

Girls On The Go

A Health and Wellness Activity Camp

Are you ready to be the best version of you? Kickstart your summer with an exciting camp full of new adventures and lasting friendships! Come and join your friends at **Girls on the Go** for a week long activity camp just for girls. It will run from Monday, July 3 - Friday, July 7 at Holy Family School. This camp will be 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 swimming, volleyball, tennis, badminton, yoga, cheer, crafts 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** - \$450 for 2 siblings

Date: MONDAY, July 3 - FRIDAY, July 7, 2023

Time: 9:00-3:30 each day

Cost/week: \$240.00

(Cost includes a T-shirt, swimming and many guest presenters.)

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

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

Instructor Biographies

Jackie Weddell is a Physical Education specialist at Holy Family School. 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.

Cori Bussard is also a Physical Education specialist at Holy Family School. 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 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 3 - 7

Monday - Friday

9:00 a.m. - 3:30 p.m.

COST – \$240.00

To register, please complete and drop off the registration form along with payment to Holy Family School (69 Douglas Ave, Red Deer) **OR** email the form and e-transfer payment to:

cori@girlsonthego.ca or jackie@girlsonthego.ca.

Cash or cheques (payable to “Girls on the Go”) are accepted as well as an **email money transfer**.

Registration closes June 09, 2023.

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 _____

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: \$240.00

Please make cheques payable to “**Girls on the Go**”.

MEDIA CONSENT: I (parent/guardian name)

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

_____ (signature)