Igniting Fitness Possibilities is an inclusive program focused on getting children and youth more active through a 16-week program. Participants with and without disabilities will play and lead cooperative games, discover their strengths and what activities are of interest to them, and practice fundamental motor skills alongside a motivational, supportive coach.

This program is open to participants 12 years of age or older who may or may not experience disability. This means current Free2BMe participants can invite a friend or sibling to take part too!

For program information, contact Kirsten at 780-492-8269 or klarge@ualberta.ca

To register, contact Tyler at 780-492-3182 or tgerry@ualberta.ca