The Community in Action project will provide sports, social and recreational activities to four different high need neighbourhoods in Ottawa. This project will serve 350 low income individuals including youth and seniors who currently have limited or no access to activities in their neighbourhood.
Olde Forge Community Resource Centre	Ottawa	Seniors' Recreation Program	\$65,361	The Seniors' Recreation Program will provide fitness classes for 500 seniors, older adults and persons with disabilities. Classes will be delivered five days per week to develop physical literacy, improve strength and balance. Programs will be run at three locations, The Westwood's Retirement Residence, Woodroffe United Church and Pinecrest Queensway Community Health Centre.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Ottawa Chinese-Canadian Heritage Centre	Ottawa	Active Aging	\$25,805	This project will assist 200 seniors (65+) in maintaining a positive well-being, good physical, social and mental health through participation in four physical activity programs offered by Ottawa Chinese-Canadian Heritage Centre. The "Active Aging" initiative will provide nearly 3,000 opportunities for participants to acquire confidence and competence in physical activities and thereby motivate them to continue leading an active life.
Ottawa Community Immigrant Services Organization	Ottawa	Wrestle With Champions	\$64,819	This project will provide wrestling classes for 120 immigrant and refugee children and youth in the Ottawa region. The "Wrestle with Champions" program will provide quality sports activities and an increased opportunity for physical literacy. This wrestling program will also promote inclusion by providing opportunities for social connections.
Ottawa Lions Track and Field Club Inc.	Ottawa	Ottawa Lion Track Club City Expansion	\$5,285	This project will provide opportunities for 200 youth (6-12) to train in the fundamentals of track and field. The Ottawa Lion Track Club City Expansion will offer greater access to youth in Ottawa's surrounding communities. By leveraging facilities with partners, youth programming can be expanded and this will help raise the profile of track and field in Canada.
Ottawa River Canoe Club	Dunrobin	Ottawa River Canoe Club Paddle All (Intellectual Disability) Program	\$38,420	The Ottawa River Canoe Club Paddle All program will provide 35 persons with disabilities fundamental training in paddling and provide off-season physical literacy programming to 15 participants. This project will provide coach training, purchase equipment and allow for the hiring of a coordinator to facilitate the participants receiving physical literacy training and learning the fundamentals in canoes, kayaks, outriggers, and dragon boats.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Plant Pool Recreation Association	Ottawa	Plouffe Park Summer Program	\$28,000	This project provides free recreation facilities for 220 youth (11-15) with coaching in the fundamentals of physical literacy. The Plouffe Park Summer Program 2018/2019 will provide Staff and volunteers with training in physical literacy concepts in order to provide leadership and coaching to drop-in youth. Youth are empowered to regulate their own play while staff will help participants acquire the skills they need to organize their own games.
Royal Canadian Legion Branch 110	TRENTON	Active for Life Seniors Dance Group	\$67,200	This project will engage 20 volunteers to encourage 200 older adults and seniors to increase their physical activity and fitness levels. The Active for Life Seniors Dance Group will bring low impact, safe, weekly afternoon dance classes and social opportunities to Quinte West participants, many of whom are veterans. The project will provide nutritious snacks and an opportunity to improve mental health and reduce loneliness and support lifelong physical activity.
Stirling Curling Club	Stirling	Stirling Seniors Indoor Lawn Bowling	\$67,434	This project will bring physical activity, recreation and mental health benefits to 108 seniors and older adults in a low income, rural area. Stirling Seniors Indoor Lawn Bowling will provide a low impact activity for seniors with varying ranges of mobility in a safe, cool, indoor location. Two coaches will be trained and a league with competing teams organized to provide social as well as competitive interaction to improve mental health and decrease loneliness. This project will leverage community assets and resources and build on a strong volunteer network for sustainability.
