



# EPIC

***E**ncouraging **P**hysical  
activity & socialization **I**n  
**C**hildren*

***Fall 2018 Program Catalogue***

## What is **EPIC**?

**EPIC** is a program at Children's Autism Services of Edmonton designed to provide both segregated and inclusive opportunities for children and youth to engage in physical activity, socialization and recreation. **EPIC** is inclusive of a variety of activities that are designed to meet the child where they are at in terms of their ability to engage, thus providing children and youth diagnosed with autism with increased opportunity to participate in physical activity and peer interaction according to their abilities and preferences. Rules, structure, noise, social demands, physical requirements, interest and other factors can impact on a child's ability to participate.



*Empowering children with opportunities to guide their own activity experience increases the overall enjoyment and meaning they attach to that experience, thus providing increased motivation to continue into the long-term.*

*(Wiat, 2016)*

## EPIC Programs

### **Dynamyx Gymnastics – Ages 6 – 10 years old**

Bay 104, 25 Chisholm Avenue, St. Albert

Recent literature on programs emphasizing gymnastics for children diagnosed with autism indicates positive results from increased gross motor function to improved fine motor control, better posture, and increased independence in following instruction. In partnership with Dynamyx Gymnastics Club, children will work on gross motor play, as well as focus on turn-taking and following group instructions in a safe and supportive environment. Children will also have the chance explore the many different sensory opportunities that the gymnastics environment has, such as crawling through the foam pit and walking on various surfaces and apparatuses of varying heights. Following the Children's Autism Services of Edmonton philosophy, participants will be supported through the SCERTS (Social Communication, Emotional Regulation, and Transactional Supports) model.



<b>Date:</b>	Wednesdays - October 10, 17, 24, 31, November 7, 14, 21, 28 (8 weeks)
<b>Time:</b>	4:00 PM – 5:00 PM
<b>Cost:</b>	<b>\$325.00</b> (Please note that this cost <u>does not</u> include the one-time \$40.00 Dynamyx membership fee.)

Maximum number of participants: 8

**South Side Move 'N Play – Ages 6-12 years old**  
 Maier Centre South - 9765 54 Ave, Edmonton, AB

Exploration of music and dance can facilitate personal growth for individuals diagnosed with autism spectrum disorder in many areas including skill development, speech and language, memory and mental agility, social skills, and confidence. This 8-week program will provide children with the opportunity to express themselves freely through moving to music in a way that is meaningful and comfortable to them. Participants are encouraged to do their best, regardless of level of ability. Following the Children's Autism Services of Edmonton philosophy, participants will be supported through the SCERTS (Social Communication, Emotional Regulation, and Transactional Supports) model. Parents are welcomed to attend and engage alongside their children.



**Date:** Saturdays – October 13,  
 20, 27, November 3, 10,  
 17, 24, December 1 (8  
 weeks)

**Time:** 10:00 AM – 11:00 AM

**Cost:** \$180.00

Maximum number of participants: 10

**Maier Centre Active Discovery (Ages 4-7)**

Maier Centre - 17451 103 Ave, Edmonton, AB

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

	<p><b>Cost:</b>                <b>\$160.00</b></p> <p><b>Date/Time:</b>        <b>Session 1A:</b> Thursdays –          September 27, October 4,          11, 18, 25, November 1  <b>(4:00-5:00pm)</b></p>
<p><b>Date/Time:</b></p>	<p><b>Session 1B:</b> Saturdays – September 29, October 6, 13, 20, 27, November 3 <b>(1:00-2:00pm)</b></p>
<p><b>Date/Time:</b></p>	<p><b>Session 2A:</b> Thursdays – November 15, 22, 29, December 6, 13, 20 <b>(4:00-5:00pm)</b></p>
<p><b>Date/Time:</b></p>	<p><b>Session 2B:</b> Saturdays – November 17, 24, December 1, 8, 15, 22 <b>(1:00-2:00pm)</b></p>
<p>Maximum number of participants: 8/session</p>	

