

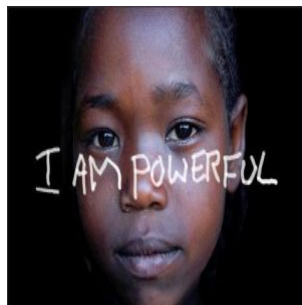
Go Girl



NEW THIS YEAR

This year we will be integrating the “Character Powers” books into our camps. These books help our girls appreciate themselves and others for their positive personal qualities. They are amazing truly inspiring books. It takes us along time to find special things for our program and this addition is superb! they were written by an Educator: Michael Kronick

Go girl is the perfect camp for your daughter. Ages 8-13. The camp activities encourage strong, creative girls to fully embrace their individuality.



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A camp that focuses on what we really want to teach young girls; to love their mind, body and soul!

Not only that! with all that is happening in the world today... and the power that our girls are realizing that they have! we will show them, and help them realize their inner strength as well!

With the ME MOVEMENT...

The next generation of girls has the power to move mountains. They should know that they have the strength and courage to do anything they dream they can! We will help them find their voice.

Not only that! with all that is happening in the world today...

and the power that our girls are realizing that they have! we will show them, and help them realize their inner strength as well!

With the ME MOVEMENT...

WITH THE Children changing Gun Control in the USA today...

they should know that they have the strength and power to do anything they dream they can! We will help them find their voice.

Camp Details

- Activities that build confidence and leadership skills
- All girls!
- Pilates, Hip Hop Dancing (NEW THIS YEAR!!) and yoga
- 2 Swims per week
- Self and media awareness, self-esteem, body image and healthy living focus group discussions
- Spa day!

Locations:2020

Camp Dates

WEEK 1-June 29th-July 3rd (4 day)-Holy Trinity High School-Kanata-180 Katimavik Rd

Week 2-July 6-10th- St. Patrick School-Barrhaven- 68 Larkin Drive

Week 3-Aug 10-14-Sacred Heart High School-5870 Abbott St E-Stittsville-

Camp hours: 9:00 a.m. – 5:00 p.m.

FREE Pre/Post care (8:00-9:00am and 4:00-5:30pm)

Ages: 8 – 13 years

Cost: \$279 + hst for 5 Day Week and \$229 for 4 day Week