

WHAT IS GIRLS NIGHT IN?

Girls Night In is a free 7-week program specifically designed for 5th grade girls. Each week explores a different topic, including positive relationships and healthy choices, and includes healthy snacks and fun physical activities like Zumba and yoga!

HOW DO I SIGN UP?

Return your completed registration form to Alyson Sauter by March 12th, 2019.

Participants will receive confirmation of participation by March 15th, 2019.

DATES & LOCATIONS:

Hudson YMCA Rotary Teen Center
Tuesdays 5:30-7:30PM:
3/26, 4/2, 4/9, 4/16,
4/23, 4/30, 5/7

Questions?

Alyson Sauter
651.269.9659
Alyson.Sauter@ymcamn.org



YMCA in Hudson, WI
2211 Vine Street
Hudson WI 54016
P 715-386-1616



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BE STRONG BE BOLD BE FEARLESS

GIRLS NIGHT IN

5TH GRADE | 7-WEEK PROGRAM

HUDSON YMCA ROTARY

TEEN CENTER



HUDSON GIRLS NIGHT IN SPRING 2019 REGISTRATION

Please complete and return to Alyson Sauter no later than 3/12/19. Registrations can be scanned via email, or brought directly to Member Services.

Participant Name _____

Birth Date _____ Age _____

Street Address _____ City _____ State _____ Zip code _____

Home Phone _____ Participant Email _____

Please list any food/environmental allergies: _____

Please list any social/emotional needs: _____

Parent/Guardian Name _____

Home Address _____ City _____ State _____ Zipcode _____

Day Phone/Cell Phone _____ Home Phone _____

Parent/Guardian Email _____

Emergency Contact Information:

Name _____ Relationship _____

Phone Number _____ Email _____