



For primary school girls aged 7-11

**Starting on: Saturday 2nd February 2019
11am-12.30pm**

At: Hornsey Lane Estate Community Centre

A programme to build confidence and self esteem in girls, helping them to be more physically active in a fun, supportive and non competitive environment

There is no charge for our programme, contributions welcome.

Pre registration is required, these are not drop in sessions.

Discussions, journal work, activities, games & structured workouts. The mentors and girls work towards a 5km challenge at the end of the 8 week, once a week programme- a huge celebration of everything they have learned together!

We help the girls really feel how moving at their happy pace, positively affects their physical, mental and emotional health

For registration forms and to reserve your place (max 12 per programme):
email khara@minimermaidrunningclub.org or call 07808 160909

www.minimermaiduk.com