

PLAY, LEARN, AND DEVELOP WITH



ABOUT AUTISM MOVES

Autism Moves is a youth empowerment program that promotes physical activity, fundamental movement skills, and peer connection for youth with Autism Spectrum Disorder (ASD) through sport.

SPORT FOR YOUTH WELLNESS

With the support of trained program leaders and volunteers, youth will increase physical activity level and movement skills, increase mental health and well-being, and increase sense of belonging in sport.

WHY IT MATTERS

ASD affects 1 in 50 youth under 17 years old in Canada.



Adolescents with ASD are less physically active compared with their peers.



Adolescents with ASD are 74% less likely to participate in organized sport activities.



FALL PROGRAM DETAILS

10 Week Multi Sport Programs - September to December 2026



Flag Football

Saturdays - 3:30pm - 6:30pm
St Mary Community Centre



Multisport

Sundays - 8:30am - 12:30pm
RA Centre



Swim

Sundays - 3:30pm - 6:30pm
Altea

CONTACT

For questions and inquiries please contact:

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OSEG Foundation

For more information and to apply visit:

<https://osegfoundation.ca/our-impact/autism-moves/>

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