

MOVE by GoodLife Kids is a free adapted physical activity program for youth ages 12 to 21 with autism and intellectual disabilities.

About GoodLife Kids Foundation

GoodLife Kids Foundation enables and supports kids and youth with autism and intellectual disabilities through physical activity and fitness. Our vision is that all kids and youth with autism and intellectual disabilities experience the joys and benefits of being active. GoodLife Kids Foundation is a registered charity.

MOVE Try-it Sessions

Our **Try It sessions** are a great way to try our program for the night. All you need to bring is a positive attitude! These sessions run every third Tuesday of the month.

What can participants expect?

- Social time
- Active games
- Movement activities for all abilities
- And of course, lots of fun!



Staffing

MOVE Coaches and Support Agents lead our virtual program. MOVE Coaches are fitness professionals and have experience working with people with autism and intellectual disabilities. MOVE Support Agents are there to assist with technology and perform roles such as assisting with entry from Zoom waiting room, muting/unmuting participants, playing music, or managing a stop watch. All staff are trained through Ausome Ottawa, an organization that provides sports and recreation to youth with autism.

Program Details:

- 60 minutes classes over Zoom
- Focuses on physical literacy and building a love for fitness
- Meet and greet meeting with your MOVE Coach before your first class
- Participants will receive a FREE MOVE Program shirt for regularly participating in the program.



Register for the MOVE by GoodLife Kids Program, today!

[GoodLifeKids.com/MOVE](https://www.GoodLifeKids.com/MOVE)