

 ActiveLiving Online
whitehorse.ca/alg



Active Living Guide

WINTER 2018



Physical Literacy

Approach



Levels or degree of physical literacy can change over our lifespan so we can view physical literacy as a life-long journey.

It connects an individual, within their environment, to physical activity and sport.

Many of our programs incorporate physical literacy through skill development, socialization, play and having fun together.

YOUTH

Drop-in | Free

Ages 9-18 years

Canada Games Centre

Thursdays 3:30 - 5:30 PM

Fridays & Saturdays 6:00 - 10:00 PM



We are
**POTENTIAL
FOSTER PARENTS**



Learn more at
hss.gov.yk.ca/fostercare.php

