



2025 - 2026

Impact Report

LIVE • WORK • PLAY





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and President & CEO

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Thank You



Message from the Chair of the Board and President & CEO

At Abilities Centre, everything we do is rooted in our core values, and this year, that commitment came to life in powerful ways. With a focus on continuously evolving to meet the needs of our community, this year we:

- Reimagined our Helsinki University Research (HUR) Fitness Space, now home to the largest installation of HUR Pneumatic fitness equipment in the world.
- Enhanced beloved programs and classes while introducing new offerings that expand access and opportunity for our members.
- Welcomed partners, community organizations, and new faces into our space, fostering meaningful connections and lasting collaborations.

The Government of Ontario provides the strong financial foundation that allows us to reliably serve hundreds of individuals across a wide range of vital services. Our many generous donors and sponsors invest in something far greater than programs and facilities; they invest in people. Because of that collective support, community members tried new things, made meaningful connections, made themselves proud, and found a community within the walls of Abilities Centre.

Together, we are moving towards a more inclusive, barrier-free life for all, and we are grateful to be on this journey with you. On behalf of the Board of Directors and the staff of Abilities Centre, it is our honour to present the 2025–2026 Impact Report. In the pages that follow, you will find stories of resilience and joy, a glimpse into the depth and breadth of our work, and a testament to what becomes possible when a community comes together. We invite you to read, reflect, and share these stories with pride.



Sharon Cochran
Chair of the Board



Michael Cvitkovic
President & CEO





Year in Review

Every single day, the Abilities Centre team take actions, big and small, to uphold our mission of reimagining accessibility and redefining the way Canadians live, work, and play.

Abilities Centre is grateful to have the opportunity to connect with the community through this work and celebrate all the other wonderful accessibility champions walking alongside us in this journey. It wouldn't be possible to capture every impactful moment, but here are a few of the highlights:

From **May 26 to 31**, Abilities Centre hosted a series of events to celebrate National Accessibility Week. During the week, Abilities Centre held the third annual Accessibility Awards, recognizing individuals and organizations working to break barriers and build a more inclusive and accessible Canada. Together, we celebrated the nominees and award winners, and built momentum and energy for the continued journey ahead.



Congratulations to the 2025 Accessibility Award Winners:

-  **Accessibility Moment of the Year Award:** Catherine Partlow, Special Olympics Athlete
-  **Trailblazer Award:** Aleem Syed, Owner/Chef, THG's Hot Chicken
-  **Accessible Employer Award:** Sarah Moore, Town of Ajax
-  **Community Champion Award:** Peter Busciglio, My MS Family
-  **The Jim Flaherty Award:** Archie Allison, Variety Village
-  **The President's Award** (New in 2025): Lorne Coe, MPP Whitby

On **September 15**, the Meridian Charity Classic in support of Abilities Centre was hosted at the Emerald Hills Golf and Country Club.

Also in **September**, Abilities Centre Manager of Recreation, Emma Story, received an Accessibility Award from the Region of Durham for her dedication to making accessibility the heart of inclusion and creating a welcoming community in Durham Region.

Abilities Centre is grateful for the support received from Wheelchair Basketball Canada, the Durham Region Parasport and Recreation Opportunities Fund, and the Canadian Paralympic Committee Parasport Development Fund that allows Abilities Centre to deliver high-quality parasport opportunities for our community.

In **October**, Adult Social Club returned to the centre with a karaoke party. A board game night and wheelchair basketball event followed in November and December.

On **November 1**, the annual Holiday Market kicked off the winter celebration season. A day full of events and activities, featuring Abilities Centre staff and community organizations alike, as well as shopping and supporting many wonderful local vendors.

On **December 6**, Abilities Centre hosted its third annual Wheelchair Basketball Tournament. After a coaches clinic and a try-it session for folks new to the game, the Eagles hosted teams from across southern Ontario in an afternoon of tournament play.

On **December 20**, the inaugural Andre De Grasse Holiday Sprint Festival was hosted in the Jim Flaherty Fieldhouse. This event was a celebration of diversity in athletics, bringing together youth athletes with and without disabilities to compete, while supporting the Andre De Grasse Family Foundation.

In addition to its own events and activities, Abilities Centre hosts a myriad of community partners and local groups. This year, more than 220 different organizations and groups hosted events within the centre, including major tournaments and peer support meetings. Weekends in the Jim Flaherty Fieldhouse were busy, with three major multi-day events and 20 more full-day events on the schedule. Abilities Centre was also thrilled to celebrate more than 75 birthdays.

Interested in hosting your own event or party at Abilities Centre? Learn more about the rental spaces and how Abilities Centre can bring your event to life at abilitiescentre.org. 06

LIVE



A.S.A.
Academy for Student Athlete Development

Academy for Student Athlete Development (A.S.A.D.)

This year, the Academy for Student Athlete Development (A.S.A.D.) continued to collaborate with local school board partners to support the holistic development of student-athletes, empowering them to succeed in their athletic, academic, and personal pursuits. Through A.S.A.D., student-athletes access strength and conditioning, nutrition, mental performance, and technical coaching, while still completing half of their day at their regular school.

