



Our mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

CONTACT US

EAST SIDE YMCA

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WEST SIDE YMCA

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STRONG » BOLD » FEARLESS

GIRLS NIGHT OUT

GREATER GREEN BAY YMCA

5th & 6th Graders

7 week program



WHAT IS GIRLS NIGHT OUT?

Girls Night Out is a 7-week Y program designed for 5th & 6th graders interested in making new friends, learning new skills, and having a whole lot of fun along the way! Each week, our participants will develop new skills, engage in a fun physical activity, and build great relationships! Girls Night Out is led by Y staff and volunteers. This program is open and welcoming to all 5th & 6th graders regardless of gender identity or expression.

ACTIVITIES MAY INCLUDE

- » Swimming
- » Dance
- » Healthy movement
- » Games
- » Spa night

TOPICS EXPLORED

- » Self-defense
- » Life skills
- » Positive peer relationships
- » Social/emotional growth
- » Healthy choices

...AND SO MUCH MORE!

*Activities and topics are subject to change.

OVERNIGHT CAMP | APR 20-21

At the end of the program the participants will celebrate with an optional overnight trip to YMCA Camp U-Nah-Li-Ya in Mountain, WI. Transportation, meals, and lodging are provided \$40 (members) or \$45 (general public).

GIRLS NIGHT OUT REGISTRATION

**WEST SIDE
MONDAYS
MAR 11-APR 22
6:15-8:15PM**

**EAST SIDE
TUESDAYS
MAR 12-APR 23
5:45-7:45PM**

\$40 for Y Members • \$45 for General Public

SCAN TO REGISTER

