

Making Tracks



Providing leadership and training to increase active transportation confidence and competence in children and youth



Ecology Action Centre

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ecologyaction.ca/making-tracks

We've served over 3600 children and youth in municipal recreation since summer, 2016. Let us support your work to get children and youth active for life. Making Tracks offers a suite of active transportation programs, resources and support.

We offer:

- low cost leader certification in cycling, walking safety, skateboarding, scootering and in-line skating
- direct-delivery programs
- free program planning, implementation and evaluation support
- free materials and resources
- free equipment for loan

Peer-reviewed, proven and endorsed, Making Tracks programs consist of flexible, hands-on, fun, curriculum-linked activities. Participants can learn about safety, skills, maintenance and more.

Guaranteed benefits:

- Makes physical literacy connections and encourages life-long DPA
- Builds confidence and mastery of skills
- Cross-training tool and lead-in for sports
- Increases overall well-being
- Makes community connections and encourages positive citizenry
- Increases equity and access
- Builds safety knowledge
- Appeals to children and youth
- Easy to do, unlike some sports
- Leadership or mentorship opportunity for youth

Contact us today and be part of a growing community of municipal partners supporting children and youth to be active for life!

Kind Regards,

Julian West, Making Tracks Coordinator

