



Free Programs Now Available at select Recreation Centres!

A safe and inclusive space to move, play and have fun for anyone who identifies as a girl ages 9 to 17 years. All programs will be led by staff who identify as women/girls and are trained in delivering girl-focused programming. These programs are focused on developing resiliency, building confidence and fostering friendships while actively engaging in sport and movement.

girls who **move**

Allows participants to learn, develop and practice fundamental movement skills in a safe, positive and welcoming space. In addition to the active portion of the program, participants will engage in activities, games and crafts focused around developing resiliency, building confidence and friendships and promoting a healthy body image.

**D.A. Riverdale
Community Centre
(9-12 years)**
Mon Jan 6 | 6:15 p.m.
00001663

**Hill Park
Recreation Centre
(9-12 years)**
Thu Jan 9 | 5:00 p.m.
00001705

**Norman Pinky Lewis
Recreation Centre
(9-12 years)**
Thu Jan 9 | 6:00 p.m.
00001757

girls who **play**

Designed to further develop physical literacy skills by introducing basic skills of a variety of sports. Through positive encouragement and game-play in groups, participants will begin to build confidence in their personal abilities.

**D.A. Riverdale
Community Centre
(9-12 years)**
Mon Jan 6 | 7:30 p.m.
00001664

**Hill Park
Recreation Centre
(9-12 years)**
Thu Jan 9 | 6:15 p.m.
00001706

**Kanétskare
Recreation Centre
(9-12 years)**
Mon Jan 13 | 6:00 p.m.
00007398

girls who **train**

An interval training cardio class based on fundamental sport movement that will improve speed, endurance, strength and overall fitness performance. Led by a certified fitness instructor.

**Bernie Morelli
Recreation Centre
(9-12 years)**
Fri Jan 10 | 6:00 p.m.
00001616

**Bernie Morelli
Recreation Centre
(13-17 years)**
Fri Jan 10 | 7:15 p.m.
00001615

Have a question about Girls Who Can Programs?

Contact our Inclusion team at
accessiblerec@hamilton.ca

hamilton.ca/registration