

FUELED BY GRL PWR

Two stylized pink lightning bolts with a halftone dot pattern, one on the left and one on the right, framing the central text.

An empowering camp for girls grades 7-12

CAMP WILL INCLUDE:

- Strength training and conditioning to help build mental & physical strength
- "Circle Up"- topics that effect girls today will be discussed each week
- Activities, Journaling & Vision Boards
- Some Topics/ themes that will be discussed & focused on are:
Motivation vs/ Commitment, Challenges as opportunities not barriers, Confidence in being capable, Finding your "why", Self - care & healthy habits, Routine building in your daily lives
- Mindful minutes/ meditation

Tuesdays 6:30-8:30 pm

Session One: June 15, 22, 29

Session Two: July 27, August 3, August 10

Cost per session: \$45.00 includes journal & vision board supplies

CALL TODAY TO REGISTER or FOR MORE INFORMATION:

#440-546-0123

Or email hayley@creativemovementcenter.com

*** Our response to Covid this summer: 1) We practice social distancing 2) Dancers are assigned their own dance spots 3) We sanitize surfaces hourly and take temperatures whenever a person arrives to CMC 4) All school age children are required to wear masks*