The Township of Algonquin Highlands	Algonquin Highlands	Learning Fundamental Movement Skills Through Soccer	\$3,676	This project will increase the quality of soccer programming for children in a rural community by providing training for coaches and by providing safe equipment for the players. The Learning Fundamental Movement Skills Through Soccer project will provide training to 10 coaches and volunteers who will deliver soccer sessions to over 100 players in a large rural geographical area.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The Township of Augusta	Prescott	Augusta Township Recreation Lending Library	\$13,400	The 'Augusta Township Recreation Lending Library' project will build a free recreation lending library for 750 local residents in the Township of Augusta allowing them to be able to borrow sport and recreation equipment. Resources will include snowshoes, cross country skis, hiking poles, tennis rackets, Skating trainers etc.
The Township of Champlain	Vankleek Hill	Be more ACTIVE! Soyez plus ACTIF!	\$56,750	This project will assist the Township of Champlain, in partnership with local groups, to offer community programming of various physical activities to its residents and the nearby communities, through hiring instructors and acquisition of equipment. It is expected for the initiative "Be more ACTIVE! Soyez plus ACTIF! to provide opportunities to nearly 1,000 participants to be more active.
The Township of Leeds and The Thousand Islands	Lansdowne	Opportunities Supporting Community Access to Recreation and Sport (OSCARS)	\$34,720	This project will increase physical activity and build the capacity for 780 residents of all ages of the township of Leeds and the Thousand Islands by offering free quality sport and recreation opportunities. Local and outside organizations will be invited to host one of 26 Opportunities Supporting Community Access to Recreation and Sport (OSCARS) events that will each result in the exposure of a new recreational opportunity while assessing the activity's viability as a long-term township program. The OSCARS will allow for the establishment of new satellite programs and partnerships with sport and recreation organizations.
Winchester Curling Club	Winchester	Winchester Curling Club - Equipment Enhancement to enhance programming	\$1,722	This project will enable Winchester Curling Club to purchase equipment, allowing enhancement of their current curling programming, offered to nearly 100 participants. The intent of this initiative is to address safety concerns of older adults (55-64) and senior curlers (65+), and thereby, support them in remaining active, and help keep risks of injury at a minimum for new curlers as well. Moreover, the acquisition of new equipment will help reduce barriers to participation, support the Club in the promotion of the sport and introduce it to 20 new participants.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Wintergreen Studios	Township of S. Frontenac	Heading Down the Trail: Forest Teachings Across Generations	\$107,913	This two year project will develop and deliver "Heading Down the Trail: Forest Teachings Across Generations", a program of activities for children, families, youth at risk, older adults and seniors. Year-round wilderness recreational activities such as biodiversity hikes, forest therapy walks, labyrinth walks and self-guided hikes will develop physical literacy across generations on a 200 acre property with well-marked trails. This initiative will target 2500 participants and is supported by 5 partner organizations.

- For general inquiries by phone:
- Main: 613-742-3360
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2018-19 Ontario Sport and Recreation Communities Fund (OSRCF)

Local/Regional Stream NORTH REGION

A table of successful applicants. Each row is a different project and contains the following information: organization, municipality, project name, approved grant amount and project description.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
4elements Living Arts	Kagawong	WALKING WATERS	\$20,496	This project will allow 4elements Living Arts to deliver the one-year "Walking Waters" project to approximately 100 children and older adults. The program includes walking tours with creative, water-related educational activities aimed at getting participants moving while acquainting themselves with outdoor walking areas, learning valuable wayfinding skills and immersing themselves in cultural concepts surrounding water.
Boys and Girls Club of Thunder Bay	Thunder Bay	Multi Sports Camps	\$13,783	This project will enable the Thunder Bay Boys and Girls Club to offer "Multi Sports Camps" to children & youth ages 6 to 14 years. Fundamental sport skill camps & sport days will be offered to 200 participants throughout the year and is expected to create over 10,000 physical activity opportunities while training 6 qualified leaders to assist with the project implementation.
