With the help of its numerous donators, the Optimist Club of University of Laval conducted the Physical Education Project this summer for a second year in a row. This project aims to promote a healthy lifestyle, well-being and physical activity. During the entire summer period, various physical activities were offered to youths lodging at the Centre jeunesse de Québec – Institut universitaire (CJQ-IU). These activities were planned and led by Laval University students with a background in teaching physical education or kinesiology. A special focus was placed on discovering new sports and practicing outdoor activities.

The project lasted nine weeks (June 25 to August 21, 2014). The activities were offered to youths lodging in both CJQ-IU rehabilitation centres, that is, at the Gouvernail in Beauport and l’Escale, in Cap-Rouge. The project also served youths from the different group homes. In total, close to 100 youths benefited from the project and a dozen or so of these youths are of a different ethnic background. Youths are aged seven to nineteen. The regular activities offered on a weekly basis were: workout, weight training, multisport l’Escale, multisport Gouvernail, and swimming pool activities. Special activities called "outdoors activities" were also offered in the different CJQ-IU services.

Pierre-Luc Daigle
President of O.C of Laval University

**District**

- AMS&NW
- Pacific Northwest
- Dakota-Manitoba-Minnesota

**Representative Average**

- Doug Kirby
- Peter Smith
- Jo-Anne Pelzer

**District**

- AMS&NW
- Central Ontario
- Central Quebec

**Representative**

- Doug Kirby
- Tom & Carilynn McNaught
- Claude Duhamel

**Contribution Per Member**

- $39.13
- $23.67
- $21.30

**Total Contributions**

- $33,871.90
- $21,747.86
- $21,448.90