London

28 student-athletes | **7** Sports

In London, A.S.A.D. moved to the Middlesex Centre Wellness & Recreation Complex thanks to new space through an exciting partnership with Elite Performance Injury Centre (EPIC). Together, they support hockey athletes on EPIC's prep team, alongside A.S.A.D.'s own hockey, volleyball and Individual Athlete Development (I.A.D.) streams.

"My favourite part about it is just being here. Honestly, the people, playing, working out, everyone pushed each other. It's just great. I love coming and competing, learning new things every day. Just being here is awesome."

~Student

A.S.A.D. London

Durham

83 student-athletes | **15** Sports

In Durham, A.S.A.D. continues operate out of Abilities Centre, with multiple groups of student-athletes moving through the space to train and work on their academics. This year, A.S.A.D. Durham offered hockey, soccer, baseball, and I.A.D. streams.

"Not only did I get stronger, [but] I also learned more about working out and how to treat your body properly."

~Student

A.S.A.D. Durham

92% of athletes reported progress towards personal, athletic, and academic goals each semester.



Student Athlete Highlight

"The three words I would use to describe A.S.A.D. are: fun; supportive; and encouraging. It's really helped me in my athletics and academics, balancing both of those and developing my sport. I also think it's really been great to build friendships and give me lots of people around to support me.

[A.S.A.D. has] given me the resources I need to succeed and [be] able to do a lot of my training during school hours. It's also given me a lot of knowledge about strength and conditioning, and how I can use it to support my sport."

~Airle, Long-distance runner

A.S.A.D. Durham



Senior Coordinator Highlight

Another goal of the program is to ultimately have these student-athletes understanding the 'why' and we are certainly teaching them and providing them with the tools, but we want them to go out and use these tools on their own.

When I look at memories or accomplishments of the program here [at A.S.A.D.], I certainly look at the smiles on our student-athletes' faces and really those individual accolades and accomplishments that they've achieved. For us, as program administrators, seeing our student-athletes use the program to execute within their own sports world is really the most rewarding and most exciting thing.

~ Ryan Stickle, Senior Coordinator

A.S.A.D. Durham

Therapeutic Recreation

This year, Therapeutic Recreation (TR) continued its steady work meeting community needs through fun, skillbuilding programming, both within and beyond our walls. Existing offerings were expanded, new programs were introduced, and local partnerships continued to thrive, bringing new people into our community and connecting them with new opportunities.

Therapeutic Recreation in Schools (TRIS)

10 schools | 233 students | 88 educators & support staff

Our Therapeutic Recreation Specialists continued to be invaluable members of classroom communities across Durham Region this year, delivering more than 240 fun, socially engaging, and skill-building sessions throughout the 2025-2026 school year. Their work supported both students in developing and applying resiliency skills, and the educators alongside them.



“The TRIS program has become an essential part of our school culture. It enriches our curriculum, strengthens our relationships, and supports the holistic development of every learner who participates.”

~TRIS Participant

“What they offer is far more than programming; it is a transformative learning environment where students can safely explore, take risks, and grow.”

~TRIS Participant

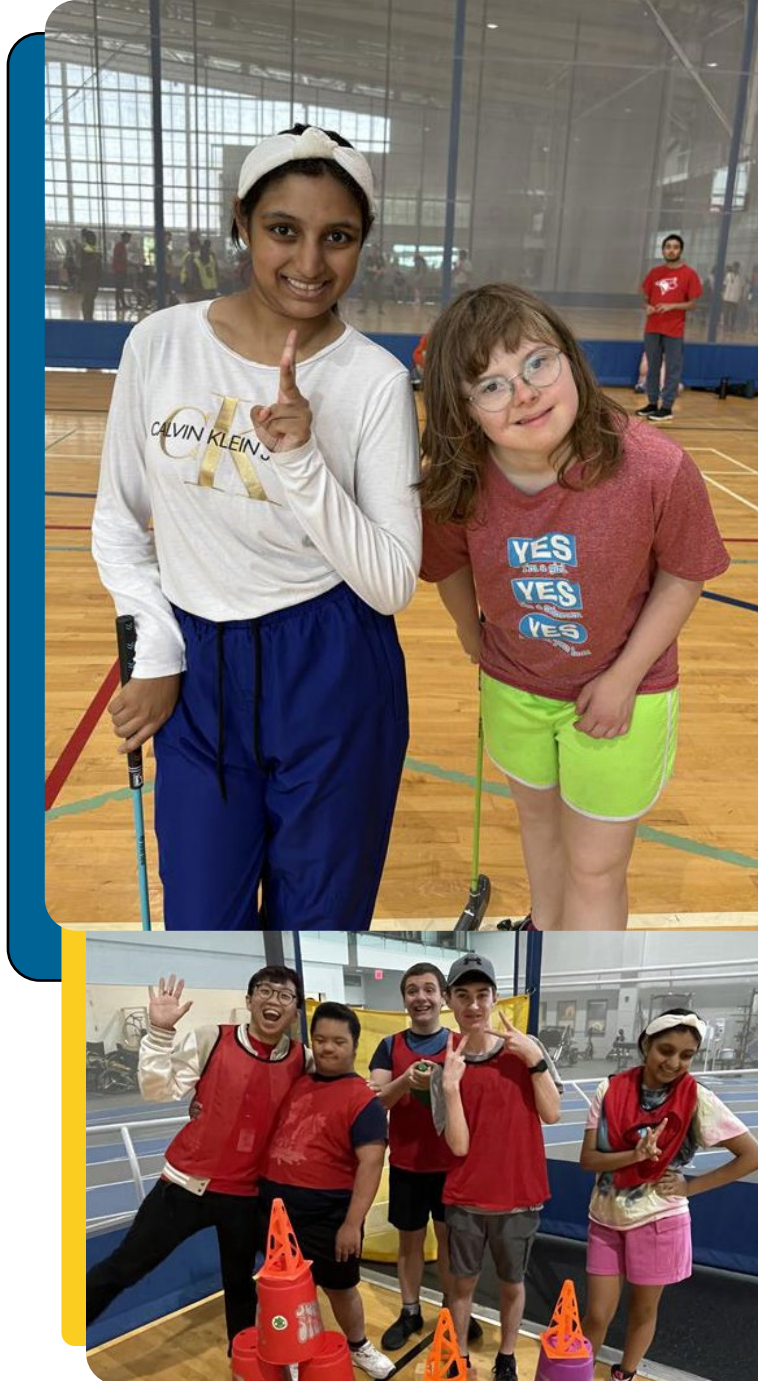
Therapeutic Recreation (TR) in the Summer

