

Schofield Fall 2021 After School Enrichment Activity #422503

Girlhood

Instructor: Ashley Ranaldi M.Ed

Early teen girls are faced with many factors that can affect their self-esteem. Factors such as changing bodies, friendships, nutrition, finding exercise they enjoy and keeping a healthy balance can all prove to be overwhelming.

Join us for an hour of comradery, empowerment, exercise and nutrition education to help keep your emerging teen happy and healthy. Please wear clothes you can exercise in and sneakers.

6 weeks

Min: 6 /Max: 10

S#	Grade	Day	Time	Date	Price
01	4-5	Thurs	3:10-4:10pm	10/28-12/16 (No 11/11 & 11/25)	\$140.00

WE are hoping to have more programs offered at Schofield soon! Stay tuned!

Registration begins: Monday, 10/18 at 10:00am
online

Register online at wellesleyrec.org. Search by **Activity #**. Please note that you will need to log in to sign up for classes. If you don't have a user account, you will have to call (781) 235-2370 and the Recreation Department will create a new account for you.

You can also call (781) 235-2370 to register.