



About The Event

This **free** event is open to girls age 11 and up, but activities are aimed for the 11-16 age range. We will only accept 80 participants, and any remaining applications will be placed on a wait list.

Girls will have the opportunity to participate in two physical activities facilitated by local community members, as well as large group yoga and a mindful art activity.

Transportation:

Transportation will be provided from Griffiths-Scott School (Millet, AB) and Pigeon Lake Regional School (Falun, AB). These locations will act as drop-off/pick-up points for girls located outside of the City of Wetaskiwin. Transportation outside of these locations is not provided.

What to bring:

Please wear something you can move in, as well as running shoes. If you are participating in one of the water activities, please bring swimming attire and a towel. Lunch and snack are provided, but bring a water bottle. Please bring a yoga mat if you are able to.



Yin/Yang Yoga with Amy (Whole Group Session)

Starting with strong yang poses that create strength and stamina in the body and mind, and finishes with yin poses to encourage stretching and relaxation of your muscles, connective tissues and mind.

Description of Activities

Water Aerobics (AM)

A water exercise class that is sure to get your heart pounding! This is a low impact workout that gives you the benefits of a dryland workout, without the strain on your joints, bones and muscles. Can't swim? No problem! This class takes place in the shallow end of the pool where participants are able to stand.

DANCEPL3Y (AM)

DANCEPL3Y (Dance-play) is a high-energy physical activity program that "plays" with dance while promoting positive mental health through the 3 rules of PL3Y: Be Positive, Be Fun, Be Yourself.

Kayaking (AM)

Don't be left up the creek without a paddle! Join us at the Manluk Centre for a Learn to Kayak session with an NCCP Instructor to learn the basics.

Kettlebells & Self- Defence (AM & PM)

Start with a 30 min kettlebell workout that uses dynamic moves targeting almost every aspect - endurance, strength, balance, agility and cardio endurance. Wrapping up the hour the girls will receive an introduction to self defense with Sensei Nanji.

Gymnastics (AM & PM)

Under the direction of a trained gymnastics instructor, girls will fully participate in the fundamental elements of gymnastics in a fun and energetic class enhancing their strength, flexibility, balance, and power.

Spin Class (PM)


Come and get your sweat on as you pedal your way to a great workout all while having fun! This class will leave you feeling energized and refreshed!

Batting Cages (PM)

Practicing in a batting cage boosts hand eye coordination, helps you read pitches more easily by taking swing after swing, improves form and swinging technique all while giving you the practice and self confidence to join a girls ball team.

Elevation Fitness (PM)

A gym trainer will give guidance in the fitness gyms all women's side. Participants will be provided the tools needed to start working-out in a gym, whether it's cardio or resistance training girls will learn to start building their way to feeling stronger and healthier.



Registration Form

Please remove this portion of the form and return to your school office by October 19, 2018

Student Name: _____

School: _____

Age: _____ Grade: _____

Dietary Restrictions/Allergies: _____

Parent/Guardian: _____

Phone Number: _____

Email: _____

Emergency Contact: _____

Phone Number: _____

Please rate your choice of activities from 1 to 5
1 is your first choice, 5 is your last choice

| AM Session | Choice # | PM Session | Choice # |
|----------------------------|----------|----------------------------|----------|
| Water Aerobics | | Spin Class | |
| Kayaking | | Batting Cages | |
| DANCEPL3Y | | Fitness Class | |
| Gymnastics | | Gymnastics | |
| Kettlebells & Self Defense | | Kettlebells & Self Defense | |

Transportation (Please check one):

None Required

Bus from Pigeon Lake Regional School

Bus from Griffiths-Scott School

By signing below you are allowing the student above to participate in the GoGirl Self Empowerment Event
Name (Printed) _____

Signature: _____

Partners

This event would not be possible without our generous partners:



This event is organized by
Wetaskiwin Regional Public
School's Wellness Support Team

Questions/Comments

Carly Ganske
Wellness Support Worker, WRPS
carly.ganske@wrps11.ca
(780) 387-1684

Schedule

Time:

9:00AM - 9:30AM

Arrival & Snack

9:30AM - 9:45AM

Welcome
Get into session groups

10:00AM - 11:00AM

Breakout Session 1

11:00AM - 11:10AM

Break & Transition

11:10AM - 12:00PM

Yin Yang Yoga
(Large Group Session)

12:00PM - 12:45PM

Lunch

12:45PM - 1:40PM

Mindful Art

1:45PM - 2:00PM

Break & Transition

2:00PM - 3:00PM

Breakout Session 2

3:10PM - 3:30PM

Snack & Wrap Up

Go Girl

Self Empowerment Event

October 26, 2018

Wetaskiwin Drill Hall

You can also register online:
goo.gl/XurtjF