The collaboration with local school board partners continued through the summer once again with TR in the Summer returning to the centre for its fourth year. The program helped 65 students continue building skills, make new friends, and try new activities in a fun, inclusive learning environment close to home.

Over the course of the summer:

- **88%** of students achieved social engagement.
- **88%** of students tried new things.
- **85%** of students were physically active.

Students celebrated trying new activities like guided meditation and friendship bracelet making, while also developing important skills like being a good teammate and making new friends.



“From the very first day, he felt welcomed, included, and understood. The staff showed genuine care, patience, and professionalism, and they created such a positive and engaging environment for all the participants. The variety of activities offered helped him build confidence, develop new skills, and most importantly, have fun. Each day, he came home smiling and full of stories to share. As a parent, I am so grateful for the safe, inclusive, and enriching experience [TR in the Summer] provided.”

~TR in the Summer Parent

Internal Evening Programs

9 programs | 185 registrants | 80 unique participants

Evening TR programs continue to be an important part of participants' social calendars, with at least 15% of attendees participating in three or more unique offerings throughout the year.

To continue meeting needs, **MasTR Chef** returned with a new and improved format, featuring more advanced recipes and longer sessions to pack in more learning opportunities. To expand sport opportunities, **PickleSquad** was added to the summer calendar, introducing pickleball rules and strategy while building teamwork skills and healthy competition.



Single-Day Pop-ups

3 seasonal events | 55 unique participants

With registrations filling quickly and an understanding that not everyone can commit to multi-week programs, the TR team continued to host seasonal pop-up events. This year brought a summer **Beach Bash**, a fall **Glow Party**, and a **Valentine's Day Soiree**.

“I love programs and clubs and one day I hope to come here to play pickleball together with my brother.”

~TR Participant



**321**Total
Participants**42**New
Participants

Post-Rehabilitation

Post-Rehabilitation programs at Abilities Centre support individuals living with chronic health conditions, including older adults, seniors, and those transitioning from clinical care into the community. Through structured exercise and supportive group environments, participants maintain progress and stay connected to their health over time.

For many, this support extends beyond physical outcomes. Regular participation provides structure following discharge from clinical care, while the group setting creates connections with others who share similar experiences. Participants report improvements in how they move and manage their symptoms, along with growing confidence and a stronger sense of belonging.

In 2025–2026, the department continued to provide consistent, community-based programming while introducing new entry points and expanding opportunities for participants to engage in ways that reflect their needs and abilities. A total of 321 participants took part across programs, reflecting both sustained participation and new access to post-rehabilitation support.



Program Overview

Post-Rehabilitation programming supports **participants** at different stages of their recovery and maintenance.

85 Participants

Together in Movement and Exercise (TIME) supports individuals with neuromuscular conditions and older adults experiencing mobility challenges through structured, in-person exercise focused on strength, balance, and gait. **TimePlus** builds on this foundation, offering a progression for participants ready for a faster-paced environment with increased intensity and fewer breaks.

98 Participants

Respiratory Cardiac Maintenance (RCM) supports individuals managing cardiac and pulmonary conditions as they transition out of formal rehabilitation, focusing on maintaining strength, flexibility, and functional capacity through in-person delivery and virtual options when needed.

122 Participants

Active Lungs, delivered virtually in partnership with the Lung Health Foundation, provides accessible exercise and education for individuals living with chronic lung conditions, combining movement with guidance and connection to help participants stay active from home.

16 Participants

This year, the department also introduced **Gentle Motion**, a new in-person program designed for individuals who may benefit from a more gradual approach to movement, including those living with Parkinson's disease, multiple sclerosis, or early-stage cognitive decline. Emphasizing stability, balance, and guided exercise in a supportive setting, Gentle Motion created a new access point for individuals who may not have otherwise engaged in post-rehabilitation programming.

In-person and virtual options allow participants to stay engaged and consistent even as needs and routines change!



Looking Ahead

Post-Rehabilitation programs will continue to build on this year's foundation by expanding accessible entry points like Gentle Motion and strengthening relationships with key partners, including University Health Network, Lakeridge Health, and the Lung Health Foundation.

