

# Girls in Action!



*Come join our Girls in Action program for girls ages 13 to 15! This program incorporates many types of sport activities, including basketball, soccer, baseball, floor hockey, and more! Girls will develop confidence in sport that encourages a healthy and active lifestyle!*



## **About us:**

Girls in Action is part of the Centre for Healthy Communities at Wilfrid Laurier University. Adolescent girls tend to drop out of sport as they get older, choosing other (great) activities, but losing physical activity opportunities. The focus of Girls in Action is to increase confidence in sports skills, so girls are excited to keep playing as they grow up. The program is run and supported by female university volunteers.

**Fall 2022**

**Tuesdays**

**6:30-7:30pm**

**Ages 13 to 15**

**8-week session:**

**Start: October 18<sup>th</sup>**

**End: December 6<sup>th</sup>**

**Where: 66 Hickory Street W.  
Waterloo**

**Cost: FREE!**



**Contact Nicole to register [nluymes@wlu.ca](mailto:nluymes@wlu.ca), 519.546.4891**