

Supporting Physical Activity and Recreation in the Community (SPARC)

A Research Study

A walking and physical activity program for teens ages 12-17
with Autism Spectrum Disorders with moderate needs



What is SPARC?

- A no-cost 16-week community-based walking program.

What is included?

- Support and supervision provided by trained staff (1 staff per 2 teens).
- An individualized SPARC plan.
- An opportunity to meet new people and have fun!

Location, Days and Times:

- SPARC starts on February 21, 2010 and runs to June 10, 2010.
- Participants will attend 2 days a week and can choose from two sites.
 - ✓ Malden YMCA – Sunday 12:30-2pm and Wednesday 4:30-6pm.
 - OR
 - ✓ Newton YMCA – Sunday 3-4:30pm and Thursday 4:30-6pm.

For more information about SPARC, and to see if your child qualifies for participation, please call Renee at 781-642-0259.

Or email: shriver.study@umassmed.edu