

Partnership with the U of M Kinesiology Department, Fit Kids and Healthy Kids & Island Lake
First Nations Family Services



Physical Literacy for Children “Ready Set Active”

When: Oct 15 – Nov 19, 2026 (6 weeks)

Every Thursday from 6 :00 pm to 8:00 pm

Where: 103-1821 Wellington Ave

Who can attend: any Island Lake children from 10-14 years of age

If you are interested, contact Si-il for more information:

si-ilp@ilfnfs.ca or 204-987-9444 ext. 253

Incentive & certificate will be given to the children that completed the program.