

Community Programs

WINTER

(December – March)

Basketball • Bowling
Figure Skating • Floor Hockey
Skiing • Snow Boarding
Speed Skating

SPRING

(March – June)

Athletics (Track & Field)
Swimming • Gymnastics
Power lifting • Tennis
Roller Skating • Volleyball

SUMMER

(June – August)

Bocce
Cycling
Golf
Sailing
Softball

FALL

(September – November)

Cheerleading
Equestrian
Flag Football
Soccer

HEALTH & FITNESS

(Year Round)

Walking Clubs
Fitness Classes
Nutrition Seminars
Healthy Athlete Screenings



***Special
Olympics
Massachusetts***



***Special
Olympics
Massachusetts***

For more information call or visit:

P: 508.485.0986

www.SpecialOlympicsMA.org

**EVERYDAY.
EVERYWHERE.
EVERY AGE.**

**INCLUSIVE
SPORTS OPPORTUNITIES**

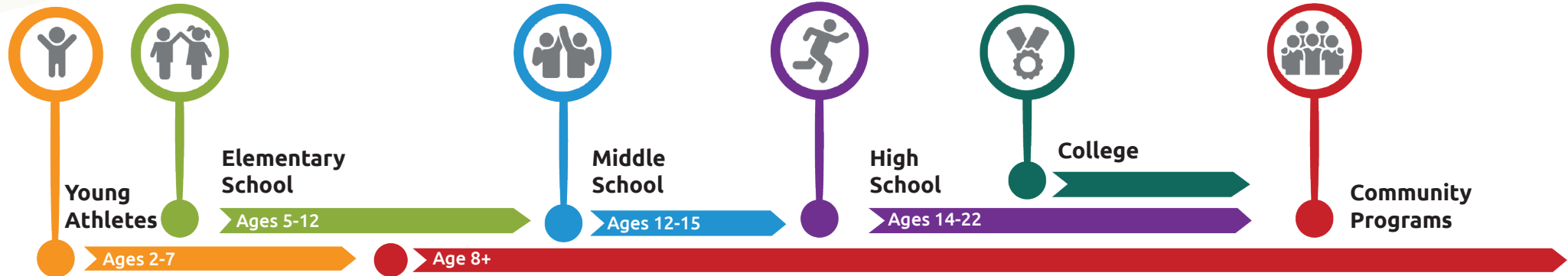
Play on!

Stay in the game for life

Look ahead.
When it's time to transition to the next phase of life, there's no need to say goodbye to Special Olympics Massachusetts. There's a lifetime of opportunity!

Don't get left behind.
Talk to your coach, visit our website, or call our main office for more information about transitioning to your next step with Special Olympics Massachusetts.

LEARN MORE!
Email: ops@SpecialOlympicsMA.org
Phone: 508.485.0986
www.SpecialOlympicsMA.org



Young Athletes:
An Inclusive Sports Play Program
Young Athletes provides opportunities for kids with and without intellectual disabilities to be active, have fun, and learn foundational sports skills. The inclusive program focuses on the development of physical, cognitive and social skills, as well as preparing athletes before they are eligible to compete with Special Olympics Massachusetts programs at age eight. Young Athletes is proven to accelerate the development of children with and without disabilities.

Elementary School | Middle School | High School:
With sports as the foundation, Special Olympics Unified Champion Schools bring together youth with and without intellectual disabilities to build inclusive communities, reduce bullying, and promote healthy activities. Students of all abilities benefit from the following opportunities in a Unified Champion School:

<p>Special Olympics Unified Sports®: Students with and without intellectual disabilities train and compete together in sports year-round.</p>	<p>Whole School Engagement: Activities engage the full school community to promote inclusion and respect.</p>	<p>Youth Leadership: Young people of all abilities become leaders and changemakers in school communities.</p>
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College:
Campus of Inclusion
Colleges and universities connect students with Special Olympics programs as coaches, Unified Sports partners, Unified fitness trainers, event volunteers, fundraisers, and more. Campuses also host recreational tournaments and State Games.

Community Programs:
Unified and Traditional Sports
Community Programs offer year-round training and competition opportunities in traditional and Unified sports for athletes and partners ages eight through adulthood. Most programs host a variety of sports, while a few programs specialize in just one.

Health and Fitness
Special Olympics Massachusetts offers a variety of programs promoting healthy lifestyles apart from our sports competitions including:

- Walking Clubs
- Fitness Classes
- Nutrition Seminars
- Healthy Athlete Screenings

