

**Sponsored By:**

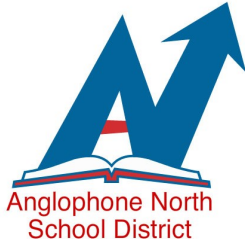
Miramichi Community Wellness and Recreation, Anglophone North School District, NB Dept of Healthy and Inclusive Communities, NBCC-Miramichi, Horizon Health Network Miramichi Zone, MANGO



New  Nouveau  
**Brunswick**

**MANGO**

*Eat Well... Be Active!  
Mangez bien... Bougez!  
Kelulk Mijjuagan... Seskuek!*



Anglophone North  
School District



**For More Information Contact:**  
Jason Walsh, BRLS

**Miramichi Community Wellness and Recreation**

94-4 General Manson Way  
Miramichi NB  
E1N 6K8

Phone: 506-623-2054

Fax: 506-623-2306

E-mail: [jason.walsh@miramichi.org](mailto:jason.walsh@miramichi.org)



# SCHEDULE

<b>Time:</b>	<b><u>GO GIRL! 2013 Schedule</u></b>
<b>9:00-10:00</b>	<b>Registration and Guest Speaker</b>
<b>10-10:45</b>	<b><u>Session # 1</u></b>
	<b>A1 Yoga</b>
	<b>A2 Geocaching</b>
	<b>A3 Aqua Fitness</b>
	<b>A4 Tennis</b>
	<b>A5 Learn to Run</b>
	<b>A6 Cardio Bosu Fitness</b>
	<b>A7 Rugby</b>
	<b>A8 Elements Course 1</b>
	<b>A9 Mountain Biking</b>
	<b>A10 Ultimate Frisbee</b>
	<b>A11 Power Up Fitness</b>
<b>10:45-11:00</b>	<b>Snack Time</b>
<b>11:00-11:45</b>	<b><u>Session #2</u></b>
	<b>B1 Yoga</b>
	<b>B2 Geocaching</b>
	<b>B3 Aquafitness</b>
	<b>B4 Tennis</b>
	<b>B5 Learn to Run</b>
	<b>B6 Cardio Bosu Fitness</b>
	<b>B7 Rugby</b>
	<b>A8 Elements 1 Continued</b>
	<b>B9 Mountain Biking</b>
	<b>B10 Ultimate Frisbee</b>
	<b>B11 Power Up Fitness</b>
<b>11:45-12:15</b>	<b>Lunch</b>
<b>12:30-1:30</b>	<b><u>Session #3</u></b>
	<b>C1 Swimming</b>
	<b>C2 Elements Course 2</b>
	<b>C3 Tennis</b>
	<b>C4 Open Activities— GYM</b>
	<b>C5 Soccer</b>
	<b>C6 Ultimate Frisbee</b>



**GO GIRL  
Festival  
2013**

**Wednesday, May 29th,  
2013  
9:00am-2:00pm  
MIRAMICHI VALLEY HIGH  
SCHOOL  
Transportation provided**

**Note: Schedule subject to change due to weather.**

# GO GIRLS FESTIVAL 2013

Go Girl! Is an energy packed one day ACTIVE event for girls in grades 6-9. This event will encourage non-active girls to pursue sport/physical activities and an active life-style. Girls are invited to "see and try" a variety of sport and physical activity pursuits. They will also be provided with motivational opportunities and resources on nutrition and wellness.



By attending this event, each participant will have tried a wide range of activities, received information on where to further pursue activities of choice, received information on dealing with nutrition and wellness, and most importantly had a safe, fun, and enjoyable experience!

## REGISTRATION

\*\*Please fill in your session choices according to preference by indicating session code name on schedule. See back page for schedule.

TIME:	1st	2nd	3rd
10-10:45	_____	_____	_____
11-11:45	_____	_____	_____
11:45-12:30	LUNCH and Speaker		
12:30-1:30	_____	_____	_____

Please remember to bring comfortable gym clothes, sneakers, swimsuit and towel.



Miramichi Community Wellness and Recreation  
94-4 General Manson Way  
Miramichi, NB

City of -- Ville de  
MIRAMICHI

### Permission to Publish Photograph

I give permission to the City of Miramichi to use any photographs or moving images of \_\_\_\_\_ taken during participation in the Go Girl Festival related events (co-and extra-curricular events, class activities, and special events/assemblies). Such photos may be used in City of Miramichi publications (i.e. brochures, newsletters, and websites) and in submissions to the local paper and any other agency as authorized/sanctioned by City of Miramichi understand these photos will be used purely for publicity purposes.

I further give permission for agencies and organizations authorized by City of Miramichi to videotape and/or interview my child.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

## Who Should Attend:

**GIRLS—Grade 6-9**

**GIRLS—** interested in basic skills related to a variety of fun physical activities.

**GIRLS—** who wish to learn more about healthy active lifestyles

**GIRLS—** who are thinking about adopting a healthy active lifestyle.

## How to Sign Up!

**\*Drop off completed registration form to School Champion no later than May 22.**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_ School: \_\_\_\_\_

T-Shirt Size: Small Med Lg XL  
(adult sizes)

Medical Information (allergies,etc.):