

**Where:**  
Douglas Street Recreation Center

**When:**  
Tuesday's from 6-7pm

**Program Duration:**  
10 Weeks

**Ages:**  
2 & up

**How Do I Register:**

Contact:  
**Richard Haines**

By email at:  
[speolycobequid@bellaliant.net](mailto:speolycobequid@bellaliant.net)

or

By phone at:  
902-986-0959



*Need More  
Information  
Or  
Would You Like To  
Volunteer?*

Contact:  
**Ashley Lynds**  
Program Coordinators

By email at:  
[activestart@bellaliant.net](mailto:activestart@bellaliant.net)

Or

By phone at:  
902-986-0959

Or

Website:  
[www.specolycobequid.com](http://www.specolycobequid.com)



***Special  
Olympics  
Nova Scotia***

Presents



**Active Start**

## Special Olympics Cobequid

supports the development opportunities for young participants on the road to becoming active for life. We are excited to launch this new child and youth program to our area.



### What is Active Start?

Active Start is a program offered by Special Olympics Nova Scotia. It is designed to help develop basic motor and movement skills for children ages 4-10 years old with an intellectual disability

## How is this program structured?

**-Through play,** the sessions offer children an excellent opportunity to improve social and cognitive abilities to prepare them for successful participation in future athletic endeavors and in everyday activities.



Sessions are facilitated by trained coaches and take place in a safe environment. Parent and caregiver involvement is encouraged during each session.

## Benefits for Parents

The Active Start program educates parents about the value of sport in their child's life. Participation in this program expands networks and support systems.



## Benefits for Children

Improving basic motor skills, such as walking, running, jumping and balancing  
Provides opportunities for children to develop physical, cognitive and social skills  
Promotes children to be happy, active and laughing alongside peers.  
Builds self-esteem and a sense of belonging.