

Therapeutic Recreation (TREC) Ontario College Graduate Certificate

PART-TIME ONLINE

Frequently Asked Questions

Do I need to apply?

Part-time students must apply to this program through ontariocolleges.ca
Use the code TREC. (This is the program code on OCAS.)

When can I start the program?

Intakes: September, January, May

How many courses do I take?

Full program details can be viewed on the [Program Outline](#).

Graduation requirements

12 Program Courses

1 Internship

Can I complete this program online?

Yes

All courses in this program can be completed online, asynchronously. There are courses that require group work where you will need to make time to meet with your group.

What does asynchronous mean?

Online *asynchronous* means you do not attend live classes. You can log in to the course whenever it works best for you. Most courses have weekly deadlines you will have to meet. Classes are delivered combining self-directed lectures, group discussions and virtual instructor support.

You will not be required to be on campus for any part of the course – all lectures, tests, exams are online.

What is the TREC program about and why should I come to Georgian?

The Therapeutic Recreation program prepares you to work within recreation, health, or social service delivery systems serving individuals with illness or disabilities. You will acquire the skills to complete client assessments, develop and evaluate group and individualized programs, and use a variety of facilitative techniques to assist individuals to participate in meaningful recreational activities that will enhance health, improve functional ability, and increase quality of life. The program is based on a firm belief of the inherent benefits of play, recreation and leisure to all individuals. You will learn to adapt recreation activities so individuals with a variety of disabling conditions can participate and use recreation as a therapeutic tool to improve/restore health and wellness.

Georgian college boasts a unique part-time delivery for the program in that you can complete one, two or three courses per semester in the asynchronous format online (meaning you can work at the time of day of your choice). The expert faculty is approachable and committed to empowering the sustainability and capacity for therapeutic recreation in our students and our community. Furthermore, our curriculum was voluntarily submitted and successfully reviewed by Therapeutic Recreation Ontario. Graduates from our program are eligible for Registration with TRO under Pathway A.

- **Unique program fit:** Offered in an online format with the ability to take 1, 2 or 3 courses at a time. Work your way through the program at your own speed.
- **Online:** Up-to-date, interactive, easy-to-use technology supports the learning experience. Learn anywhere, anytime.
- **Flexibility:** Asynchronous delivery accommodates work schedules. This means you can study and respond at any time of day or night as per your busy schedule.
- **Quality:** The program learning outcomes value an integrated learning approach to therapeutic recreation that will provide a diverse spectrum of students with the critical mix of real-life experience, professionalism, technical expertise and analytical skills.
- **Knowledgeable Faculty:** Our program fosters ongoing partnerships with educators, that have years of experience and proven success in the field of Therapeutic Recreation.
- **Individualized:** Complete your 560-hour internship in a TR setting of your choosing (subject to approval for competencies). Your 14-week internship experience is your opportunity to integrate all your academic learning into a real-life, hands-on setting. You select the location, client group and setting for your internship experience. * Internship must be completed full time and carries full tuition fees.
- **Curriculum Reviewed, R/TRO:** Our curriculum was voluntarily submitted and successfully reviewed by *Therapeutic Recreation Ontario*. Graduates from our program are eligible for Registration with TRO under Pathway A. www.trontario.org

*Please refer to the current Program Outline for all key program completion information.

What is Therapeutic Recreation? Where can I learn more?

To learn more about the Profession of TR please visit the following websites:

www.trontaio.org

www.nctrc.org



Career Opportunities

Graduates of the program could find employment in health or human service organizations such as: Acute, chronic care and other specialized hospitals, provincial agencies/facilities for individuals with psychiatric or developmental disabilities, rehabilitation programs, children's treatment centers, municipal recreation departments, long term care facilities/adult day programs, correctional programs and facilities, and/or community/private agencies serving people with illness/disability.

Support for students in the program

Your faculty are here to support you. Students are encouraged to initiate and maintain communication with them throughout your courses. Please note that unless otherwise stated by your professor, all assignments in the program are to be completed using APA format. The recommended resource to guide you through this process is called *Cites and Sources* by Jane Haig (ISBN: 017650852X, 2014). This is held on reserve at all campuses and can be purchased from the Georgian College Bookstore.

