

Special Olympics Western Valley Community Youth Program

Monday, June 28 to August 23, 6 to 7 pm
AYR Motor Centre, Fieldhouse-Court 1

Active Start—Special Olympics New Brunswick

(Ages 2-6)

- Provides active participation for fun
- Athletes develop play skills through movement and daily physical activity
- Skills - walking, swimming, running, jumping, balancing
- At the end of this stage, the goal is for the participant to have the physical skills and fitness level to allow physical activity for 60 minutes on a daily basis

FUNDamentals Program - Special Olympics New Brunswick

(Ages 7-12)

- Provides specific training and educational opportunities for young athletes
- Athletes develop more sport-specific related skills that will contribute to future sport participation
- Skills – sport-specific jumping, throwing, kicking, running, catching, striking, agility, balance, coordination, speed
- At this end of this stage, the goal is for the participant to have improved in one or more of the following areas: physical skill acquisition, physical fitness, social skill development, decision making, and knowledge, understanding, and appreciation of physical activity



**Special Olympics Western Valley
Region is dedicated to enriching
the lives of individuals with an
intellectual disability through
SPORT**



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 SONB sport programs offered throughout the province, 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

Contact:

SOWV Regional Coordinator,
Debbi Graham by email for more information
on how to get involved!
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Special Olympics
Olympiques spéciaux
New Brunswick/Nouveau-Brunswick

