



A Health and Wellness Activity Camp

Are you ready to enjoy a week of fun and fitness this summer? We have just the day camp for you! This is an activity camp just for girls that will run from **Monday, July 06 – Friday, July 10**. This camp is offered to girls who are currently in grades 3-6. Throughout the week girls will have the opportunity to experience a variety of activities such as volleyball, tennis, badminton, yoga, swimming, cheer, basketball and so much more! We will explore proper nutrition, key factors to leading a healthy lifestyle and overall health and wellness issues. Get your summer off to a great start with **Girls On The Go!**

*Special discounted rate for families who **register more than one child** - \$360 for 2 siblings

*Special discounted rate for **“Bring a Friend”** (outside of Holy Family) - \$360 for 2 participants

*Tax receipts issued at the end of camp

Date: MONDAY, July 06 - FRIDAY, July 10

Time: 9:00-3:30 each day

Cost/week: \$190.00

(Cost includes a T-shirt, bag, 1 healthy snack/day, swimming and many guest presenters.)

Location: Holy Family School Gymnasium (Deer Park) & Outdoor School Facilities

**Contact: Mrs. Bussard at cori@girlsonthego.ca
Mrs. Weddell at jackie@girlsonthego.ca**

Instructor Biographies

Mrs. Jackie Weddell has taught Physical Education for the past 18 years. She graduated from the University of Alberta as a Physical Education specialist and has taught in this area ever since. She has worked as a camp counselor, a coach in many sporting areas as well as a community volunteer for organizing local sporting events. Mrs. Weddell truly values the importance of living a healthy, active lifestyle and is involved in running, soccer and volleyball. Mrs. Weddell, her husband and her two children are all very active in sports of all kinds.

Mrs. Cori Bussard has taught as a Physical Education specialist for 18 years. She has been a Recreation Director, a lifeguard, swim instructor and a coach of various sports. She is committed to living a healthy, active lifestyle and participates in activities such as running, soccer, obstacle course events and fitness training. She has two children who are also very active in community sports and she makes it a priority to be a positive role model not only for her own children, but her students as well.



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FOR GIRLS CURRENTLY IN GRADES 3-6

July 06 - July 10	Monday - Friday	9:00 a.m. - 3:30 p.m.
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COST – \$190.00

Price includes Girls on the Go T-Shirt, bag, 1 healthy snack per day, swimming and guest presenters. To register, please complete and drop off the registration form along with payment to Holy Family School (69 Douglas Ave, Red Deer) or contact us at jackie@girlsonthego.ca or cori@girlsonthego.ca Registration closes June 01, 2015. Cash or cheques (payable to "Girls on the Go") are accepted.

About Your Child

Name _____

Grade ____ School _____

T-Shirt Size: Youth S M L XL Adult S M

Health care # _____

Does your child have any particular medical condition?

yes no

Explain _____

Food Allergies: _____

WAIVER: I (parent/guardian name)

I realize that physical activities have some inherent danger. The following signature (below) indicates that I give my daughter consent to participate in the activities included in the "Girls On The Go" camp.

Parent's Information

Name of parent _____

Address _____

Telephone (home) _____

Telephone (cell) _____

E-mail _____

Cost of day camp: \$190.00

Please make cheques payable to "Girls on the Go".

MEDIA CONSENT: I (parent/guardian name)

voluntarily give consent for Girls on the Go to post my daughter's photographs on the camp website for advertising purposes.

_____ (signature)