Discovery Routes Trails Organization	North Bay	reDISCOVER Cycling	\$14,780	This one year project will enable Discovery Routes Trails Organization to support the implementation of "reDISCOVER Cycling" a new program aimed to provide 48 older adults (over 55) with a series of hands-on active workshops learning the safety and maintenance of cycling and encourage participants to get active through group rides led by CAN-Bike certified instructors on local trails in the North Bay region.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Fort Frances Public Library	Fort Frances	Out & About: Nature packs	\$990	This project will target approximately 200 participants to use local walking trails. The "Out & About: Nature Packs" project will encourage local families to check out a theme related backpack from the library that includes books, trails maps and a tree BINGO card, and utilize local trails, combining learning and physical activity.
French River Public Library Board	Noelville	Fit Mind & Heart for a Balanced life	\$43,647	This project will increase opportunities for 325 family members of the French River area. The "Fit Mind & Heart for a Balanced life" project will create year round chair yoga, zumba and pole walking activities that will engage 150 new participants, 11 new fundamental movement trainers and 23 volunteers.
Hearst, Kapuskasing and Smooth Rock Falls Counselling Services	Kapuskasing	Projet - Bien-Être	\$140,298	This project will assist the Hearst, Kapuskasing & Smooth Rock Falls Counselling Services to implement the "Projet Bien-Être" to 2500 adults between the ages of 18 to 65 years in the Kapuskasing region. By partnering with multiple service providers, the project will eliminate an identified gap in the region to increase knowledge and activity levels by offering free to low cost classes with the ultimate goal of long term physical activity leading to a better Mental Health.
Municipality of Wawa	Wawa	Wawa / Michipicoten Active For Life Project	\$38,064	The project will assist the municipality of Wawa to hire fitness instructors, train/certify volunteers and purchase equipment to deliver the "Wawa/Michipicoten Active for Life" for 150 seniors in the community of Wawa. The 2 year project will focus on embedding physical literacy in recreation as a foundation for lifelong physical activity.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Muskoka Lawn Bowling Club	Bracebridge	Lawn Bowling for Life	\$23,492	This one year project will enable the Muskoka Lawn Bowling Club to support the expansion of "Lawn Bowling for Life" that will increase opportunities for 400 seniors (65+) to provide year round lawn bowling activities and train and certify an 10 coaches in the District of Muskoka.
Rainbow Routes Association	Sudbury	Sudbury Active Trails Toolbox	\$104,900	This 2 year project will increase opportunities for 1,000 older adults (55-64) and seniors (65+) in the Greater Sudbury region. The "Sudbury Active Trails Toolbox" project will develop an online platform and mobile app to create 2,000 opportunities in accessible trails for 500 new participants. Over 10 resources will be created with community partners to build knowledge and skills amongst 20 volunteers.
Shawanaga First Nation	NOBEL	Healthy Active Shewanaga (HAS)	\$94,265	This project will increase opportunities for 75 members of Shewanaga First Nation. The "Healthy Active Shewanaga" project will create a Community Activator position to offer year round weekly activities and purchase necessary gym equipment to engage 50 new participants of all ages and 15 volunteers.
Smooth Rock Falls Economic Development Corporation	Smooth Rock Falls	Get Your Health On	\$35,790	This project will enable the Smooth Rock Falls Economic Development Corporation to create joint initiatives with multiple partners in offering "Get Your Health On" project to 150 children, youth and low-income people in Smooth Rock Falls by providing access to new bilingual sport/recreation programs, creating an awareness campaign through marketing and offer access to training and certification for coaches and volunteers in order to help the community have a long-term impact on their health and well-being.
The City of Kenora	Kenora	City of Kenora Sledge Hockey Program	\$17,991	This project will introduce the sport of sledge hockey to the community of Kenora. While the "City of Kenora Sledge Hockey Program" would target persons with disabilities, it is open to people of all ages and abilities, and will endeavour to reach 40 new participants in the first year.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The City of Sault Ste. Marie	Sault Ste. Marie	Stay Active and Healthy for Life Initiative	\$48,142	The "Stay Active and Healthy for Life Initiative" will service citizens off all ages and abilities. OSRCF funds will be used to hire a full time Physical Literacy Coordinator to implement programs and events that support physical literacy and skill development while enabling individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment. 5000 community members will access these programs and services
The City of Thunder Bay	Thunder Bay	Increasing Physical Literacy Capacity in Thunder Bay	\$77,000	This project will enable the City of Thunder Bay to offer an "Increasing Physical Literacy Capacity" project to recreation and early year providers who serve children age 0 to 12 years. This two year project will offer physical literacy train the trainer course certification for Active Start and Fundamentals to 300 recreation and childcare providers in Thunder Bay, create 600 physical activity opportunities, train 10 master course conductors and create 4 partnerships.
