

PLAY, LEARN, AND DEVELOP WITH AUTISM MOVES



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.



PROGRAM DETAILS

- **12-Week Multisport Program**
Season 3: Sept - November 2025
Season 4: Jan - March 2026
- **10-Week Track & Field Program**
Season 2: Sept - November 2025

Registration Fee: \$40 - \$50 per youth per program. Financial assistance is available.

CONTACT

For questions and inquiries please contact:

Alix Alldridge
aalldridge@oseg.ca
OSEG Foundation

For more information visit:
osegfoundation.ca