



STRONG AND EMPOWERED

AFTERSCHOOL ENRICHMENT FOR GIRLS

Be Strong, Be Smart, Be Amazing!

Girl Power Go is a program designed to get girls excited about fitness and feeling fabulous while making new friends. The YMCA is offering a NEW 8 week class at Bellingham Memorial School—combining life lessons, positive thinking & physical activity.



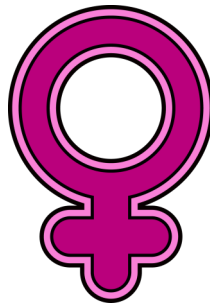
Girls will learn strategies and develop tools to build strong connections to self and others. How to be brave and courageous, while still being loving and kind. Healthy eating, the importance of rest, how to stand in your power and how to be a good friend are just some of the topics covered. Includes fun fitness segments such as boot-camp, yoga, strength training, teamwork games and kick boxing.

FOR GRADES 4 - 7

Runs: March 26–May 21

Cost: \$150*

Contact: Kim Jennings
kjennings@hockymca.org



Enroll today by submitting registration form (over) to the Y or calling the Y at 508-528-8708. Payment can be mailed to the Y at 45 Forge Hill Road, Franklin 02038.

***Open to non members of the Y. YMCA members and Schools Out participants receive 25% discount.**

WHERE:
Bellingham Memorial

MONDAYS,
March 26 and
April 2, 9, 23, 30
and May 7, 14, 21

2:20–3:05pm
(late bus avail.)

For more information, visit hockymca.org/girl-power-go



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOCKOMOCK AREA YMCA ENRICHMENT REGISTRATION FORM

Program location: BMMS

Child's Name: _____ Gender _____ Age _____ DOB _____

School Child Attends _____ Teachers Name _____ Grade _____

Parent/Guardian Name: _____

Address: _____

Phone: _____ Cell Phone: _____

Email (to receive program updates): _____

Emergency Contact Name _____ Phone: _____

Emergency Contact Name _____ Phone: _____

List any special needs / medical conditions that we should know _____

**We do not have access to medications in the school nurse's office during the time of the YMCA program. If medication is or may be necessary, please indicate so that we can follow up to make arrangements.*

Parent / Guardian Agreement:

I hereby certify that this child is in good health and is capable of participating in the Bernon Family YMCA/ BASE Enrichment Program. I hereby authorize the YMCA to obtain medical treatment for my child/ren in the event that the parent and emergency contact person cannot be reached. I agree to hold free from all claims for damages the YMCA BASE Program and its officers, directors, members, employees, agents or volunteers and release them from any liability for any injury that I or my child might sustain while participating in the activities listed on this form.

Signature: _____ Date _____

The following Individuals along with the Parent/ Guardian and Emergency Contacts may pick-up your child (MUST show photo ID).

Please return forms and payment in person or mail to:

Franklin YMCA, 45 Forge Hill Rd, Franklin, Ma 02038 or contact Kim Jennings @ kjennings@hockymca.org

8 Week Class \$150 per child.* You do not need to be a YMCA member. YMCA members and girls enrolled in the Bellingham Schools Out child care program will receive 25% discount off the enrollment. *NO PROGRAM APRIL VACATION

******PLEASE DO NOT RETURN THIS FORM TO YOUR CHILD'S SCHOOL******

Please choose payment option:

☐ Cash ☐ Check (Payable to Hockomock Area YMCA) ☐ Credit Card (please enter number below)

Card Type _____ Card Number _____ Exp _____ CCV# _____

Card Holder Name _____ Card Holder Signature _____

Signature of Parent/Guardian _____ Date: _____