



**Interested in having fun,
making friends and
developing your skills?**

IGNITING

fitness possibilities

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Starts January 18th, 2018
Thursdays, 4:30-6:00 p.m.
500 Gordon Street, Whitby
Youth, grades 6-8
\$50/participant

Fun activities and games
to encourage participation
and physical literacy.
Small group attention
and 1-on-1 coaching.

**The program runs for
16 weeks**

Open to youth of all abilities.

**For more information
email afitzpatrick@abilitiescentre.org**