<http://www.georgianstores.com/georgian/default.asp>

You can access information on APA Citation from the Georgian College website at: <http://library.georgiancollege.ca/citing/start>

Wondering if studying online asynchronously is right for you?

If you are wondering whether studying online is right for you – review the information at the links below as it may be helpful!

<https://tlp-lpa.ca/learning-online>

<https://ecampusontario.pressbooks.pub/learnonline/chapter/chapter-1/>

How many courses are there? How long will it take to complete?

There are 12 mandatory courses and one 560-hour internship. The program map is designed to have you take two courses per semester (a total of 84 hours) for six semesters which is equal to two calendar years, and then to complete you take a 560-hour internship in your last semester. The total is approximately two-and-a-half years for this part time pathway. Augmentation of this schedule is possible. For further information please contact the Program Coordinator.

Can I complete my internship anywhere or do I need to be close to the campus?

Students can complete their internship in any location, at any agency if that agency offers TREC services. We recommend that you complete your internship under the supervision of a R/TRO or CTRS designated staff, but this is not an internship requirement.

How do I know which courses to take?

You can find a Tracking Sheet (Delivery Schedule) for the program on the program page:

Study Therapeutic Recreation part-time

Ontario College Graduate Certificate

Use your skills to help improve/restore health and wellness. Small class settings, knowledgeable, friendly faculty and hands-on learning.

Please refer to the [Therapeutic Recreation program page](#) for all of the main details including admissions requirements.

Delivery schedule

Information package



On this page:

- [Program information](#)
- [Career opportunities](#)
- [Course information](#)
- [How to apply](#)
- [Frequently asked questions](#)
- [Contact us](#)

Take the CareerMatch quiz

View more Human Services programs

2026-2027 program outline

2025-2026 outline (PDF)

Program outline archive

What is the cost of the program?

There is no program fee when studying part-time. As a part-time student, you can take 1, 2 or 3 courses at a time in any given semester.

Payment is per course, as you register. The course fees change year-to-year and course to course. The best source for accurate fees is to check the [Therapeutic Recreation](#) program website:



Course information

Course offerings and equivalents

Currently available courses are listed below.

Course title	Course code
Adapted Recreation for Recreation Therapy	TREC 1004
Assessment Processes of Recreation Therapy	TREC 1002
Biological Sciences in Recreation Therapy	TREC 1014
Facilitative Techniques in Recreation Therapy	TREC 1010

Each course listed links to course sections with fees:

Adapted Recreation

TREC 1004

Course description

The ability to effectively develop and lead recreational activities suitable for individuals and groups with disabilities is integral to the practice of Recreation Therapy. Students take an applied approach to develop competence in key areas including systematic programming planning, activity analysis, adaptation and assistive devices, intervention leadership, and creativity. This is accomplished through experiential learning exercises designed for students to achieve the skills necessary to facilitate a wide variety of adapted activities

Credits

3

Course Hours

42

Students registering for credit courses for the first time must declare a program at the point of registration. Declaring a program does not necessarily mean students must complete a program, individual courses may be taken for skill improvement and upgrading.

For more information, please [contact Continuing Education](#)

Available Courses

Unless stated, the course fee does NOT include the textbook(s). Not all courses have required textbooks. See [registration dates](#) for courses that are not yet open.

▼ Adapted Recreation - TREC 1004

Monday, May 4, 2026
OPEN

ADAPTED RECREATION - TREC 1004

Fee: \$344.4

Course registration number: 31369

Start: Monday, May 4, 2026

End: Friday, Aug. 14, 2026

Class times

Days	Times	Building - Room
Online		

Campus: Barrie

Add to cart

I have credit transfers/PLARs – what schedule do I follow?

Credit transfers must be the same level of program. For example, diploma courses cannot be used as credit transfers for a graduate certificate. All courses, except the Internship are eligible for PLAR should you have work experience that is relevant. Connect with Alison Bates to discuss.

Are part-time students eligible for OSAP?

Part-time students MAY be eligible – this is individual and based usually on number of courses you take per semester. For more information, visit our [Financial Aid page](#).

Student success story



As part of her Therapeutic Recreation course, student Candice Owen designed an overnight hiking expedition to Garibaldi Provincial Park located just south of Whistler, British Columbia. This excursion was created for three at-risk and street-involved youth from Covenant House Vancouver and their staff member. The experience was designed to develop teamwork skills and resiliency and the events that took place during the trip were remarkable.