Together, these programs support long-term health and well-being, helping individuals remain active and connected well beyond clinical care.



Thrive

Where Confidence and Community Grow

Thrive is an adult day program for individuals aged 18 and older with developmental disabilities, offering structured opportunities for learning, recreation, and connection. Through programming in art, life skills, social recreation, and sport and fitness, participants build practical skills while working toward personal goals in a supportive and engaging environment.

More than a schedule of activities, Thrive is a community. Participants come together to explore new interests, stay active, build friendships, and strengthen their independence. Programs are designed to encourage curiosity, creativity, and confidence, while creating opportunities for participants to take on leadership roles and share their talents with others.

84

Total
participants

40

Program periods
offered per session

14

New classes
introduced this year

Up to 40

Participants per day

16

fee-for-service
program spaces
added



Program Overview

The 2025–2026 program year included three seasonal sessions, as well as an eight-week summer program dedicated to adult participants.

Throughout the year, Thrive programming reflected participant interests and evolving opportunities for learning and connection, with new classes introduced to expand choice and encourage exploration.

Demand for Thrive programming continues to grow, with more individuals seeking opportunities to participate each year. In response, the program expanded access through additional fee-for-service spaces while maintaining a diverse range of offerings each session.

Learning and Leadership

A defining feature of Thrive is the opportunity for participants to take active leadership roles. Participant-led classes like DanceFit and activities in the HUR fitness room give individuals a chance to share their strengths and interests with peers.

This year, participants also contributed to new learning experiences through the **Career Explorations** program, delivering presentations about their own jobs or volunteer roles to celebrate personal achievements and spark peer learning. This work was strengthened through collaboration with the Employment Services team who complemented these sessions with discussions around workplace readiness and pathways into employment.

Guest speakers and community partners further broadened these experiences, introducing participants to a range of roles and industries. Sessions included conversations with a video editor and a barista, offering insight into creative and service-based careers, as well as presentations from Durham Regional Police on digital literacy and online safety. Participants also engaged with community-focused partners, including a track and field coach from Special Olympics and representatives from CNIB Guide Dogs, deepening their understanding of community roles and opportunities for involvement.



Creative Expression and the Arts

Creative Expression remains an important part of Thrive programming, and Art with Sarah continuing to be a highlight of the year. Facilitated weekly by professional artist Sarah Shaw, the program encouraged participants to explore different forms of artistic expression and embrace the idea that creativity has no single right approach. Several participants developed their own artistic styles throughout the year, showcasing the diversity of talent within the Thrive community.

Community Celebrations

The Thrive community came together throughout the year to celebrate achievements and build connections through special events. Participants hosted the Thrive Holiday Market at Abilities Centre, showcasing creativity, entrepreneurship, and teamwork to the wider community. The Family Holiday Party brought together approximately 80 participants, family members, and supporters for a warm celebration of everything the Thrive community has built. Participants also extended their reach into the broader community, contributing to events like the Hillside Terrace Long-Term Care Market and strengthening connections across generations by sharing their work and experiences.



Participant Voice

Participant experiences are at the heart of Thrive. As one participant, Matteo, shared:



“I’ve been part of Thrive for three years. I like to have fun, be social, hangout with everybody, see my friends and the staff. My favourite class is swimming because its relaxing, fun, and we get to have a good time. Thrive makes me feel safe, I’m happy to be here every day It makes me feel good that I have a routine every morning. I get to learn lots of new things and make lots of new friends. I get to be active everyday which is really good for my physical and mental well-being. I most feel proud of just being here every day and enjoying every moment of it. It’s fun, you get to learn lots and you get to interact with lots of different people with different disabilities.”

Stories like Matteo’s highlight the importance of spaces like Thrive.





Looking Ahead

As Thrive continues to evolve, the program aims to build on its success by strengthening existing programming and expanding opportunities for participants.

Future priorities include:

- Continuing to invite guest speakers and community experts to enrich existing classes.
- Expanding volunteering opportunities within Abilities Centre.
- Strengthening community partnerships to create new learning experiences.
- Building on successful creative programming such as Art with Sarah Shaw.

By deepening these opportunities, Thrive will continue to support participants in developing skills, building independence, and strengthening their sense of belonging within the community.

Thank You to Thrive Partners!



Hillside Terrace
SENIOR LIVING



HORIZONS
MUSIC



Whitby Public Library

WORK



Training & Education

This year, organizations across southern Ontario used Abilities Centre workshops and offerings as stepping stones on their accessibility journeys. Through year-long Accessibility Consulting engagements or conversation-starting workshops, people and organizations learned and grew alongside our facilitators.

Accessibility Consulting

In 2025, Abilities Centre worked with **24 organizations** at various stages in their Accessibility Consulting journey, including **seven municipalities, four school boards, and three public libraries**. The consulting process supports and guides organizations through honest reflection and self-assessment, helping them identify priority areas for meaningful change, in their policies, practices, and infrastructure. Follow up with resources and guidance helped turn intentions into action.

