

# Holland Bloorview - Challenger Baseball

## Transitions, Recreation & Life Skills

### What?

Holland Bloorview will provide a program designed to introduce clients to Challenger Baseball.

This program will provide our clients with:

- An introduction to baseball
- Baseball skill development and understanding of rules, positions, etc...
- Increasing physical activity during the Fall months
- Opportunities to increase teamwork, communication, determination, resiliency, inclusion, support
- Support needed for participation, fun and socialization
- A link and warm handover to community Challenger Baseball programs available.



**When?** Join us for a **5-week program**:

Saturdays, October 26<sup>th</sup> – November 23<sup>rd</sup>, 2024

- Jr. Group (7-12): 1:30PM-2:30PM
- Sr. Group (13+): 2:45-3:45PM

### Who?

- Holland Bloorview clients ages 7-18 years
- Able to participate in 60 minutes of physical activity (with breaks)
- Can follow simple 1-2 step instructions
- Can attend to each task for a minimum of 5 minutes

### Where?

Holland Bloorview Kids Rehabilitation Hospital  
Gymnasium 0W300

### Cost: FREE

*Jays Care is generously supporting Holland Bloorview to offer a series of Challenger Baseball sessions to clients of all abilities.*

**Registration:** Participants must register and complete an intake with the Therapeutic Recreation Specialist to participate in this program.

To register, please contact:

Lindsey White

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**Holland Bloorview Kids Rehabilitation Hospital**

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A teaching hospital fully affiliated with the University of Toronto

**Holland Bloorview**  
Kids Rehabilitation Hospital