



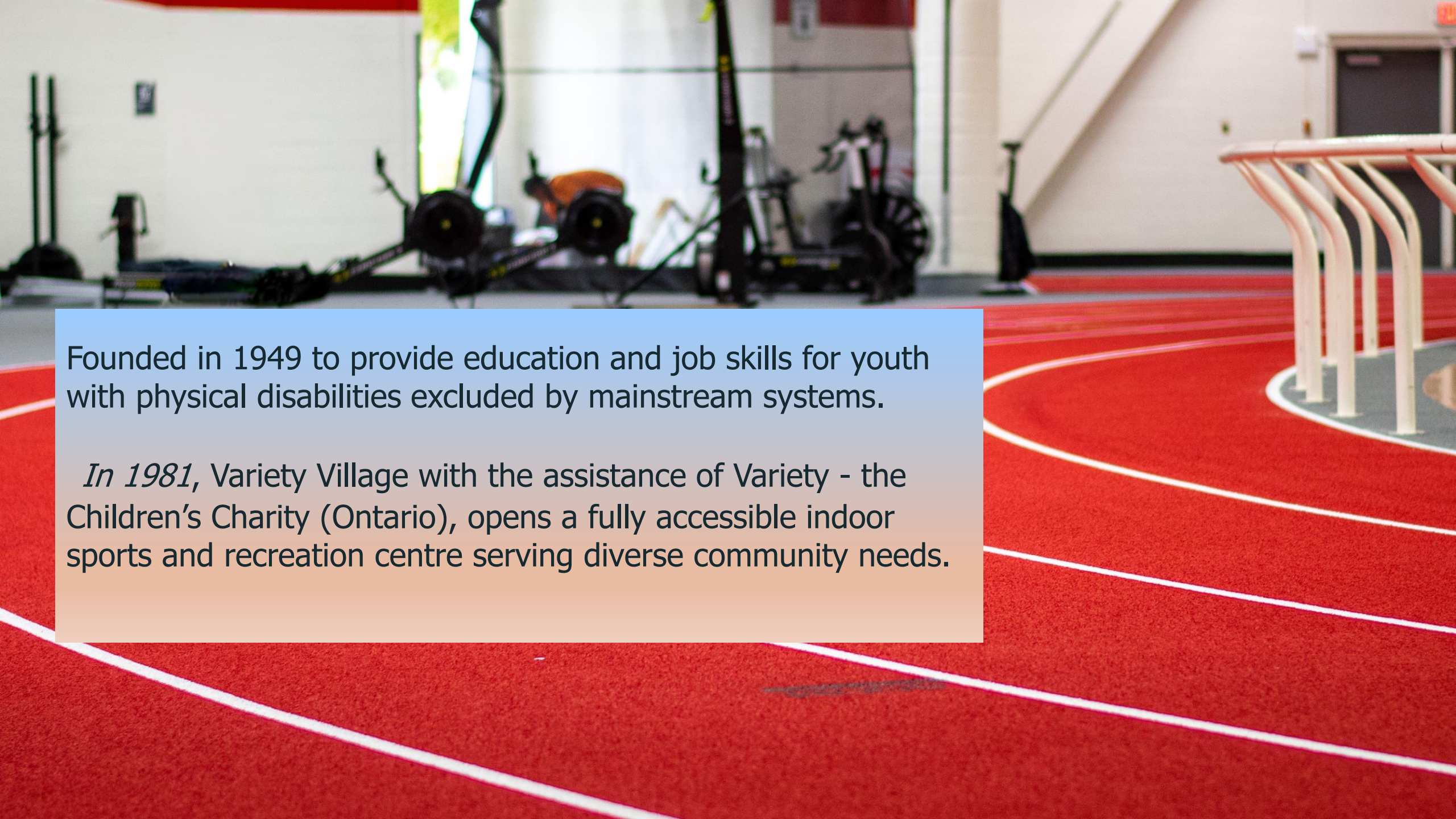
A WELCOMING COMMUNITY AND RENOWNED FACILITY
THAT EMPOWERS ALL.

