

# *Looking for something different for your daughter to try this Spring?*



**Through exciting drills, agility exercises, & discussion, the Pigskin Princess Project will:**

- Teach the basics of flag football in a fun, intense-free environment,
- Build confidence & strength,
- Increase endurance and coordination,
- Foster independence,
- Teach kindness & good sportsmanship,
- Foster creativity, and
- Tackle age-old stereotypes about what it means to be a girl!

## **Details:**

- For *all* girls. A love of sports is NOT required!
- 6-Week Program, Saturdays, May 5<sup>th</sup> – June 16<sup>th</sup> at Town Center Park, Field 3 (no practice 5/26)
  - Ages 3-4: 12:30pm - 1:15pm
  - Ages 5-7: 2:30pm - 3:30pm
  - Ages 8-10: 3:45pm – 4:45pm
  - Cost: \$100 (Sibling discount is available.)
  - To register, contact Laura at 845.803.1749 / [PigskinPrincessProject@gmail.com](mailto:PigskinPrincessProject@gmail.com)



[www.PigskinPrincessProject.com](http://www.PigskinPrincessProject.com)

