

Go Girl Hinton 2017

Session Descriptions

Bouldering

Bouldering is a form of rock climbing that is performed without the use of ropes or harnesses. Most climbers use climbing shoes and chalk their hands to keep them dry. Try this out on Hinton's 14 foot bouldering wall!

Healthy Snacks

Learn about choose most often foods and how yummy they can taste! We will be making snacks to try and help curb your hunger!

Hip Hop

Learn to dance like Beyoncé while getting in a great workout. Come out and get your groove on with our certified Hip Hop dance instructor.

Yoga

Yoga is a group of physical, mental and spiritual practices which originated in ancient India. This is a great workout for both your body and mind. Join us to learn gentle breathing practices and the basics of yoga poses.

Synchronized Swimming

Ever wonder how synchronized swimmers hold their breath and still manage to move with such elegance? Hop in the pool to give it a try! Have some fun and learn the secrets of this Olympic sport.

****Proper swimwear is required for this session****

Quilters Surprise

Learn the basics of sewing and quilting and create a great surprise! All completed projects will be donated to the Women's Shelter to help those in need. ****This is a double session, 1.5 hours in length****

Mendi Hands

This is a form of body art from Ancient India in which decorative designs are created on a person's body (we will be covering our hands) using Henna.

Boxing

Float like a butterfly, sting like a bee. This session will teach you some basic boxing moves such as jabs, kicks and strikes.

Fit Girl

Safety in regards to exercise will be the focus of this session as well as proper shoe selection, races and a walk to run 5km program.

Chakras

The seven chakras are the centres in our bodies in which energy flows through. When these chakras energies become blocked it will often lead to illness. Sign up for this session to understand what each chakra represents and what we can do to keep this energy flowing freely. BONUS: Learn your Super Power!

Makeup Care

Learn the basics of makeup application including foundation, blush, mascara, eyeliner etc. as well as proper skin care to maintain that healthy glow!

Disc Golf

Disc Golf is one of the fastest growing sports around. This sport involves throwing a disc (similar to a Frisbee) to a stationary target. Join this session to learn the ins and outs of disc golf.

Nerf Wars

Ready, aim, FIRE! Navigate through the obstacles while hunting down your opponents and trying to avoid being hit!

Survival Skills

Join us to learn the basics of surviving the great outdoors. Topics covered may include fire starting, shelter building etc. ****Please dress for the weather as this is an outdoor session****

Arm Knitting

Arm knitting is just like regular knitting, except your arms are the needles! This is a quick and easy way to make everything from blankets to warm and cozy winter accessories.

Archery

Archery is the sport of using a bow to propel arrows towards targets. Learn the basics of bow positioning, aiming, drawing the arrow etc. ****This is a double session, 1.5 hours in length****