

# Interested in becoming more active? Start **HERE**

## **IGNITING FITNESS POSSIBILITIES**

For youth in grades 9-12



Starting March 2<sup>nd</sup>, 2016  
Wednesdays 4:30 – 6:00 pm

UofT Athletic Centre  
55 Harbord Street  
[www.juniorblues.ca](http://www.juniorblues.ca)

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# EXPLORE THE POSSIBILITIES

IGNITING FITNESS POSSIBILITIES is designed to encourage youth of all abilities to become more physically active. Participants will develop new sport skills, lead co-operative games and receive personalized mentorship to help achieve their goals.

This program is open to youth who:

- are in grades 9 to 12
- are not involved in organized sport

**For more information, e-mail**

**[www.juniorblues.ca](http://www.juniorblues.ca) OR [www.hollandbloorview.ca/IFP](http://www.hollandbloorview.ca/IFP)**

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