A historic building in the local area became the first museum to go through the self-assessment process in 2025. Heritage buildings come with unique accessibility challenges, making this organization's willingness to engage and drive change a **true testament to their commitment to inclusion.**



“As a library, there is broad support across our organisation for the need and desire to be accessible. We recognised that our people were delivering accessible services, resources, etc. in silos. We saw that staff understood accessibility as it relates to their work but didn’t always have the comprehensive scope of what we do as an organization. We recognized that we had gaps and had a lot of desire to close those gaps. Through our work with the Abilities Centre, we were able to better identify the ways we can improve accessibility and inclusion from a whole system perspective. They helped us create a plan and approach that acknowledged that this work takes time and cross-departmental collaboration. For the first time in a long time, we have a plan that feels like it was really informed by staff and enriched by their different perspectives and insights. Now we are looking forward to putting that plan in action!”

~ Kelly Kipfer, CEO, Waterloo Public Library



Disability Inclusion Workshop

More than **480 people** participated in Disability Inclusion (DI) workshops this year, reflecting on their understanding of inclusion and deepening their knowledge of disability, biases, and barrier removal. Attendees came away with greater awareness of disability models and inclusive language, and a stronger understanding of what transformational change looks like in practice.

“I will apply this learning by creating transformational change whenever I can through the development and revision of policies, programs and processes.”

~DI workshop attendee

Accessible Spaces

Accessible Spaces helps organizations identify priority areas for improving the accessibility of their physical locations and better welcoming their community. This year, Accessible Spaces audited a multi-purpose community facility, a municipality's active transportation and public transit infrastructure, a recreation centre's viewing area, and the Canadian National Exhibition. **In total, Abilities Centre provided accessibility recommendations across more than 200,000 square feet of community facilities and 200 acres of outdoor space.**

To learn more about how Training & Education offerings can help you take the next step in your organization's accessibility and inclusion journey, check out **visit abilitiescentre.org** or connect with the team at **edu@abilitiescentre.org**.



Employment & Community Services

Abilities Centre Employment Services supports individuals as they explore and move toward meaningful employment. Participants engage with the program at different stages, including those navigating barriers such as disability, mental health challenges, ageism, or return-to-work transitions. Services are designed to meet participants where they are, supporting next steps that reflect their individual goals, strengths, and readiness.

Participants come to the program at different points in their journey, from exploring the idea of employment to actively searching for a job.

Wherever they start, the focus is the same: building confidence and helping people feel ready to take their next step.



Employment Outcomes

46%

interview-to-hire conversion.

90%

of job seekers who secured an interview, received an offer.

Program Overview

During the 2025-2026 program year, Employment Services continued to grow through a mix of workshops, programs and individualized supports. Workshops often served as an entry point into the programming, offering many participants their first step toward building comfort with the idea of employment. Workshops evolved throughout the year to reflect emerging interests and areas where participants wanted additional support.

Expanding Learning Beyond the Classroom

This year marked the introduction of **Community Connections**, a re-launched 10-week program, formally known as Pathways, designed to support individuals aged 14 and older in building confidence through real-world experience.

The program combines in-class sessions with community-based experiences, allowing participants to apply skills in context rather than in isolation. Activities are built around everyday situations where participants practice decision-making, problem-solving, and navigating unfamiliar environments.

Each week, public transit brings them to destinations like grocery stores, restaurants, and libraries.

Community Connections brings together younger and older youth in a shared learning environment, creating opportunities for peer learning while allowing participants to progress at their own pace. Through repeated exposure to real-life situations, participants build confidence, increase motivation, and become more prepared to navigate everyday life. These outcomes are observable and measurable, reflecting meaningful progress in how participants engage with their communities.

Take a look at some of the NEW workshops over the last year:

- Introduction to Artificial Intelligence
- Building a Professional Portfolio
- Introduction to Motivation
- Choosing a Workplace
- Informational Interviews
- Leadership in the Workplace

Participants shared that they felt more confident approaching job searches and interviews after attending these sessions.

Supporting Pathways into Employment

Participants engaged with a range of supports as they moved through different stages of their employment journey.

Pathways2Employment continued to provide structured opportunities to gain real workplace experience, with participants growing more comfortable navigating expectations, building relationships, and taking on new responsibilities over time. One-on-one coaching provided additional support tailored to individual goals, helping participants prepare for interviews and secure employment across a range of sectors. Together, these supports built confidence, workplace readiness, and continued movement toward meaningful employment.

Community and Employer Partnerships

Partnerships continued to play an important role in connecting participants to opportunities while supporting more inclusive employment practices across the community.

This year, Employment Services worked closely with partners including the Durham Catholic District School Board Continuing Education program, delivering workshops that supported participants in preparing for employment. Ongoing collaboration with partners like the Town of Whitby, Town of Ajax and Region of Durham reflects a shared commitment to inclusive employment and creating more accessible workplaces.

Participants gained employment in:

Administrative Support, Arts & Recreation, Community & Social Services, Creative Roles, Customer Service, Facilities & Maintenance, Logistics, Retail, and Warehousing.



Looking Ahead

Employment Services will continue building on this year's momentum by expanding community-based programming and strengthening employer partnerships. In response to growing community interest, the program has also begun offering fee-for-service opportunities, expanding capacity and creating more access points for individuals seeking employment support.

A young boy with red hair is sitting in a wheelchair, smiling and looking towards the camera. He is wearing a white basketball jersey with a black eagle logo and the number 33. A hand is visible in the foreground, reaching towards the wheelchair's wheel. In the background, another person is wearing a black jersey with "EAGLES" and the number 17. A basketball is visible in the lower right foreground. The background is a blurred indoor sports court.

