



## 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 April 7 | 6:15 p.m.  
00009803

**Hill Park  
Recreation Centre  
( 9-12 years )**  
Thu April 10 | 5:00 p.m.  
00009974

**Norman Pinky Lewis  
Recreation Centre  
( 9-12 years )**  
Wed April 9 | 6:00 p.m.  
00008582

### *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  
( 13-17 years )**  
Mon April 7 | 7:30 p.m.  
00009814

**Hill Park  
Recreation Centre  
( 9-12 years )**  
Thu April 10 | 6:15 p.m.  
00009975

**Kanétskare  
Recreation Centre  
( 9-12 years )**  
Mon April 7 | 6:00 p.m.  
00010564

### *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 April 11 | 6:00 p.m.  
00008862

**Bernie Morelli  
Recreation Centre  
( 13-17 years )**  
Fri April 11 | 7:15 p.m.  
00008859

### Have a question about Girls Who Can Programs?

Contact our Inclusion team at  
[accessiblerec@hamilton.ca](mailto:accessiblerec@hamilton.ca)

[hamilton.ca/registration](https://hamilton.ca/registration)