Let's Move is a collaborative program between the One World Center for Autism, Inc. and SMS Movement Education for children, youth and adults with autism and related special needs that gives our children, youth and their families the opportunity to experience greater health and happiness!

**Supporting Movement Skills’ “Let’s Move” program is here to help!**

Our Program Goals are to:

- Individually assess your child’s current health status and identify ways to promote greater health!
- Offers a safe, innovative and inclusive recreation environment for the entire family!
- Provide a setting where physical activity is used to proactively engage in improving health and well-being for you and your child!
- Expose youth and family to a variety of fun but challenging adapted movement skills and patterns!
- Foster the ability to move with independence and confidence!
- Have Fun!

**Caregivers ......**

- Does your child get enough physical activity?
- Do you have difficulty finding a suitable environment where your child and family can explore their independence, learn and improve their physical skills?
- Is health and well-being of concern to you?
- Are you looking to do something about it?

**LET’s MOVE!**

A Medically-Guided Family-Centered Health and Fitness Program!

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**Fun**

- **Friends**

- **Fitness**

- **Health**

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**One World Center for Autism, Inc.**

Linking those living with Autism to their world

[www.worldforautism.info](http://www.worldforautism.info)

Email: info@worldforautism.org  Phone: 301-618-8395  Fax: 301-618-8396

**Our mission** is to link those living with Autism to their world in an all-embracing manner through family support, individual support and community outreach.

**Our vision** is to create a world of genuine acceptance where individuals and families living with Autism realize their greatest sense of wellbeing and achieve their highest potential in their community.

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**Turn over for more information!**
Program Details

We at Supporting Movement Skills (SMS) and the One World Center for Autism are excited to collaboratively re-introduce the "Let’s Move" program. This now medically guided program offers group and individual platforms which incorporate the FUNdamentals of exercise and conditioning for children and youth. Every program allows the freedom to explore independence, develop confidence and enhance the ability to maneuver in challenging situations. Our enhanced program also provides health education and fitness opportunities for caregivers and the family as a whole.

Our adaptive, fun and interactive exercise programs begin with an initial individual health consultation and will be offered in 6- week sessions on Mondays, Wednesdays and Thursdays. Each participant will receive a mid-program and final health evaluation to measure the impact on their health. Depending on enrollment numbers, participants will be categorized based on age and skill level. Children and youth will participate in a mixed age class for lower enrollment numbers or be divided by age for higher enrollment numbers.

Potential Class schedules:
- Multi-age 6:00-7:00pm
- Ages 5-12 6:00-7:00pm
- Ages 13 years and older- 7:00-8:00pm

Caregiver Health Education and Fitness sessions are concurrent to Child/ Youth sessions with one Family Health/ Fitness Session weekly.

Ready to move?
Call 301-618-8395 to schedule your child’s initial health consultation. Health consultations are approximately 30 minutes in length.

Fitness Instruction Cost for each 6-week session- is $180 for the first child/ youth and $120 for each additional child/ youth in the same family.

The cost for Initial and Follow-up Health Consultations will be billed through your child(ren)’s health insurance. *

*Each health insurance provider reimburses at a different rate. Some may require a co-pay. Priority Partners will require a referral. It is your responsibility to make sure that your child’s insurance is up to date and eligible. Charges for the health consultations will be your responsibility if claims are denied.

2016-2017 Class Schedule
Winter- January 23rd-March 6th
Early Spring- March 27th-May 10th
SMS Spring Break Soccer Skills Day Camp April 18-21st
Late Spring- May 22th-June 21st