

MOVE by GoodLife Kids Program

FREQUENTLY ASKED QUESTIONS

What is the MOVE by GoodLife Kids Program?

MOVE by GoodLife Kids is a free physical activity and fitness program for youth ages 12 to 21 with autism and intellectual disabilities. MOVE by GoodLife Kids is a program of GoodLife Kids Foundation.

What is the GoodLife Kids Foundation?

GoodLife Kids Foundation (GLKF) is a Canadian registered charity. GoodLife Kids Foundation enables and supports kids and youth with autism and intellectual disabilities through physical activity and fitness. You can learn more about GoodLife Kids Foundation by visiting www.goodlifekids.com. You can also stay up to date with MOVE by following us on Instagram [@goodlifekids_fdn](https://www.instagram.com/goodlifekids_fdn) and Facebook [Goodlifekids](https://www.facebook.com/Goodlifekids).

What types of classes do you offer?

We offer virtual classes held over ZOOM, in-person classes held at select GoodLife Fitness clubs.

Is there a cost to participate?

The program is being offered at no cost to families. We are able to offer the MOVE Program for free through fundraising from events such as the [MOVE 4 Kids Event](#).

What is the maximum number of youths that can participate in each class?

Up to 10 youths can participate per class.

What if all spots for the MOVE class I am looking to register for are filled?

If the MOVE class is full, please reach out to the MOVE Program Team at move@goodlifekids.com. We will place you on a waitlist or connect you with other classes that suit your availability.

Who will be leading the program?

Virtual classes are led by a MOVE Coach and MOVE Support Agent, and our in person classes are led by two MOVE Coaches. Our MOVE Coaches are certified fitness professionals, both Coach and Agents will be identified by the white MOVE Associate shirts they wear during class. Both MOVE Coaches and MOVE Support Agents receive specialized training on how to deliver physical activity programming to individuals with autism and intellectual disabilities. Participants and Caregivers will have a chance to meet and get to know your Coach(es) during your meet & greet.

Do I get to meet my MOVE Coach before my first class?

Prior to the start of the program, MOVE Coaches coordinate a meet and greet with each Participant and their Caregiver. The meet and greet meeting provides an opportunity for youth to 'experience' what to expect once the Program begins. These meetings take place in person or virtually over Zoom and are 15 minutes in duration.



How do I register for the MOVE Program?

Simply follow this [link](#) that will direct you our MOVE schedule to select a class that works best for you, and complete the application to register.

When does the program end?

One of the features that makes the MOVE Program so unique is that our Participants have access to fitness all year long. Once you are in the MOVE Program, you can participate right up until your 22nd birthday!

What is MOVE Graduation?

MOVE Graduation is a special opportunity to celebrate a Participant's time in the MOVE Program and recognize their growth, accomplishments, and memories they've made along the way. Graduates are celebrated by their Coaches during a special class. Graduation marks an exciting transition from the MOVE Program, and families will receive information about available opportunities to continue their fitness journey after graduation.

Will Participants receive any rewards for participating in the MOVE Program.

Yes! Participants receive a MOVE t-shirt after completing 8 classes. We also have MOVE Rewards, where Participants can unlock different levels and receive prizes based on the number of classes they complete, recognizing their commitment to fitness.

Will the MOVE Program run on Statutory Holidays?

No, all regularly scheduled MOVE classes will be cancelled on Statutory Holidays and MOVE Coaches will be sure to communicate this well in advance. Participants will have the opportunity to register for our virtual drop-in classes on Statutory Holidays.

What can a Participant expect in a typical MOVE class?

Our classes are 60 minutes in length and will consist of:

- 10 minutes – Welcome, talk topics, and warm-up
- 40 minutes – One to three circuits of cardio and strength exercises including fun dances and active games
- 10 minutes – Cool down, mindfulness exercise and goodbyes

How can youth get moving with MOVE on my own?

We would encourage you to check out our MOVE on DEMAND programming on our YouTube channel which you can find using [this link](#).

My child is younger than 12 or older than 21. Can they still apply?

Currently, we are accepting applications for youth ages 12 to 21 only. We would encourage you to connect with us at move@goodlifekids.com as we work with many community partners who may have resources/programs for you we can direct you to.

Do Caregivers need to attend?

We see great success in our virtual classes when Caregivers are present and would encourage involvement. For any in person classes held at GoodLife Fitness Clubs Caregivers are **required** to attend and stay for the entire MOVE class.