



# Girls Fitness Club

A Program Designed to Inspire Self-Confidence and Good Health

A Program Funded by  
My Future Initiative (MyFi) & the Center for Collaborative Planning

[www.connectccp.org](http://www.connectccp.org)



## You Will Learn

- Team building & leadership skills that will give you self-confidence
- Basics of nutrition and the importance of making good meal choices
- Effective ways to make fitness a positive way of life

<b>WHO:</b>	For girls ages 10-15
<b>DAYS/DATES:</b>	Mondays & Wednesdays, June 24 <sup>th</sup> to August 8 <sup>th</sup> , 2013 (Summer Session)
<b>TIMES:</b>	1:00-2:30pm
<b>WHERE:</b>	Swanston Community Center (2350 Northrop Avenue)
<b>COST:</b>	FREE (Includes one outdoor field trip and a culminating event)



## For More Information

Program Director: Deputy Dana Vicory 875-8894  
dvicory@sacsheriff.com

OR

SCIP Office: 333.6464 ext 3106

[www.sacscip.org](http://www.sacscip.org)



This is not a program of the San Juan Unified School District and San Juan accepts no liability for this program

**CUT HERE & RETURN TO:** SCIP 2350 Northrop Ave Sacramento CA 95825

## GFC- Summer Session 2013

### Pre-Registration & Interest Form

Yes. I am interested in registering for this activity. Current member of SCIP?  Yes  No Please send me a membership application

Student's Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City

Zip