**Maier Centre Active Discovery (Ages 8-12)**

Maier Centre - 17451 103 Ave, Edmonton, AB

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

	<p><b>Cost:</b>                <b>\$160.00</b></p> <p><b>Date/Time:</b>        <b>Session 1A:</b> Thursdays –          September 27, October 4,          11, 18, 25, November 1  <b>(5:00-6:00pm)</b></p>
<p><b>Date/Time:</b></p>	<p><b>Session 1B:</b> Saturdays – September 29, October 6, 13, 20, 27, November 3 <b>(2:00-3:00pm)</b></p>
<p><b>Date/Time:</b></p>	<p><b>Session 2A:</b> Thursdays – November 15, 22, 29, December 6, 13, 20 <b>(5:00-6:00pm)</b></p>
<p><b>Date/Time:</b></p>	<p><b>Session 2B:</b> Saturdays – November 17, 24, December 1, 8, 15, 22 <b>(2:00-3:00pm)</b></p>
<p>Maximum number of participants: 8/session</p>	

**Professional Day Camps at Telus World of Science  
 Ages 6 – 12 years old**

Telus World of Science - 11211 142 St NW, Edmonton, AB

Let your imagination run wild and explore the world of science. This one-day camp, held at the Telus World of Science, will incorporate exploration of various exhibits, including The Science Garage, The Body Fantastic, Environment Gallery, and Discoveryland. It will also invite children to participate in interactive games, and science-based experiments led by Telus World of Science staff members. Children will be supported by Children's Autism Services of Edmonton staff.

**Date:** Friday, October 19, 2018  
 Monday, November 26, 2018

**Time:** 9:00 AM – 4:00 PM

**Cost:** \$100.00/day



Maximum number of participants: 8

## EPIC PROGRAM SUMMARY

Please Pay close attention to **age requirements** and **time slots**. Remember we only have a **limited** availability for each activity.

✓	Date:	Topic:
<input type="checkbox"/>	Wednesdays – Oct. 10, 17, 24, 31, Nov. 7, 14, 21, 28	Dynamyx Gymnastics – Ages 6-10
<input type="checkbox"/>	Saturdays – Oct. 13, 20, 27, Nov. 3, 10, 17, 24, Dec. 1	South Side Dance & Groove – Ages 6-12
<input type="checkbox"/>	Thursdays – Sept. 27, Oct. 4, 11, 18, 25, Nov. 1	EPIC – Active Discovery Session 1A – Ages 4-7
<input type="checkbox"/>	Saturdays – Sept. 29, Oct. 6, 13, 20, 27, Nov. 3	EPIC – Active Discovery Session 1B – Ages 4-7
<input type="checkbox"/>	Thursdays – Nov. 15, 22, 29, Dec. 6, 13, 20	EPIC – Active Discovery Session 2A – Ages 4-7
<input type="checkbox"/>	Saturdays – Nov. 17, 24, Dec. 1, 8, 15, 22	EPIC – Active Discovery Session 2B – Ages 4-7
<input type="checkbox"/>	Thursdays – Sept. 27, Oct. 4, 11, 18, 25, Nov. 1	EPIC – Active Discovery Session 1A – Ages 8- 12
<input type="checkbox"/>	Saturdays – Sept. 29, Oct. 6, 13, 20, 27, Nov. 3	EPIC – Active Discovery Session 1B – Ages 8- 12
<input type="checkbox"/>	Thursdays – Nov. 15, 22, 29, Dec. 6, 13, 20	EPIC – Active Discovery Session 2A – Ages 8- 12
<input type="checkbox"/>	Saturdays – Nov. 17, 24, Dec. 1, 8, 15, 22	EPIC – Active Discovery Session 2B – Ages 8- 12
<input type="checkbox"/>	Friday, Oct. 19, 2018	Professional Day Camps at Telus World of Science – Ages 6 – 12
<input type="checkbox"/>	Monday, Nov. 26, 2018	Professional Day Camps at Telus World of Science – Ages 6 – 12



For more information on EPIC and its programs check out our website at [www.childrensautism.ca](http://www.childrensautism.ca), or please feel free to contact:

