

## **EPIC – Active Discovery (8-12 years)**

Increasing opportunities to participate is essential in getting children diagnosed with autism active and excited about physical activity. Moreover, empowering children with opportunities to guide their own activity experience increases enjoyment, and provides them with motivation to discover interests, potentially leading to independent activity participation.

Active Discovery is a semi-structured play-based program aimed at providing children and youth diagnosed with autism with increased opportunity to participate in physical activity according to their abilities and preferences. The surrounding environment will be set up as to encourage children and youth to freely explore their surroundings, engage with different equipment, and discover physical activity that is meaningful and exciting to them.

**Who:** Children ages 8-12 yrs

**When:** **Session 1** – Thursdays (6 weeks)  
beginning Sept. 27/18 from 5:00-6:00pm  
**Session 2** – Saturdays (6 weeks)  
beginning Sept. 29/18 from 2:00-3:00pm

**Where:** The Maier Center (17451 103 Avenue)

**Cost:** \$160.00/session



For More Information and to register, please email [epic@childrensautism.ca](mailto:epic@childrensautism.ca), or call the information line at (780) 495-9235.

***Empowering families with autism – for life***