The Municipality of Callander	Callander	Four Seasons of Recreational Safety Awareness	\$16,481	This two year project will enable The Municipality of Callander to implement "Four Seasons of Recreational Safety Awareness" that will teach and train 500 children (0-12) the fundamental movement skills and safety awareness in four popular seasonal activities: biking, swimming, outdoor survival on trails and ice safety.
The Municipality of Magnetawan	Magnetawan	Moving Magnetawan Forward	\$90,000	This project will increase opportunities for 500 seniors (60+) and older adults with their families in the Municipality of Magnetawan. The "Magnetawan Moving Forward" project will deliver a range of sporting activities throughout 2 years including 4 Recreation Leadership training sessions involving 10 volunteers and 150 new participants.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The Town of Fort Frances	Fort Frances	Spinning in to the Future - enhancing our Water fit program with new and innovative low impact fitness classes	\$27,152	This project will introduce a new aquatic activity to the community of Fort Frances and surrounding areas. "Spinning into the Future" aims to enhance their waterfit programming by targeting 1,000 participants through the use of Hydrorider aqua bikes.
The Town of Gore Bay	Gore Bay	Active Agers Fitness Program	\$10,015	This project will allow the Town of Gore Bay to deliver the one-year "Active Agers Fitness Program" twice a week to promote a culture of active living. Strength training sessions will provide approximately 30 seniors (65+) per week with opportunities to improve strength and flexibility and build muscle, in addition to other physical and mental health benefits.
The Town of Kirkland Lake	Kirkland Lake	Yoga for Seniors Health and Wellbeing	\$18,384	This project will bring the practice of Yoga to the community offered in various forms geared towards the Senior population. "Yoga for Seniors Health and Wellbeing" anticipates creating opportunities for 250 new participants, five programs focused on physical literacy and will two new partnerships.
The Township of Assiginack	Manitowang	BRINGING ORIENTEERING TO MANITOULIN ISLAND	\$7,561	This project will allow the Township of Assiginack to deliver the one-year "Bringing Orienteering to Manitoulin Island" project. This year-round orienteering project will provide learning sessions and competitions for up to 320 students and family members in local trails and parks.
The Township of Red Rock	Red Rock	Active for Life: Red Rock in Motion	\$5,136	This project will increase opportunities for seniors and older adults in Red Rock to participate in sports and recreation. The "Active for Life: Red Rock in Motion" project will provide instructor training for soccer and pickleball, the delivery of 8week instructional sessions for each sport during the summer. The project will end with an 8 weeks of league play in the fall.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The Village of Burk's Falls	Burk's Falls	Get on Your Feet Burk's Falls	\$70,142	This two year project will enable The Village of Burk's Falls to implement "Get On Your Feet Burk's Falls" that will implement 15 new programs and provide 2,390 active opportunities to residents in the Burk's Falls area.
Township of South Algonquin	Madawaska	South Algonquin Game ON! Youth Activity Program	\$59,210	This two year project will enable The Township of South Algonquin implement "South Algonquin Game ON! Youth Activity Program" that will provide 50 rural children aged 8-14 years of age access to year round a sport and recreation activities.
TriTown Ski Village	New Liskeard	Increasing community opportunities for participation in the winter sports	\$94,980	This project will enable the Tri Town Ski Village to increase opportunities for participation in their winter sports through development of school based programs such as March Break Camps, ski days PD days. "Increasing Community Opportunities for Participation" will engage 3,550 participants, and train 15 staff and volunteers in physical literacy concepts while creating 10 partnerships.