While there Candice commented that all three youth showed superb resiliency to push through their sore feet and exhaustion while encouraging each other as a team to “keep going”, “dig deep” and saying “we’re almost there” during both the hike up and hike down.

Candice closed her final project by summarizing from her own experience that “she would not change anything” and went on to comment how the students didn’t want to leave and expressed their appreciation of the trip and opportunity. Amazing stuff! Thanks for sharing Candice and your TREC faculty Sarah Harrison.

Who are we?



Alison Bates BFA, R/TRO – Program Coordinator

Alison Bates graduated from York University with a Bachelor of Fine Arts. Alison then attended the Therapeutic Recreation Post Graduate Certificate at Georgian College. Upon graduation from Georgian College, Alison worked as a Therapeutic Recreationist at Waypoint Centre for Mental Health Care for the next eight years in both the Central Recreation departments and on the Psychosocial Rehabilitation Program. Alison joined the faculty team at Georgian College in 2011 and became Program Coordinator in 2013.

Alison has been an Executive Committee Member of *Simcoe Muskoka Therapeutic Recreation Association* since 2008 and was a *Therapeutic Recreation Ontario* Board Member from 2015-2017.



Sadie Freisner B.A., R/TRO

Sadie completed a Bachelors of Arts, honours, specializing in Kinesiology at York University in 2009 while working as a restorative care aide at Specialty Care Bradford Valley in 2007. Sadie then began as a Director of Resident & Family Services at Specialty Care Cedarvale Lodge working closely with both CCAC, residents, and supervising the recreation team. Sadie graduated from the Georgian College Therapeutic Recreation program, completed the Ontario Association of Non-profit Homes and Services for Seniors Long Term Care administrator’s course, and became a certificated long term care administrator under the Ministry of Health and Long Term Care Regulations.

In 2012 Sadie became a registered member of Therapeutic Recreation and joined the Georgian College teaching staff where she began teaching two courses in the Therapeutic Recreation part-time program. She currently teaches both Foundations of Therapeutic Recreation and Leisure Education. After working as a programs manager and recreation therapist during the Specialty Care and Leisureworld amalgamation, she began working as the Recreation & Leisure Partner for Retirement Residences for Sienna Senior Living in 2016.



Sarah Harrison TREC Dip., BRLS, R/TRO

Sarah has been part of the Georgian faculty team since 2009. She holds a diploma in Recreation and Leisure Studies with a focus on Therapeutic Recreation from Niagara College, a degree from Brock University in Recreation and Leisure Studies with a specialization in Therapeutic Recreation, and a current Registration with Therapeutic Recreation Ontario.

Before Georgian, Sarah worked both front line and in management in both long term care and hospital settings. She has a passion for TR that she is always excited to share!

On a personal note, Sarah and her husband own a family farm in southwestern Ontario and have three young girls.



Craig Holman BRLS, TR Cert., MSW, RSW

Craig is an alumnus of Georgian College from the Therapeutic Recreation program. Craig has expressed his passion and commitment to teaching adults. Post-graduation Craig has worked in a variety of Therapeutic Recreation settings including addictions, mental health, complex care, and long-term care. In 2013, Craig completed his Master of Social Work degree through Wilfrid Laurier

University and currently works full time at St. Joseph's Health Centre in Guelph as a Social Worker. As a social worker Craig supports individuals and families impacted by stroke and aphasia by providing individual and group therapy. Craig also works with a variety of community partners and his local LIHN to provide education, support and advocacy for those living with stroke in the Waterloo Wellington area.

Craig says: "I am a true believer of life-long learning and the pursuit of higher education. I strongly believe that access to education is one of the pillars of a healthy and strong community and take the responsibility of instructing greatly. Through my time at Brock University, Georgian College and Wilfrid Laurier I have had many great teachers and feel it is a great privilege to be teaching at Georgian College."

It is our pleasure to assist you in your academic pathway at Georgian college. We commit to responding to your inquiry as soon as possible.

For your convenience our contact information is as follows:

Alison Bates	Program Coordinator	Alison.Bates@georgiancollege.ca
Amy Lagacy	Programming Support Assistant	amy.lagacy@georgiancollege.ca
Jenny Wilcox	Program Manager, Part-time Studies	Jenny.wilcox@georgiancollege.ca