



The AFLCA is pleased to announce the development of the  
**Ever Active Kids - Children and Youth Fitness Module**

The workshop will establish a framework for developing quality leadership and physical activity programs for children and youth. Topics to be covered will include: children and adolescent development, exercise and activity adoption, adherence and attrition, how children differ from adults physically, psychologically, socially, morally and the implications when designing activities and programs, motivation theories, children and youth physical activity patterns, characteristics of exemplary leaders, and instructional aspects. This course is excellent for anyone interested in leading exercise classes for children and youth.

Watch for updates and for training opportunities starting January 2006  
at [www.provincialfitnessunit.ca](http://www.provincialfitnessunit.ca)

For additional information contact the AFLCA at (780) 492-4435 or 1-866-FIT-UNIT