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2018-19 Ontario Sport and Recreation Communities Fund (OSRCF)

Local/Regional Stream WEST REGION

A table of successful applicants. Each row is a different project and contains the following information: organization, municipality, project name, approved grant amount and project description.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Amaranth Township Corporation	Orangeville	Township of Amaranth Recreation, Involvement, Physical Programming and Education Department (RIPPED)	\$73,600	This project will support the Township of Amaranth to develop and deliver new physical activity programming and training of staff to build capacity in this small rural community. Targets 300 new youth participants and 5,000 physical activity opportunities over a two year period.
Big Brothers Big Sisters of Hamilton and Burlington	Hamilton	Physical Literacy for Newcomer Children and Youth (PLNCY)	\$33,074	The "Physical Literacy for Newcomer Children and Youth" project will expand on the applicant's recent pilot project to introduce newcomer children and youth to physical literacy, and to build skills to allow them to participate in community recreation. The two year project will accommodate up to 120 new participants in up to four locations.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Catfish Creek Conservation Authority	Aylmer	Active Naturally	\$52,950	This project will develop and implement the "Active Naturally" program which will introduce and encourage lifelong participation in outdoor physical activities such as hiking, trail running, and canoeing. It is anticipated that a total of 1500 people living in the rural area of south-east Elgin County will participate. Through community partnerships, the following target populations will be engaged: persons with disabilities, ethnic communities, low-income persons, children, youth, women and girls.
Centre communautaire régional de London	London	Les communautés ethniques francophones de London en action!	\$101,428	This project will foster enhanced connections and integration of the francophone ethnic communities through group, individual sports as well as dance. The project will target youth and younger adults of diverse francophone communities and will assist in the development of both physical sports abilities, and feeling of belonging and self-identity for participants. It aims to reach 340 participants, through offering an estimate of 5000 sports, leisure and physical activity opportunities.
Community Living - Grimsby, Lincoln & West Lincoln	Grimsby	Get on up! The 8 Week Challenge	\$42,257	This project will enable Community Living - Grimsby, Lincoln & West Lincoln to hire a kinesiologist for one year who will deliver person centered train the trainer training to five Support Workers and Care Givers in movement skills, develop eight person-centered "Get On Up - 8 Week Challenge" programming for individuals and groups and in partnership with trained staff deliver the eight movement skill Challenges to 33 developmentally disabled adults.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
County of Brant	Paris	Fun, Adaptive, Inclusive Recreation in Brant (F.A.I.R in Brant)	\$107,481	This project will enable the County of Brant to hire an Inclusion Coordinator to undertake an inclusion audit that will ensure the future delivery of expanded Fun, Adapted and Inclusive Recreational (FAIR) programs and services in four main programming areas, and delivered by trained qualified frontline staff and volunteers so all residents can participate including those with physical or developmental disabilities.
County of Lambton	Wyoming	Forever Fit, Fitness Challenge	\$10,500	This project will implement a new Fitness Challenge program focused on Seniors (65+) who currently reside in one of their 3 local Long-term Care homes. It will develop activity and fitness goals for the residents and will track their progress in a friendly competition environment. It will also include an inter-generational component, by partnering with local daycare and elementary schools. Specific fitness programs will include swimming, yoga, walking and fitness centre outings and will involve a minimum of 80 participants to a maximum of 339 participants.
Green Venture	Hamilton	Totally Transit for Older Adults	\$15,800	The "Totally Transit for Older Adults" project will deliver 12 group learning excursions focusing on using cycling in combination with public transit for active and sustainable transportation. The initiative will involve up to 150 older adults and seniors in Hamilton.
Hamilton Burlington Trails Council	Hamilton	Walk with a Doc - Hamilton Burlington Chapter	\$12,000	The "Walk with a Doc Hamilton-Burlington" project will facilitate 12 outdoor walks (weekly through the project period) led by local doctors. In addition, the initiative will create and distribute over 500 healthy teaching materials and allow up to 150 seniors to participate in a walking program.
