



PROGRAM DESCRIPTIONS

**All ages listed are guidelines only.*

Please email if your daughter is younger or older.

We're committed to getting girls of all ages in the game!

Multi-Sport (2 new sports/season): ages 5-10

Our Multi-Sport program is designed in adherence to Sport Canada's Long Term Athlete Development Model. We teach 3 new sports per season, focusing on skill development, team building and fun! Some of the sports that we introduce include: basketball, volleyball, football, floor hockey, tennis/badminton, rugby, soccer, lacrosse and track and field.

Sport and Self-Esteem Camps: ages 5-12

Our special Sport and Self-Esteem camps run once over the Easter school break, and once over the summer school break. Each day begins with sport instruction and skill development. We then progress to discussions and activities on the following topics:

- Recognizing and celebrating your talents and beauty
- Creating and maintaining healthy friendships
- Body image and media awareness
- Developing personal self-confidence
- Dealing with girl bullying (gossip, excluding, cliques)
- Understanding nutrition as fuel for your body

Curling: ages 7-12

Our Curling program is a great way to introduce your participant to a sport that is sweeping through many Canadian communities. Participants learn from the best of the best with guest coaching appearances from Olympic GOLD MEDALISTS Jan Betker and Joan McCusker and Scotties Tournament of Hearts Champion Amber Holland.

Learn to Run: ages 5-12

Our Learn to Run program teaches the basics of running, in a fun and exciting way. We teach sprinting, and middle distance running through the use of creative games.

Yoga: ages 5-12

Our Yoga class is designed to increase participant strength and flexibility through the use of fun yoga poses and postures. Participants receive their own yoga mat to keep.

Gymnastics: ages 5-12

Sport Canada tells us that gymnastics are a foundational aspect of all sport development.

At Girls in the Game we value the strength and conditioning aspects of gymnastics in a skill-based and non-competitive manner. Lessons will be taught by a trained gymnastics coach, adhering to the Girls in the Game approach.

Cheerleading: ages 7-12

Our cheerleading class is a combination of fundamental gymnastics skills (jumps, cartwheels, etc) and dance. This is an introductory class. We will not be attempting dangerous stunts, we will be teaching the basics to cheerleading as a sport. The girls will learn different skills, working towards the creation of an athletic cheerleading routine at the end. This class is a TON of fun!

Aquatics (Water Polo/Synchronized Swimming): ages 7-12

We spend 3 weeks learning the basic skills for water polo, followed by another 3 weeks of synchronized swimming lessons. No swimming experience is necessary, and lifeguards are also on duty to ensure our participant safety. NCCP trained female coaches will guide each session. This is a great opportunity to experience some really cool water sports!



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Mom & Me Yoga: all ages

This class is a great way to bond with your daughter! This class is led by a certified yoga instructor and provides opportunities for both mom and daughter to build strength and increase flexibility. Makes mom a great role model for active living!

Mom & Me Zumbatomic®: ages 7-12 and mom

Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the Mom and Me Zumbatomic® class. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 7-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove. This is a great way to role model active living for your daughter and a great way to learn some new dance moves yourself!

Golfing: ages 7-12

This is an incredible opportunity for Girls in the Game participants to experience professional golf instruction from a Canadian PGA golf instructor. Participation in these one-day camps includes supper (provided by the Wascana Golf and Country Club), an official Girls in the Game golf dress, and the use of junior-sized golf clubs for each participant that day.

The golf camps teach our girls: (1) the basics of the grip, setup and swing, (2) driving range instruction (group and individual), (3) short game instruction, (4) rules & etiquette of the game, (5) on-course instruction, (6) equipment use instruction

Tennis: ages 7-12

Our intro to tennis class starts with half-court tennis set-up, teaching the basic tennis techniques. We progress to game rules; etiquette and court play during the session. Junior tennis racquets are provided for your use.

Learn to Twirl (Baton): ages 7-12

This introductory baton class is a really great way to improve your hand-eye coordination as well as your speed and agility. Learn how to twirl, spin, throw and catch the baton with grace! Classes are taught by coaches from the Saskatchewan Baton Association.

Rock Climbing: ages 7-12

Join us on the Rock Wall at Level 10 Fitness for some AWESOME rock climbing adventures. A certified rock climbing instructor will show you how to climb, scramble, belay and more!

Moms on the Move: all moms!

Level 10 Fitness offers our participants with personal training sessions during some of our classes. You get the incredible opportunity to work-out with a certified personal trainer from Level 10, all the while role modeling physical activity for your daughter!!!

Volleyball: ages 7-12

This is a really great intro to volleyball class. We use specialized trainer balls and smaller nets to get things started. We then progress from basic skill development to game play – join us!

We're adding new programs all the time, based on participant requests.

If you have an idea for a program that you'd like us to run, don't hesitate to send us an email!

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www.girlsinthegame.ca