PLAY

Physical Literacy & Inclusion

Throughout the 2025–2026 year, the Physical Literacy & Inclusion (PL&I) team worked in dynamic environments where inclusion needed to be practiced in real time. Programs took place in classrooms, gymnasiums, and community settings where energy was high, attention varied, and participation looked different for every student. The focus was not on delivering perfect sessions, but on creating spaces where more students could meaningfully take part.

Field trips continued to be one of the clearest entry points into this work. Students arrived expecting to try a new activity and often left with more than just a new skill. Whether it was wheelchair basketball, para roller sledge hockey, Kin-

Ball, lacrosse, floor curl, boccia ball, or the new condensed educational sessions, students were challenged to adapt, problem-solve, and collaborate. Many initially found the activities difficult, which often gave way to curiosity, excitement, and questions about how to get involved again.

Across visits, the focus frequently extended beyond the activity itself. Students recognized when inclusion improved the experience, identified challenges in communication and leadership, and in some cases actively supported peers to ensure no one was left out. These moments, while not always planned, became some of the most meaningful outcomes.

What Stood Out

Students increasingly demonstrated an ability to recognize and apply inclusive behaviors, inviting peers into activities, noticing exclusion, and suggesting variations to support participation. Many also showed growing interests in parasport, asking questions about different sports and expressing curiosity about classification and how competition is structured.

This approach extended into school-based programming through **You Me We**, where sessions developed over time rather than within a single visit. Facilitators adapted weekly based on group dynamics and readiness, finding that smaller group formats often supported stronger engagement than larger group activities. Over time, students began demonstrating a deeper understanding of teamwork through their actions and interactions.

A similar flexibility was required in SKOOP sessions with SickKids, where participation ranged from active involvement to observing, texting, or calling in. Designing sessions with multiple entry points supported more consistent participation over time.

Across all programming, one theme remained consistent: inclusion is not learned in a single moment. It develops through repeated experiences, small decisions, and opportunities to actively include one another. Creating space for these moments remains central to this work.

100% of workshop participants reported increased capacity to implement inclusive programming.

PL&I Reach

16

Workshops
Delivered

616

Workshop
Participants

7

SKOOP
Sessions

39

Field
Trips

1100

Field Trip
Participants



Sport & Recreation

Throughout 2025-2026, Sport and Recreation programs continued to grow while maintaining the consistency that participants rely on. Core programs like **HYPE** and **Sportsmania** remained stable and well-attended, providing familiar spaces where participants could return each week and stay engaged.

The most noticeable shift this year was in how participants could enter and move through sport programs. In wheelchair basketball, the introduction of a beginner stream and an Eagles competitive recreation team created more flexibility, allowing participants to choose a pathway that matched their interests, whether trying the sport for the first time or building toward competition. This growth also brought more opportunities for competition, including hosting two tournaments at Abilities Centre.

Expanded Pathways

Beginner and Eagles competitive wheelchair basketball streams created more options for participants to join and progress within the program.

“They have so much support here in wheelchair basketball...being a part of a team here is like having a huge, big family that you can always count on.”

~Participant

“Abilities Centre Eagles has allowed me to fall back in love with a sport I played before acquiring my disability.”

~Participant

New opportunities were also introduced to lower barriers to participation. Wheelchair rugby was offered free of charge for the first time, giving participants a chance to try a new sport without financial commitment, and creating an accessible entry point for those who may not have otherwise signed up.



Lowering Barriers

Wheelchair rugby was offered free of charge, allowing more participants to try adaptive sport.

Partnership development continued this year, including early work with Lacrossing Barriers to explore future programming opportunities. These efforts are aimed at expanding the range of sports available and creating more inclusive entry points for different communities.

Existing programs like obstacle course and Sportsmania also continued to grow, reflecting ongoing interest and participation across the department.

Community Support

McDonald's Whitby supported programming by providing lunches and coffee for volunteers and coaches.



Looking Ahead

The team will continue exploring ways to expand access to programming, reaching new groups, and creating spaces where participants feel safe, supported, and able to take part.



Abilities Centre is now home to the **world's largest installation of accessible HUR equipment**, setting it apart through inclusive, data-driven fitness.

In partnership with **HUR and Rockmount Medical Solutions**, the space also features Smart Balance technology, supporting individualized assessment and ongoing improvement in stability and function. The machine also measures participants' fall risk.



Membership

Every day, Abilities Centre's dedicated and knowledgeable staff work hard to deliver a variety of fitness and wellness offerings. More importantly, our team is committed to creating an environment where people are included, welcomed, and connected to our community.