Hanover Town of , Parks, Recreation & Culture	Hanover	Swim for Fun, Swim for Life	\$26,567	This project will support the Town of Hanover with program expansion to appeal to a larger audience promoting aquatics as an activity for increasing physical activity not just learning to swim. Programming will include Swim for Fun, Swim for Life initiatives to over 2,000 youth. It will also create new programming geared at 250 adults and older adults.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
London Regional Children's Museum	London	Intergenerational Active Play Project	\$22,388	This project will develop and implement the "Intergenerational Active Play Project" that will provide three different active play programs tailored to the specific ages and abilities of our visitors, providing opportunities for physical activity as well as improved physical literacy for both child and adult participants. The Intergenerational Active Play Project will serve approximately 12,000 children and their grown-ups over the course of one year.
New Hope Community Bikes	Hamilton	Keep Pedaling in Pikangikum	\$18,700	The "Keep Pedaling in Pikangikum" project will expand on a 2017 pilot project to promote cycling in this remote First Nations community. This partnership between New Hope Community Bikes and Project Journey (administered through the local OPP detachment) will see the installation of a portable bike shop stocked with tools, parts and loaner bikes. Up to 8 local youth will be trained in bike repair and maintenance, 40 bikes will be made available for loan and 20 youth will participate in a series of bike skills and handling workshops.
Niagara Falls Rowing Club	NIAGARA FALLS	Recreational Safe & Secure Rowing	\$41,820	This project will support "Recreational Safe and Secure Rowing" in providing individualized rowing programs for 200 older adults, seniors, persons with disabilities, youth and children of all skills levels.
North Hamilton Community Health Centre	Hamilton	Horticultural Therapy in the Community Greenhouse	\$11,586	The "Horticulture Therapy in the Community Greenhouse" project will provide seniors (65 years+) the opportunity to participate in a gardening and physical activity program. Delivered in six 10-week sessions, the program will involve up to 90 participants.
ReForest London	London	A Walk in the Woods: Forest City Hike Initiative	\$22,936	This project will introduce 3600 children in grades 4 to 6 from 30 different schools to hiking and teach 100 members of the public how to hike through 76 hiking events held over two years. As well, 50 volunteers will be trained as certified hike leaders through the "A Walk in the Woods: Forest City Hike Initiative".

Organization	City/Town	Project Name	Approved Amount \$	Project Description
Rural Response for Healthy Children	Clinton	Strengthening Huron	\$96,320	This project will allow the Strengthening Huron project to provide 12 inter-generational physical activity programs to rural and remote communities to over 240 participants. Additionally training will be provided for 200 instructors and volunteers to increase capacity for working with children.
Six Nations Council	Ohsweken	Building an Active Community for Older Adults	\$43,000	This project will assist Six Nations in Building an Active Community for Older Adults and Seniors by training 20 staff in direct Active for Life program delivery and by establishing a 20 member Dajoh Youth and Elders Centre "Older Adults Committee" charged with identifying physical activity goals for engaging up to 200 older adults (55-64) and seniors (65+) at Six Nations.
The City of Cambridge	Cambridge	Skate Cambridge	\$73,028	This project will provide for an intergenerational and multi-cultural program that encourages families to become active through the Skate Cambridge program. Over 2400 are expected to participate and additionally, it will train 32 staff in relevant certifications to build strong capacity.
The City of Kitchener	Kitchener	Golf for Life-Dementia Friendly Golf Program	\$27,765	The "Golf for Life" program will ensure that up to 32 persons living with dementia in the Kitchener community have the opportunity to develop their skills and participate in a weekly golf program. This project will include training for city staff and volunteers from partnering agency to support participants.
