Sun Life Financial Centre for Physically Active Communites After-School Physical Activity Programming

Sun Life Financial Centre for Physically Active Communities is excited to invite you to participate in our FREE and FUN after school physical activity programming. We aim to improve activity levels and the overall health of youth within the community. Activities will be led by Wilfrid Laurier University’s Physical Education students.

Pick-Up/Drop-off Location: Elizabeth Zeigler School

Program Starts: 6:30 pm

Program Finishes: 8:00 pm

What to Wear: loose, comfortable clothing and indoor running shoes

Things to Bring: Waterbottle, snack (if needed)

When: Every Thursday for 8 weeks:

* January 31
* February 7
* February 14
* February 28
* March 7
* March 21
* March 28
* April 4

PLEASE NOTE: February 21 and March 14 weeks will have no program due to Laurier’s Reading Week and Elementary School’s March Break.