



COURSE OUTLINE – TERM 2 Y-Dub Values Part One

28 April Tuesday– INTRODUCTION YWCA at 4pm and be picked up at 5:30pm

Meet and greet everyone!!! We will play some games and do some icebreakers just to help ease everyone into the course. We will also talk about all the fun things we are going to be doing throughout the term. Afternoon tea will be provided.

5 May Tuesday– ROCK CLIMBING Extreme Edge 3.45pm-5.30pm

The girls are to be dropped off at EXTREME EDGE AT 90 GREENWOOD STREET by 3.45pm. Rock climbing is perfect for confidence boosting AND team building, so this will be a fun and beneficial afternoon for us! You will need to wear covered shoes and appropriate clothing. Bring a water bottle and hair tie!!

12 May Tuesday– I’M BEAUTIFUL YWCA 4pm-5.30pm

We’re going to be looking at the false perception the world gives us on beauty, and destroy some of the myths we are told about body image! We will also continue to get to know each other and start strengthening friendships by a few added activities!

19 May Tuesday– GOALS YWCA 4pm-5.30pm

Here we will discuss the importance of setting goals and ways in which it might make it easier to achieve these goals. We will work out short term and long term goals and discuss the paths that we may take in order to reach these goals. There will also be some activities throughout!

26 May Tuesday– SELF DEFENCE Cnr Pukeko & Kaka Sts, Frankton from 4.30-8.30pm

When can knowing self defence not be handy? You won’t want to miss this session. It is a lot of fun and super helpful! A lady named Aimee Broad will run the session. She is very experienced and has a lot we can learn from her. We will be joining up with the other Y Dub Junior Programme for this session. A light dinner will be provided. Bring a water bottle and hair tie!!

2 June Tuesday– TOUGH TOPICS/RELATIONSHIPS YWCA 4pm-5.30pm

This week we will have Rebecca Fraser from link house come in and talk to us about relationships in our lives. Including topics such as; recognizing abuse and ways that we can stop this from happening. Here we can discuss peer pressure, boys, alcohol and drugs also.

9 June Tuesday – FUEL FOR LIFE YWCA from 4pm-7pm

Come see what foods will make your life easier. In this session we will look into the importance of food in your life and how it plays an important role in fueling your body and mind.

16 June Tuesday –TERM CELEBRATION YWCA 4pm-7pm

For our final session we are going to Sky City to go bowling. We will then come back to the YWCA for pizza, chips and dessert. 😊 We will have a prize giving and give out certificates to the girls who have passed the programme! **Make sure you wear covered shoes for bowling.**