

Session Descriptions: Go Girl 2018

Rugby – rugby is a fast paced, high intensity, FUN game! All players on the field must be able to run, pass, kick and catch the ball. This session will lead you through basic skills followed by a short game. Time to play like a girl!

Gymnastics – Cartwheels, somersaults, balance work and flexibility are some of the activities you will be able to try out in this session. Whether you're flexible or not, gymnastics is for everyone! **additional waiver must be filled out**

Archery- Want to be like Katniss Everdeen? Operating under the National Archery in Schools Program or NASP, students learn about the basics of archery using a compound bow. This session is designed as an introduction and participants require no prior knowledge of archery to participate. With practice, dedication, and self-discipline archers can compete at high level athletic events including the Olympics.

PiYo® (Pilates + Yoga + nonstop movement!) - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout.

You'll sweat, stretch, and strengthen.

**Please bring a yoga mat.

Music Video Dance Party Spin- Who's ready to P-A-R-T-Y at our indoor cycle music video dance party! You won't have time to think of the hill climbs, sprints, and endurance rides because you will be having too much fun!

Survival Skills- Join Brianne 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**

Cheerleading- Give me a G, O, G, I, R, L! What's that spell? GO GIRL! Get ready to chant, cheer and dance with Sabres Cheer from Whitecourt! Cheerleading is the ultimate team sport. WOOOO! **additional waiver must be filled out**

Yoga- Jeanine will guide you through the poses, breathing, and the mind-body connection of yoga.

Riderz Powder Coating Project- In pairs you'll get to sand blast a piece of pipe, or any small metal scrap, choose a powder coat color and spray your piece. Then it's off to the oven. A hardcore art piece at Riderz.

*For girls 13+

Super 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!

3D Pen Necklace- A 3D pen workshop where you'll get to construct your very own piece of jewelry. You choose your colors and construct a unique piece using a new and fun tool – a 3D pen. Not like a glue gun, use the 3D pen to melt plastic and create!

Jumping Fitness- get ready to have some fun on these indoor trampolines! It is a combination of fast and slow jumps, dynamic sprints, and power elements to get your heart racing! All to the beat of some wild music. Want to see it in action? Check out <https://www.jumping-fitness.com/>.

additional waiver must be filled out

RCMP Obstacle Course- Have you ever wanted to attempt a police obstacle course? Get a small taste of the type of fitness it requires to do daily activities as an RCMP Officer. Stairs, running, jumping, pushups and a simulated struggle, are just a few parts of the PARE course that RCMP officers are tested on. Try it out and see for yourself.

Lifeguard Club- Hop in the pool for a refreshing dip while learning about self-rescues, rescuing others, lifeguard fitness, and basic water chemistry! **bring your swim stuff!

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Drumming Circle- Gather around and bang the drum, create a rhythm and connect with friends through music. Music is a pathway to the soul, join in for some relaxation and beat making.

Meditation- Learn the many benefits of whole body wellness from the wisdom of thousands of years and proven by today's scientific research. You will learn how stress affects your whole body and how Meditation can not only help you to manage it better, but actually reverse those affects. We will learn the basics and practice a manta based group Meditation.

Please bring a yoga mat