



Special Olympics Youth Programs

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

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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 an intellectual disability 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.

FUNDamentals (ages 7-12)

A continuation of the Active Start program for young athletes with an intellectual disability ages 7 to 12. This program transitions from basic movement skills to basic sport and physical literacy 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.

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, 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.

To register or learn more

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Special Olympics
Alberta

