

Unified Fitness Clubs

Special
Olympics
Washington



Special Olympics
Unified Champion
Schools®



Unified Fitness Clubs are year-round physical-activity-based programs that utilize activity trackers, group fitness activities, and health education to engage participants of all abilities and activity levels in healthy lifestyles.



Best in a school setting led by a coach or educator. Students with and without IDD are encouraged to participate.



Unified Fitness Clubs can be included as part of Unified PE, as part of a Unified Sports Season, or as a standalone club for 6+ sessions.



Meets two of the three Unified Champion Schools components: Unified Sports and Inclusive Youth Leadership!



All participants will receive a fitness kit and goal tracker. Participants who complete 6-weeks will earn a fitness incentive!



SCHOOL REQUIREMENTS:

- Attend Unified Fitness training (offered 1x per season).
- Complete Commitment to Inclusion Form.
- Register your club.
- Complete coaches training.



Contact: fitness@sowa.org