

GLOW GIRLS AT YSGOL BAE BAGLAN

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What we AIM to do;

- **create a sustainable session for young girls to get involved with from the local area age 7-11.**
- **using dance and multisport sessions that are open to the community for all young girls to grow confidence and benefit their health and wellbeing**
- **sessions being 1 hour at a time with an option of 30 minutes dance and 30 minutes multisports or a full 60 minutes of one. giving thee girls a choice on what they want to sample and to fully enjoy what theiur doing.**

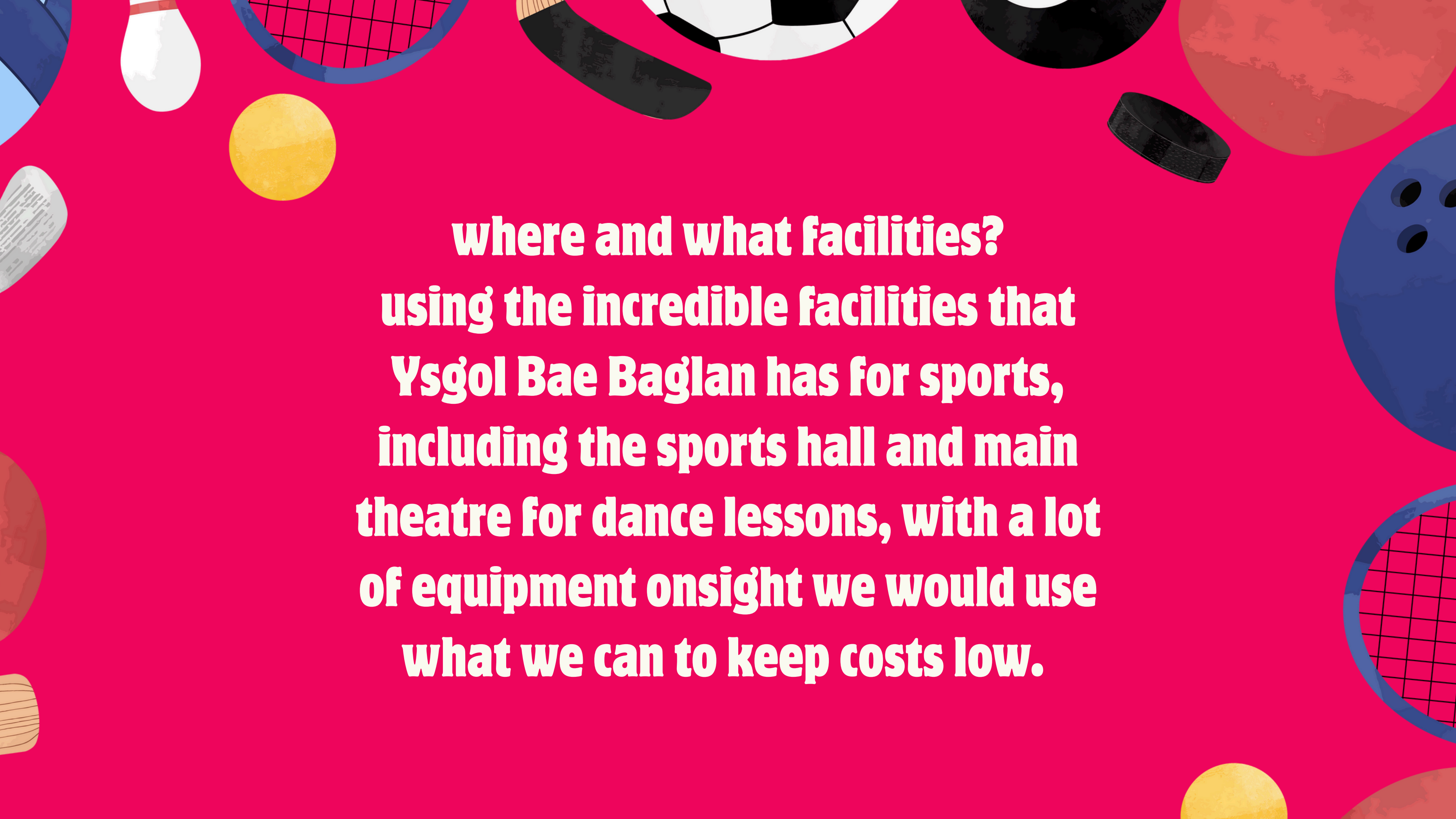


- Examples of activities that will be sampled;**
- **dance sessions including songs from childrens favourite artists and trending music - stress free**
 - **various sports activities using the sports survey to include fan-favourites and asking the children for feedback**
 - **the option on what to join in with**
 - **supportive and encourgaing staff members**
 - **empowerment and mindfulness chats and seminer events**
 - **sports including; netball,hockey,rounders and athletics (ybb sports survey)**

**GIRL
POWER**







**where and what facilities?
using the incredible facilities that
Ysgol Bae Baglan has for sports,
including the sports hall and main
theatre for dance lessons, with a lot
of equipment onsite we would use
what we can to keep costs low.**

