




GO GIRL - SESSION DESCRIPTIONS




Nerf Wars	Get ready for all kinds of nerf fun! Play capture the flag with nerf guns, compete in friendly target shooting challenges, and attempt hunger games: nerf edition.
Water Smart	Learn about Water Smart choices and behaviors to feel more confident in and around water! This session takes place in our pool – swimsuit and towel required.
Fire Fit	Do you have what it takes to be a firefighter? Challenge yourself by attempting some of the physical requirements of fire-fighting tasks!
Gymnastics	Combine balance, strength, flexibility as you explore the four main disciplines in women's artistic gymnastics: balance beam, uneven bars, vault, and floor. Try a variety of skills, progressions, and artistic movements! ADDITIONAL WAIVER REQUIRED.
Aerial Arts	Start out with strengthening exercises, followed by technical work on the equipment (Hoop, Trapeze and Silks), then finish off with stretching work. Classes work toward a short routine you can be proud of! This is a beginner friendly session and is mindful of individual comfort. Please wear zipper-free clothing. ADDITIONAL WAIVER REQUIRED.
Yoga	In this session we will explore the mind body connection by moving our bodies through various yoga poses and guided breathing. Expect to stretch, become more relaxed and have some laughs with this class. BYO yoga mat if you have one, mats available to borrow.
Intro to Karate	Explore the martial art of Karate and learn basic techniques, including punches and kicks! Instructors will teach you a “Kata” – a sequence of movements focusing on proper form.
Hip Hop	Join instructor Amy Wesolowsky for a high-energy hip hop class! You will learn basic hip hop moves as well as a short combination to show off!
Drumming & Spirit Animals	Join Mackenzie (our keynote speaker) to learn about the importance of animals in Cree cultures. Be guided through a drumming meditation to find out your own spirit animal!
iPhone Photography	Get ready to take your Instagram game to the next level with Jordan Conarro Originals! Learn how to make your photos pop using just your trusty iPhone. We'll cover everything from exploring the settings that your phone offers, to discovering the best apps to enhance your pictures. Get ready to unleash your inner photographer and wow your friends with your newfound skills. Say cheese!
Paint & Plant	Decorate a pot to plant your very own houseplant in and learn some tips and tricks on keeping your plants healthy and happy.
Henna	Henna (also known as Mehndi) is a plant-based dye that can be used as body paint. Learn about the art of Henna and try it out on yourself! This workshop involves the use of potential allergens: lemon, tea tree, latex (for gloves), and henna.

GO GIRL conference keynote speaker: Mackenzie Brown



SPEAKER BIO: Mackenzie Brown (she/her) is a First Nations Cree woman from the Sturgeon Lake Cree Nation, currently residing in Mohkinstsis, Calgary. She is a performer, drummer, tourism entrepreneur, philanthropist and advocate for at-risk youth. Mackenzie and her mom perform as “Warrior Women”, drumming and teaching around Alberta. Mackenzie is also an avid acrylic and mural artist and traditional crafts artisan.

KEYNOTE TOPIC: Mackenzie will chat about her artistic and leadership journey and hurdles along the way from growing up in a rural setting and then coming to large urban centers and finding her “why” in the midst of it all.

WHAT YOU NEED TO KNOW:

How do I know which sessions I’m in? When you arrive, a nametag will be provided. Your individual schedule will be on the back of your nametag!

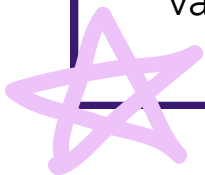
What to wear? Comfortable athletic clothing that is easy for you to move in. *Some sessions have additional requirements (see session descriptions).

What to bring? Indoor running shoes, water bottle & any additional items required for your top 5 sessions (ie. a swimsuit & towel for Water Smart).

Will there be a place to leave my belongings during the sessions?

Each community will have a designated dressing room to keep their belongings, and your community leader will have a key for you to access.

Lunch & snacks: Lunch will be a build-your-own rice or salad bowl. A variety of snacks will be available throughout the day. Be sure to list any dietary concerns you may have on the registration form.



IMPORTANT