



KIDS WITH DISSABILITIES OR SPECIAL NEEDS

Some children and youth may need extra support because they have challenges or delays in their physical, intellectual, emotional, social, language or behavioral development

Our Programs are all inclusive as they also cater to and/or accommodate kids with exceptionalities or special needs. We have specialists with a wealth of experience and passion working with the aforementioned group. Their programming is tailored to help them with their development, participation, as well as improving other aspects such as physical and social skills.

It is of utmost important for these groups of children to develop skills in environments in which they can be generalized to everyday situations. We honestly believe, through sport, teamwork, and communication that this is a perfect setting for these multiple skills to be developed

About 9 in 50 children in North America have a disability or chronic health problem. Special needs children are sometimes not encouraged to exercise. Their parents or guardians may fear they will get hurt. But physical activity is as important for special needs children as it is for any child.

Participating in sports can help boost self-confidence. It can also improve skills in relationship building and working as part of a team. And it can help in managing weight. This is a common problem among today's kids.

Benefits of Physical Activity for Youth with Special Needs

All individuals benefit from regular physical activity. We could all gain from these physical, mental, and social benefits of being active. However, physical activity goes a long way to improve the quality of life for youth/adults with disability or special needs.

- Improvements in muscle strength, coordination, and flexibility.
- Improve exercise endurance, cardiovascular efficiency, and possibly increased life expectancy.
- Experience better balance, motor skills and body awareness.
- Will show improvement in behavior, academics, self-confidence and building friendships.
- Will have positive changes in their health, quality of life and boost to their self-esteem.
- Gets to experience a sense of accomplishment and possibly the taste of winning or personal satisfaction.
- Experience increases in attention span, on-task behavior, and level of correct responding.
- Will increase appetite and improve quality of sleep.
- Will see a decrease in secondary health complications like obesity, high blood pressure, low HDL (“good”) cholesterol and diabetes.
- Will find an outlet for their physical energy, will help them cope with stress, anxiety, and depression.

