



**dazzle**  
creative events for children

# GIRL POWER



**Building girls self-esteem and physical confidence  
through sport, dance, yoga and lifestyle choices**

# GIRL POWER

Minchinhampton Youth Centre  
Saturday January 19th & 26th, February 2nd & 9th  
March 2nd, 9th, 16th & 23rd  
Ages 5-7 - 9.15am-10.45am (arrive from 9am)  
Ages 8-11 - 11am-12.30pm (arrive from 10.45am)  
£70 per child - 8 week course

*If your daughter would like to try a session of Girl Power or join part way through the course please contact Sarah at Dazzle to check availability.*



*"Girl Power is her favourite part of the weekend"*

GIRL POWER is a new creation of Dazzle and a unique opportunity for your daughter. Tailored specifically for girls, the courses aim to enhance the social-emotional well-being, physical confidence and self-esteem of girls through team sports, dance and yoga.

Many girls need a different environment to be allowed to try new skills, express themselves creatively and grow in confidence. A space to develop confidence to be themselves, to be healthy, to try new things, to respect themselves and respect others. Girl Power aims to provide this place.



*"She said it was amazing and has been talking yoga non-stop"*



*"She is already drinking more water every day"*

## **A typical session at Girl Power!**

The class starts with a fun warm up game to get the mind and body ready before moving onto the principal sport activity.

Girl Power this Spring will focus on the basic skills, rules and positions of Hockey and Parkour and when the weather allows, we will take advantage of the Astro Turf facilities and practise these new skills outside.

After a short snack break the girls will put on their dancing feet to work on an upbeat dance routine. This term the girls will be exploring the iconic steps, rhythm and history of the Cha Cha and Streetdance.

The group then heads to the cosy mat circle for a relaxing stretch to concentrate on breathing techniques and fun, yoga inspired sequences.

Girl Power closes with a chat and the topics can vary from diet, friendship skills, fitness advice, body image, relaxation techniques to local sports opportunities.

Incentives, tips and information handouts for their personal Girl Power folder link the classes, encourage practise and further interest.



*"Sarah, look at how many keepy uppies I did last week"*

## VENUE

The venue for Girl Power is Minchinhampton Youth Centre, Tobacconist Road, Minchinhampton, Gloucestershire, GL6 9JJ

There is ample, free on-site parking and wheelchair access.

Henry's Coffee House & The Kitchen are local cafes open on Saturday mornings.



Simply visit the calendar page on [dazzleworkshops.co.uk](http://dazzleworkshops.co.uk) and click on the course you would like to book for your child. A little information is required upon booking and you can choose to pay by bank transfer or via PayPal.

A refund or credit can be offered with a weeks cancellation or is replaced by another booking. Only girls booked on to the 8 week course will receive the Girl Power folder.

## BOOKING

## TERMS

- Girl Power is for girls aged 5-11 years
- There is a maximum of 15 places available on each course
- Water will be available at all times but your daughter is welcome to bring along a drink and energy snack
- Please ensure your daughter wears suitable clothing and footwear to exercise in.
- Dazzle is 'techno free' so please do not bring along any phones or games
- Whilst at Girl Power we ask the girls to respect one another, use socially acceptable behaviour, participate in a variety of activities, ask for help if needed and enjoy their time at Girl Power. If your child requires extra support please contact Sarah at Dazzle to discuss this.
- During Girl Power the youth centre doors will be locked. If you need to contact us during the session please text or call 07979848280.
- Please notify a member of the Dazzle team upon arrival of any allergies, medical conditions or items required such as inhalers during their time at the club.



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## CONTACT

If you are interested in your daughters school running a Girl Power course please contact Sarah at Dazzle.



dazzleworkshops  
[www.dazzleworkshops.co.uk](http://www.dazzleworkshops.co.uk)