

Girls Healthy Living Week 2008

Event	Additional Details	Host	Date	Time	Contact Information	Phone
Kick Boxing Fitness Class	Get a good workout and have fun	Shelburne Regional High	Monday Feb 18	11:15am	Adam Dedrick	876 2831
Yoga Sampler		Shelburne Regional High	Tuesday Feb 19	11:15am	Adam Dedrick	876 2831
Quick & Healthy Snacks Session	Learn how to make quick healthy snacks	Shelburne Regional High	Wednesday Feb 20	11:15am	Adam Dedrick	876 2831
Drop in Badminton		Shelburne Regional High	Wednesday Feb 20	6:30pm - 8:45pm	Adam Dedrick	876 2831
Broomball	equipment provided, helmets must be worn	Shelburne Arena	Wednesday Feb 20	5:45pm - 6:45pm	Adam Dedrick	876 2831
Staff vs Girls	Activity TBA	Shelburne Regional High	Thursday Feb 21	Lunch Time	Adam Dedrick	876 2831
Free Skate		Shelburne Arena	Friday Feb 22	1:00pm - 2:30pm	Adam Dedrick	876 2831
Free Use of Fitness Center		Shelburne Regional High	Monday-Thursday	5:45pm - 8:45pm	Adam Dedrick	876 2831
Yoga	Yoga with Monique d'Eon	Forest Ridge Academy	Wednesday Feb 20	1:00pm - 2:00pm	Mike Smith	637 4340
Co-operative Games	With Anna Kenney	Forest Ridge Academy		1:00pm - 2:00pm	Mike Smith	637 4340
Girl Power	Guest- Healthy Body Image/Healthy Eating, Dance demo, Fruit fondue	Drumlin Heights	Friday, February 22	12:00pm - 2:00pm	Amy Cottreau & Rhoda Mosley	643 6000

Kick Boxing/ Hip Hop Class	Lola Sears will be conducting a class/ Nutrition Talk	ERMES	Wednesday Feb 20	8:15am - 10:00am	Gail Goreham	723 3800
Girls Week in the gym	Skipping, hoola hoop contest, games	ERMES	February 18-22	Lunch Time	Gail Goreham	723 3800
Taking Care of You	Info Session	Weymouth Consolidated	Monday Feb 18	9:00am - 1:00pm	Mary Thomas	837-2310
Hip Hop Dance Workshop	Learn Hip Hop Dance at the DRHS Gym	Digby Regional High School	Monday Feb 18	3:30pm - 4:30pm	Joelle d'Entremont	245-7503
Intro to Kin-Ball	Learn how to play the exciting sport Kin-ball	Maple Grove Education Center	Wednesday Feb 20	3:30pm - 5:00pm	Liz Bishara	749-5160
Girls only gym time	for all grades @ MGEC	Maple Grove Education Center	during Intramurals	during reg intramurals	Liz Bishara	749-5160
Tri-County Women's Center	"Killing us Softly" Video & Discussion	Yarmouth Jr. High	Friday Feb 22	2:05pm - 3:10pm	Leslee LeBlanc	749-2843
Healthy Cooking	Free Healthy Lunch	Yarmouth Jr. High	Wednesday Feb 20	12:00pm - 12:45pm	Leslee LeBlanc	749-2843
Girls After School Program	DDR, Basketball, floor hockey, music, and snacks	Yarmouth Jr. High	Tuesday Feb 19	3:20pm - 4:20pm	Leslee LeBlanc	749-2843
Nutrition info session	Special guest speaker Nutritionist Natalie Potthier	Carleton Consilidated	Monday Feb 18	12:15pm - 12:50pm	Lori Sigfridson	761-4200
Yoga		Carleton Consilidated	Wednesday Feb 20	12:15pm - 12:50pm	Lori Sigfridson	761-4200
Girl Power	With Michelle Archibald-Hatti	Carleton Consilidated	Friday Feb 22	12:15pm - 12:50pm	Lori Sigfridson	761-4200
Girls Moonlight Sledding Party	Yarmouth Links Golf Club (bring sled) ages 13-17	Yarmouth Lesisure Services	Thursday Feb 21	8:00pm - 9:30pm	Misty Doucette	742-8868

Hip Hop Abs	for girls aged 13-17	YMCA	Monday February 18	4:15pm - 5:00pm	Cindy Nickerson	742-7181
Cardio Boot Camp	for girls aged 13-17	YMCA	Monday February 18	5:15pm - 6:15pm	Cindy Nickerson	742-7181
How to Design a Workout Program	chance to try out machines (pre-register req) ages 13- 17	YMCA	Thursday February 21	3:45pm - 5:00pm	Cindy Nickerson	742-7181
Cardio Kick	aerobics class for girls aged 13-17	YMCA	Thursday February 21	5:15pm - 6:15pm	Cindy Nickerson	742-7181
Friday Night Rocks	Swimming, DDR, Wii, Gym, Trampoline, Games Room (Ages 5-12)	YMCA	Friday February 22	6:00pm - 8:00pm	Cindy Nickerson	742-7181
Friday Night Rocks	Swimming, DDR, Wii, Gym, Weight Room, Cardio Room (Ages 13-17)	YMCA	Friday February 22	8:00pm - 10:00pm	Cindy Nickerson	742-7181