The City of London	London	Increasing access to fitness classes, and increasing physical literacy, for immigrant seniors participating in daytime ESL classes	\$19,786	This project will support the City of London in providing physical fitness instruction and physical literacy discussions to 80 immigrant seniors in various locations offering ESL classes. Project will also train five ESL students in the Senior Fitness Instructor Certification Course.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The City of Port Colborne	Port Colborne	"#PORTicipate Active Camps"	\$20,637	This project will support "#PORTicipate Active Camps", in delivering nine weeks of summer camps for children aged 6 to 13 years old. Camp instructors will assess and develop children's physical literacy and teach fundamental movement skills through both land and water-based active games and sports.
The City of Welland	Welland	Kids On Board	\$6,104	This project will support "Kids on Board", which will provide 48 children aged 8 to 12 with the knowledge, training and safety awareness to become independent stand up paddleboard recreational athletes.
The City of Woodstock	Woodstock	Baby and Me Aquafitness	\$6,513	This project will develop the Baby and Me Fitness Program and provide opportunities for new parents to keep active with aquatics programming. The program will aim to engage 144 participants to increase their physical activity levels while incorporating aquatic physical literacy concepts for their newborns.
The Town of Orangeville	Orangeville	Active 55+ - Tri-it Life	\$15,960	This project will support the Town of Orangeville with the development and implementation of The Active 55+ - Tri-it for Life program that will focus on physical fitness in three key program areas - walking, swimming and biking and is targeted at 150 older adults.
The Town of Tecumseh	Tecumseh	Senior Fitness Around Town	\$17,387	This project will provide one year funding for the creation of a three-season "Senior Fitness Around Town" program in the Town of Tecumseh and allow Seniors to participate in a variety of fitness programming to increase physical activity and help them lead engaged, active and healthy lifestyles.
The Township of Lucan Biddulph	Lucan	Aging with Recreation	\$16,275	This project will implement 3 new fitness programs and other drop-in recreational programs such as billiards for 200 seniors living in the rural area of Lucan-Biddulph. As well, through the "Aging with Recreation" project 5 staff will receive the HIGH FIVE Silver training which is a new quality assurance program for seniors' recreation programming.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
The Township of Warwick	Watford	Warwick Active Living Program for Lifelong Physical Activity	\$25,940	This project will implement a new Seniors Active Living Program which will include physical activities such as pole walking, shuffle board, and pickle ball and will target seniors (65+) on the core of its activities. Physical Literacy training will be provided will be incorporated into the programming. The project will increase opportunities for participation in physical activity and remove barriers to participation by providing transportation for those who require it.
The Township of West Lincoln	Smithville	C.A.M.P. (Creating Abilities & Movement Project)	\$17,110	This project will enable the Township of West Lincoln to offer a summer C.A.M.P. (Creating Abilities & Movement Project) to develop fundamental movement skills (FMS) with up to 640 children between the ages of 4 and 12 years through field trip activities strategically chosen to improve the physical development of participants.
The Township of Woolwich	Elmira	Aquatic Fitness Program for Youth	\$18,903	This project will allow the Township of Woolwich to implement the Aquatic Fitness Program for Youth and develop new physical activity programs for and incorporate fundamental movements skills to encourage life long fitness to 200 youth.
Town of Essex	Essex	H2O Fit - Cycling Program	\$37,250	This project will create a four season "H2O Fit Cycling Program" in the Town of Essex that will engage a wide variety of populations in aqua spin classes featuring underwater bicycles.
Town of Tillsonburg	Tillsonburg	Small Group/Personal Training Studio	\$58,472	This project will create a Personal Training Studio to address the need of more opportunities for elderly and persons with disabilities to access physical activities to improve their health. It is expected that over 350 seniors and limited capacity individuals will utilize the access to personal training support and equipment.

Organization	City/Town	Project Name	Approved Amount \$	Project Description
YMCA of Western Ontario - Middlesex Centre	London	YMCAWO Seniors Recreation Program	\$99,444	This project will support the YMCA of Western Ontario - Middlesex Centre to introduce a new physical recreation program for 800 seniors, entirely free of cost, which aims to increase physical activity levels and promote active for life in nine YMCA Health, Fitness and Aquatics branches across Western Ontario.

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