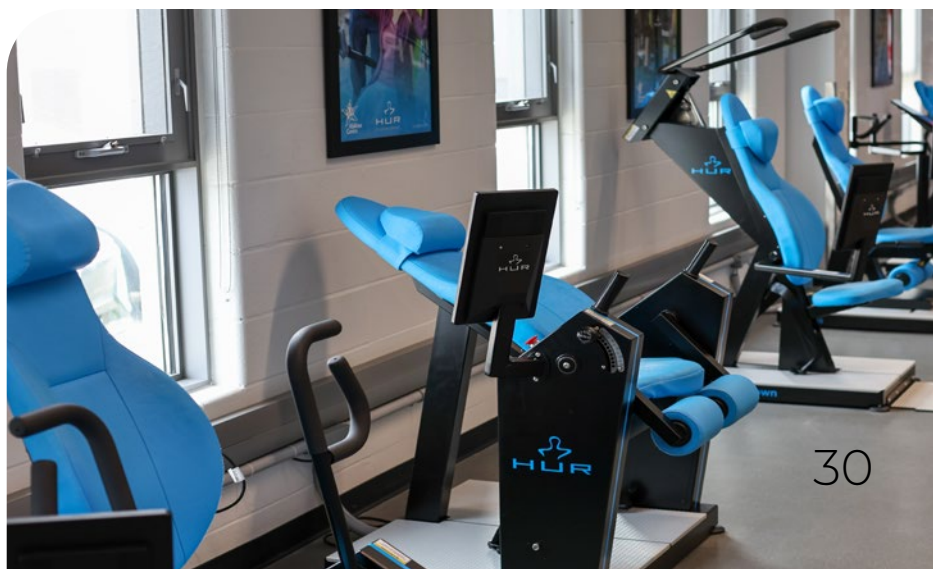
HUR Fitness Room

This year, Abilities Centre enhanced its fitness space with upgraded Helsinki University Research (HUR) air-resistance equipment, designed for accessibility, joint-friendly movement, and effective strength training for people of all abilities. With the addition of the SmartTouch system, members benefit from personalized programming, automatic machine adjustments, and real-time tracking, making progress visible and measurable over time. The upgrade marks the largest capital investment at Abilities Centre since it opened.



"We are so fortunate to have an excellent fitness facility in Whitby that meets the needs of a significant cross section of our residents."

~Abilities Centre member



Group Fitness

Each week, more than 25 classes are available to members and passholders across a variety of formats, intensities, and instructors. Whether someone is looking for a high-energy workout or something gentler, there's a class and group of like-minded people for everyone. New classes are added each season.

The offerings continue to grow alongside our members' interests. This year, we expanded to seven weekly pickleball sessions and introduced Tai Chi and pilates into the Specialty Class calendar.

Membership grew by **19%** last year, up to **1,866** members.

A further **1,739** monthly passes and **3,011** day or recreation pass bundles were sold.

“I feel the ALL of the staff is extremely knowledgeable, kind and helpful. I look forward each and every day, not only for the walking, but also the friendliness of the staff.”

~Abilities Centre member



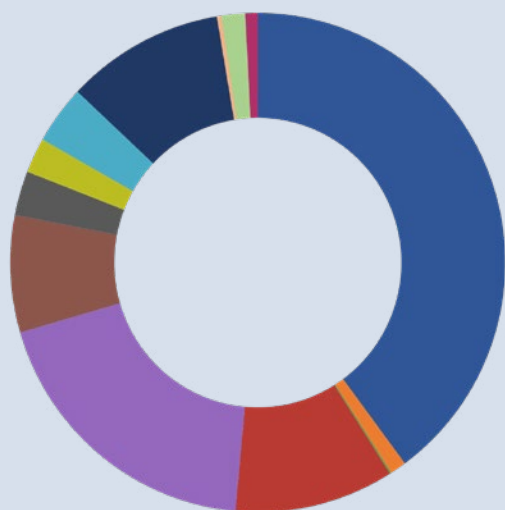
“I love the relaxed atmosphere and how people are not there to judge you or your level of fitness.”

~Abilities Centre member

2025 – 2026 Fiscal Year

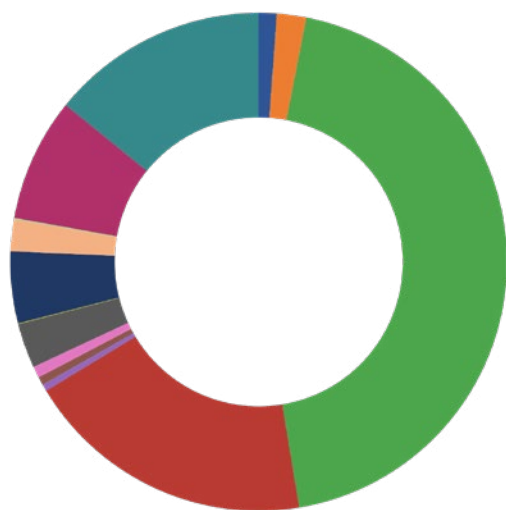
Note: This selected financial information is based on audited figures for the 2025-2026 fiscal year. All figures are reported in Canadian dollars (CAD).