staffing and overhead costs:

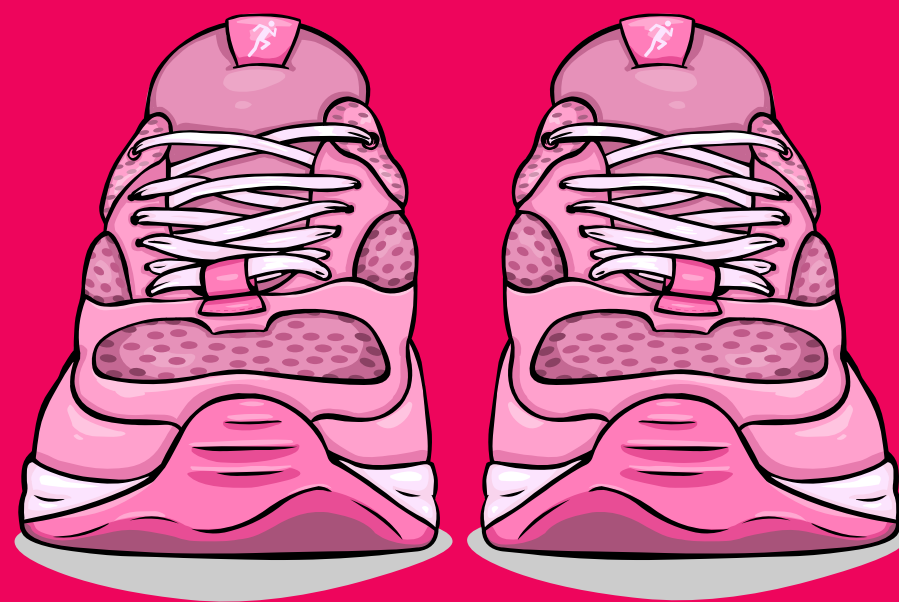
- **to keep staffing costs to a minimum we would utilise the students of the school needing volunteering (DOFE) to help run things along side students of sports colleges and instructors creating an inspiring unit of women. we would also have costs of drinks and refreshments that we would make a profit on to regulate a small income as well as t-shirts for the parttakers to purchase if wanted- no pressure! sessions would be £2 a time with a sibling discount of £3 for both!**





BOOK NOW

**how to book? how many at a time?
bookable online or through the email
attached to the leaflet or advertisement. each
session will be up to 25 girls.**



partners and funding-
being able to partner up and collaborate with small business or large
partners within the area and waleds can be a great way to keep it
fresh and sustainable for longterm suces
examples;
sport wales funding
npt council
npt pass
aberavon netball club/rugby club /football
swansea city/ospreys in community
guest speakers



Glow girls

long term goal- to create a safe space for young girls to become confident and build a good relationship with physical activity with the opportunity to sample different activities weekly. make friends and not only create healthier, physically active young girls but a healthier mind.



questions.