**Kyle Pushkarenko**  
**EPIC Coordinator**  
[kyle@childrensautism.ca](mailto:kyle@childrensautism.ca)  
**(587) 920-5800**

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

## EPIC Drop-In Programs/Outings

### “Sensory” Swim

10450 72 Ave. NW - North-West corner of Strathcona High School

For children on the autism spectrum, water is a soothing environment that emphasizes gentle and repetitive motion thus having a calming effect which helps children cope with everyday stresses. Swimming can help children on the autism spectrum improve speech, coordination, social skills, self-esteem, and cognitive processing. Furthermore, swimming provides an excellent opportunity for parallel play and for a child to be in the play environment but to interact at a level that is comfortable for them.

Sensory Swim is an opportunity for the entire family to relax and enjoy themselves in a safe, sensory-friendly aquatic environment. Families will have access to various equipment including the slide, Tarzan swing rope, climbing rope, pool toys and noodles, PFD's.

**Date:** Saturdays – October 20 –  
 December 22 (10 weeks)

**Time:** 2:00 – 4:00 PM

**Cost:** 10 swim Pass \$90/person;  
 \$10.00 Drop-In



Maximum number of participants: 55

September 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Active Discovery: 4- 7years (4-5pm)  Active Discovery: 8- 12years (5-6pm)	28	29 Active Discovery: 4-7years (1- 2pm)  Active Discovery: 8-12years (2-3pm)
30						

October 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		<b>2</b>	<b>3</b>	<b>4</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>5</b>	<b>6</b> Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Dynamyx – 6-10 years (4-5pm)	<b>11</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>12</b>	<b>13</b> South Site Dance & Groove(10-11am)  Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Dynamyx – 6-10 years (4-5pm)	<b>18</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>19</b> Telus World of Science Professional Day Camp (9am-4pm)	<b>20</b> South Site Dance & Groove(10-11am)  Family Swim (10am-12noon)  Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Dynamyx – 6-10 years (4-5pm)	<b>25</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>26</b>	<b>27</b> South Site Dance & Groove(10-11am)  Family Swim (10am-12noon)  Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Dynamyx – 6-10 years (4-5pm)			

November 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				<b>1</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>2</b>	<b>3</b> South Site Dance & Groove(10-11am)  Family Swim (10am-12noon)  Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Dynamyx – 6-10 years (4-5pm)	<b>8</b>	<b>9</b>	<b>10</b> South Site Dance & Groove(10-11am)  Family Swim (10am-12noon)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Dynamyx – 6-10 years (4-5pm)	<b>15</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>16</b>	<b>17</b> South Site Dance & Groove(10-11am)  Family Swim (10am-12noon)  Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Dynamyx – 6-10 years (4-5pm)	<b>22</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>23</b>	<b>24</b> South Site Dance & Groove(10-11am)  Family Swim (10am-12noon)  Active Discovery: 4-7years (1-2pm)  Active Discovery: 8-12years (2-3pm)
<b>25</b>	<b>26</b> Telus World of Science Professional Day Camp (8am-4pm)	<b>27</b>	<b>28</b> Dynamyx – 6-10 years (4-5pm)	<b>29</b> Active Discovery: 4-7years (4-5pm)  Active Discovery: 8-12years (5-6pm)	<b>30</b>	

December 2018						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						<b>1</b> Active Discovery; 4-7years (1- 2pm)  Active Discovery; 8-12years (2-3pm)
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Active Discovery: 4- 7years (4-5pm)  Active Discovery: 8- 12years (5-6pm)	<b>7</b>	<b>8</b> Active Discovery; 4-7years (1- 2pm)  Active Discovery; 8-12years (2-3pm)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Active Discovery: 4- 7years (4-5pm)  Active Discovery: 8- 12years (5-6pm)	<b>14</b>	<b>15</b> Active Discovery; 4-7years (1- 2pm)  Active Discovery; 8-12years (2-3pm)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Active Discovery: 4- 7years (4-5pm)  Active Discovery: 8- 12years (5-6pm)	<b>21</b>	<b>22</b> Active Discovery; 4-7years (1- 2pm)  Active Discovery; 8-12years (2-3pm)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						