Revenue Breakdown Total \$7,761,580



Provincial Government	\$3,095,070
Federal Government	\$82,496
Municipal Government	\$7,372
Membership	\$807,716
Programs	\$1,477,676
Rentals	\$588,116
Fundraising Events	\$223,069
Fundraising Public Donation	\$176,654
Funded Programs	\$294,913
Building Capital	\$803,053
Investments	\$22,288
Other	\$120,437
Tax Rebates	\$62,720

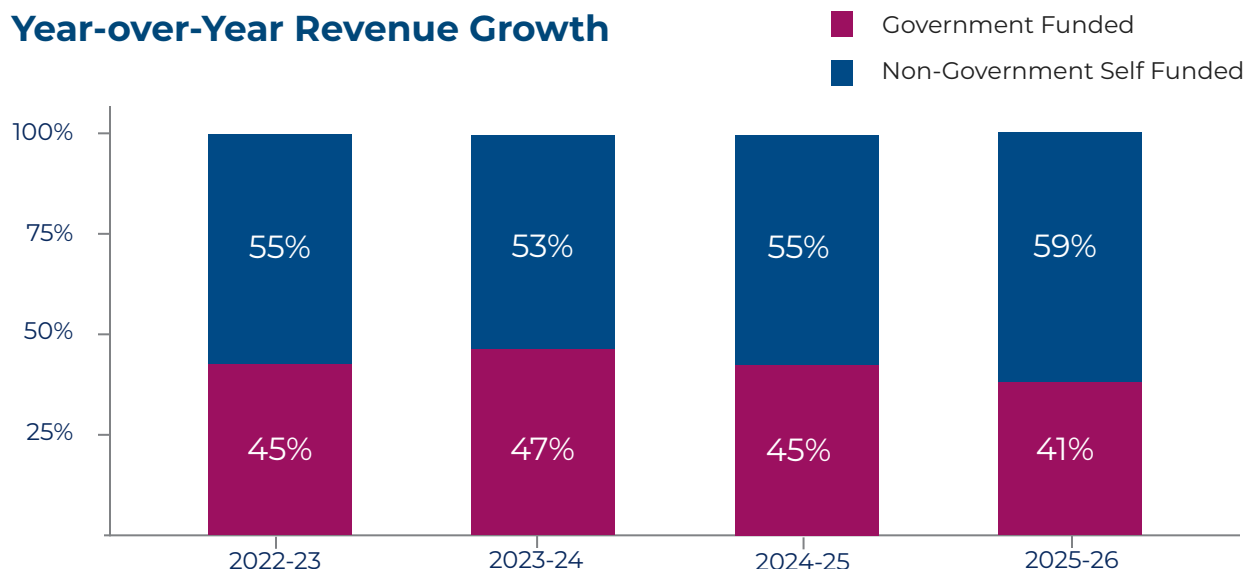
Expenditure Summary Total \$7,674,729



Bank and Interest Charges	\$89,748
Mortgage Loan Interest Charges	\$146,052
Wages and Salaries (Full-Time)	\$3,392,786
Wages and Salaries (Part-Time)	\$1,451,729
Personnel and Related	\$34,009
Advertising and Promotions	\$40,798
Fundraising Related	\$57,107
Office Supplies and Expenses	\$222,453
Travel and Related	\$3,599
Program Related	\$356,736
Prof. Fee for Outside Services	\$158,007
Members Membership Supplies	\$6,450
Occupancy Cost	\$613,765
Amortization	\$1,083,811

Additional financial information is available on the CRA Charities Directorate website under Abilities Centre Durham CRA-T3010.

Year-over-Year Revenue Growth



Major Donors & Grants (2025-26)

The following list includes those organizations and individuals who have provided funds to Abilities Centre, and approved the public release of their names.

Name	Gift Date	Amount
Project Work	01/30/2026	\$130,000.00
LIUNA LOCAL 183 Charitable Fdn	12/03/2025	\$10,000.00
Ontario Power Generation	12/30/2025	\$10,000.00
Geekspeak Commerce	04/22/2025	\$5,000.00
Mississauga's of Scugog Island First Nations	10/20/2025	\$5,000.00
TFP Whitby Developments Inc.	10/22/2025	\$5,000.00
Aqueduct Foundation Dreamseeker Foundation	12/17/2025	\$4,164.57
The BLG Foundation	01/07/2026	\$2,500.00
John Dines	11/20/2025	\$2,000.00
Melissa Macdonald Homecare Services	05/22/2025	\$2,000.00
Mrs. Olivia Lee	03/03/2026	\$2,000.00
The Rotary Club of Whitby	09/25/2025	\$1,500.00
Mr. Christopher Begy	12/21/2025	\$1,000.00
Mrs. Marjorie Newman	06/24/2025	\$1,000.00
Ms. Anne Koopmans	12/12/2025	\$1,000.00
David Smith	05/14/2025	\$600.00
Dr. Robert Thornton Public School	07/10/2025	\$500.00
Flaherty McCarthy LLP	11/24/2025	\$500.00
Ms. Jill Henley	11/21/2025	\$500.00

Thank You

Over the past year, Abilities Centre has connected with the community in exciting and meaningful ways, reimagining what accessibility looks like and redefining how Canadians live, work, and play together. We are grateful to all the wonderful organizations and individuals who generously supported Abilities Centre. You have allowed individuals the opportunity to build their skills, try new things, and achieve their goals.

Thank you to partners across the government, health, research and education, and sport sectors. Without your collaboration and support, the Abilities Centre's work would not be possible.

Abilities Centre cannot do its work without the continued support from our community, whether you share this report, follow us on social media, or donate to our charitable organization, we thank you for supporting our continued journey to building a better, barrier-free life for all.

Support Us

You can donate at (abilitiescentre.org/donate) or use our charitable registration number: 88981 9116 RR0001.

Join Us

We'd love to welcome you to Abilities Centre. Visit abilitiescentre.org/contact-us to get in touch and explore how we can collaborate.