Developed by our board, staff and members

Our mission statement:

As a Children's Charity, we embrace a people's first philosophy, prioritizing inclusion and integration.

Our Mission is to empower all individuals to connect, thrive, and achieve their personal best through sport and physical activities.

The background image shows an indoor sports and recreation center. In the foreground, there is a red running track with white lane markings. To the right, a basketball hoop with a white backboard and orange rim is visible. In the background, there is a gymnasium with various pieces of exercise equipment, including treadmills and rowing machines. A person is visible in the distance, possibly using one of the machines. The walls are light-colored, and there is a door in the background.

Founded in 1949 to provide education and job skills for youth with physical disabilities excluded by mainstream systems.

In 1981, Variety Village with the assistance of Variety - the Children's Charity (Ontario), opens a fully accessible indoor sports and recreation centre serving diverse community needs.

A red running track with white lane markings is the central focus of the image. In the background, several rowing machines are lined up against a white wall. To the right, a basketball hoop with a white backboard and orange rim is visible. The scene is brightly lit, suggesting an indoor sports facility.

Our Centre
The Village

What's different about Memberships

- All memberships include access to our barrier free facility and drop-in classes
- There is a sliding scale for membership prices for eligible participants
- Members can bring an attendant/friend/family member for free help them participate in classes or use our equipment.





Our Facility

Fully Accessible Facility

Inclusive Programming

Variety Village promotes integration where people with and without disabilities engage in programs together.

Continuous Growth and Innovation

The facility is 168,000 square feet of indoor space with 2 pools, a 200m indoor-track, multi-sport courts, three weight training areas, a room dedicated to cardio and rehab equipment, plus two quieter exercise areas with support bar.

Commitment to Community

Variety Village evolves by adopting best practices and accessible design, thus creating a supportive environment for our members.

We believe in community-based recreation and sport emphasizing inclusion and lifelong participation.

Uniquely Our Facility

- More parking spots for people with limited mobility
- Specialized flooring
- All washrooms and change rooms are accessible
- Wide hallways
- Quiet rest areas
- Outdoor space
- Nurse alarms
- Specialized lighting
- Accessible signage
- Support barres and more



Accessible Design

Aquatics wing

Includes a 25m lap pool, 15 m teaching pool and a therapy pool

Fieldhouse

Includes an indoor 200 m track, which surrounds 3 regulation size basketball courts plus a designated equipment room

Cardio room and surrounding area

Rehab equipment as well as treadmills, stationary bikes, etc. and wheelchair accessible weight machines

