

"As a parent, it is so comforting to know that a non-judgmental environment exists for both you and your child so that they can actively participate at their own level and do so without pressure or judgment. It absolutely warms my heart to see these volunteers, who give so much of their time with such enthusiasm. It is so great to watch them help your child succeed, with the realization that success means something so different to each of our children. We are so blessed to be part of Special Olympics."

Colleen - parent of FUNdamentals athlete



"The FUNdamentals program fosters basic motor development and fundamental skills of various sports. My goal is to pass on my passion for sport in an atmosphere that is positive and fun. I love watching my athletes grow as individuals as well as members of a team. The FUNdamentals program is perfect for any ability and I adapt my practices to challenge and meet the needs of all athletes."

Isabella - FUNdamentals Program Leader

Special Olympics
Alberta 

To learn more about the programs in your community, please contact www.specialolympics.ab.ca

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Special Olympics Youth Programs

Special Olympics
Alberta 

Special Olympics Canada is dedicated to enriching the lives of Canadians with an intellectual disability through sport.

Participation in Special Olympics Youth Programs leads to a greater involvement within the participants' community, increases social opportunities, helps to create strong friendships, provides families with an opportunity to be active together, and increases quality of life for those with an intellectual disability.

Special Olympics Youth Programs

Special Olympics offers child and youth programs designed to help children with an intellectual disability develop basic motor and sport skills through fun and positive movement experiences. Special Olympics promotes opportunities to develop physical fitness, demonstrate courage, experience joy, enhance skills and create friendships.

Active Start (ages 2-6)

A family-centred activity program targeting children with intellectual disabilities ages 2 to 6. Through the program, children learn basic motor skills such as walking, running, jumping, and throwing in a fun and safe environment.



Skills Developed

Through Active Start:

1. Physical Skill Acquisition
2. Physical Fitness
3. Social Skill Development
4. Decision Making
5. Knowledge, Understanding, and Appreciation of Physical activity

FUNDamentals (ages 7-12)

A continuation of the Active Start program for athletes ages 7 to 12. This program transitions from basic movement skills to basic sport skills while maintaining an atmosphere of fun and meaningful interaction. This program also promotes specific sport education, proper nutrition, and social inclusion through participation in positive sport experiences.

Skills Developed through FUNDamentals

1. Learn physical literacy skills.
2. Improves fundamental motor skills.
3. Participate in a structured physical activity.
4. Increase understanding of game structure.

What are the benefits for participants?

- Substantial and improved development of physical, cognitive, and social abilities.
- Introduction of positive social experiences through fun play activities alongside peers.
- Development of self-esteem and a sense of belonging.
- Opportunities to transition into other year-round Special Olympics sport programs offered in many communities around the country, and to continue a lifelong love of sport.



What are the benefits for parents & caregivers?

- Education for parents/caregivers about the value of sport in the lives of their children.
- Education in nutrition, basic motor skills, and the Special Olympics organization.
- Opportunities for parents/caregivers to expand their networks and support systems.

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