Weight room

Includes machines and free weights

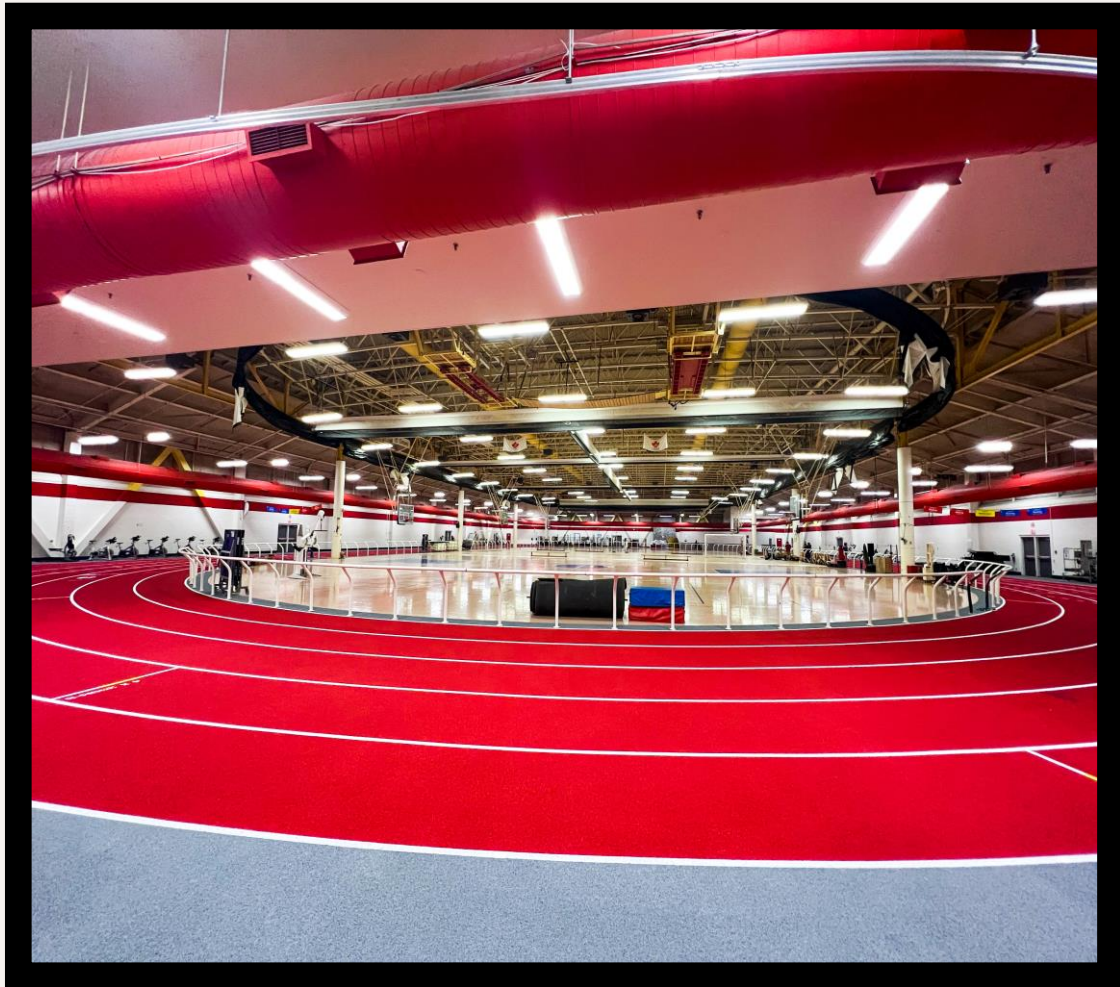


Aquatics



- Male and Female Change rooms as well as a universal change room which is outfitted with adult change tables and a Hoyer lift. Direct pool access is from the shallow end area.
- Air and water temperatures are kept consistently warm, several degrees above city pool temperatures
- Tactile paving surrounds the pool area
- Sensory-friendly lighting is used throughout the aquatics area
- The warm pool and the shallow end of the main pool can be accessed by ramps (water walkers & water wheel- chairs provided) A lift is used to access the deep end.
- Railings are provided in the shallow end for those who need support

Fieldhouse



- 78,000 square feet
- A five lane 200 m track , two lanes are for walking, two lanes dedicated for wheelchair users and one lane for runners.
- the Hobart BSS1000 surface track, features a bio-engineered force reduction layer integrated with fine SBR rubber granules to create an impermeable shock absorbing cushion perfect for rehab.
- The inner lane has a handrail for support
- Two of the courts have low impact flooring
- Active drop-in classes and children's classes take place in the inner oval of the fieldhouse.

Cardio & Weight rooms



- Weight machines that allow users to stay in their wheelchairs and lift.
- A plinth provides opportunities for core workouts
- Low-profile Treadmills
- Hand bikes
- Moto meds
- Sci fits
- Practice Steps –different risers and railings on both sides
- Lite gait trainer
- Adjustable parallel walking bars
- Skierg (wider platform)
- Functional trainer, sit to stand, smith machines, cable machines and many adaptable smaller pieces of equipment.

A photograph of a red running track in a gymnasium. The track has white lane markings and curves. In the background, there is a basketball hoop with a white backboard and orange rim. Further back, there are exercise machines and a person working out. The scene is brightly lit.

Programs

Aquatics Programs



Variety Village Aquatics Programming

- Group swim lessons for children, teens and adults.
- One on one lessons for children, adults and persons with a disability.
- One on one personal training is also available in the pool.
- Aquafit classes deep end or shallow end are available several times per week.
- Strength training classes for adults are held once a week.
- Swim teams, plus grassroots speed swimming for all ages

Drop-in Fitness Programs



Inclusive Fitness Programs

- Adult Group fitness
- Classes vary in intensity level
- Offer 55 classes weekly
- Gentle options include programs like aquafit, chair fitness, chair strength, seated yoga, gentle release and stretch and more
- More intense options are offered before the workday, at the beginning of the workday, in the evenings and on weekend mornings.
- There are also classes just for fun, like Dance Jam.
- People of every ability can go to any class; instructors provide adaptations for exercises and movements

TIME Programs



TIME Programs

- We offer the TIME program.
- All three levels, the Lite, the Classic and the Plus.
- The TIME plus is held in the fieldhouse
- TIME Lite and Classic are in the barre room which has a 15-metre support barre.
- We keep the cost to under \$5.00 a class and follow the UHN guidelines very closely.

Personal Training

- One to one expert fitness instruction from certified trainers with university or college education in the fitness field.
- Collaboration with a member's physiotherapist/rehab worker to work towards realistic goals
- Personal Training provides the motivation, encouragement and advice members need to maximize their potential
- Personal Training can help reduce your reliance on medication, assistive devices, etc.
- Personal Training at Variety Village provides the opportunity develop a more healthful lifestyle.



Sports and Competitive Athletics For children and youth and adults

Inclusive Sports Programs

Variety Village offers sports from our grass roots to elite levels. Everything from Volt hockey to Weightlifting. Volt hockey is of particular note as it is a competitive sport that allows youth who have very limited mobility to participate in a highly competitive game. Teams have fun traveling to national and international competitions.

Variety of Sports

Programs include wheelchair basketball, Volt hockey, taekwondo, weightlifting, sitting volleyball, track and swimming



Children, Youth, and Adult Programs

Early Movement and Cooperation

Programs like Children in Motion develop young children's movement, cooperation, and group participation skills in a supportive environment.

After-school and Camp Activities

Structured after-school programs and camps offer physical activity, social growth, and creative play. (400 + programs and camps).

Life Skills Development for Adults with a disability

Programs focus on communication, emotional regulation, literacy, independence, and employment readiness for adults.

Leadership and Empowerment

Leadership and certification opportunities enable members to volunteer, coach, and mentor peers.



Variety Village's role extends beyond recreation.

Accessibility Focus

Variety Village removes physical and systemic barriers to enable full, independent participation for all individuals.

Inclusion and Participation

Inclusion emphasizes meaningful participation and shared experiences among people of all abilities in a supportive environment.

Empowerment Through Development

Skill development, leadership opportunities, and coaching build confidence and independence over time.

Community and Connection

Strong relationships among participants, families, staff, and volunteers create a welcoming community culture.

Outreach Programming

On-site and off-site Variety Village group integrated programming promotes empathy, mutual respect, and inclusive values across businesses, educators, and community groups.

Long-term Inclusion Benefits

Early inclusive experiences positively impact attitudes and expectations, benefiting education, employment, and community involvement.

In Summary

Variety Village supports overall well-being—through improving physical health, providing opportunities for social connections, building confidence, and encouraging independence.

By combining high-quality facilities with inclusive programming and professional expertise, Variety Village has become a vital asset to the Scarborough community and the broader Greater Toronto Area.

