

July 23-24, 8:30am-1:30pm For Entering 2nd-5th graders

Friday July 23

- ❖ 8:30 Drop-Off
- ❖ 8:30 Trip to Colby College
- ❖ 8:30-10:00 **Seeds of Summer**

Where does our food come from? Can you tell the difference between a tomato and potato plant? Meet Meg Kruihoff, student and environmental studies major and gardener extraordinaire! We'll go on a plant scavenger hunt, pick wild blueberries and plant our own container garden!

- ❖ 10:00-11:30 **Trip to the Art Museum**

Take a walk through the art museum of Colby College then try your hand at making your own creations out of every day household supplies! Recycled art!

- ❖ 11:30-1 **Billena Nal the Science Gal:**

Meet women of daring who are pursuing their dreams in the ever changing world of science. What happens to food when you dip it in liquid nitrogen? Can you pull iron out of your cereal? Playing with gasses and liquids has never been more fun!

- ❖ 1:00 -1:30 Return to Hardy Girls for Snack and Parent Pick Up!

Saturday July 24

- ❖ 8:30 Drop-Off
- ❖ 8:30-1:30 Art and Wildlife Management Workshops

Kit Munroe-Myers:Self-Portraits Using Symbols

In this workshop girls will learn painting techniques and will get to think about the things in their lives that truly represent them.

Bugs and Rocks:

Serena Sanborn, Natural Scientist from the LC Bates Museum will be leading workshop on etymology (bugs) and geology. We'll go on hikes, look at specimens, create our own collections and learn about Maine women who have pursued these passions and how they can use these skills to make the world a better place.

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2010 Information and Organizational Background

Hardy Days Information:

Hardy Days is a unique, interactive summer program for girls entering grades 2-5 fall of 2010. The two day program will give girls the opportunity to meet with other girls from around the area and participate in hands-on, low cost activities. During the sessions girls will get to meet women who are defying gender stereotypes and challenging notions of what a girl or woman "should" do or be; participate in team-building games and learn skills such as plant and wildlife identification; and learn more about ourselves as girls through art projects. Workshops will be lead by community volunteers (local artists and Unity and Colby College students), members of the Hardy Girls' Girls Advisory Board, and Hardy Girls' Director of Programs.

Hardy Days will be held July 23-24, 2010
8:30 am. - 1:30 pm.

The 2 Day event is \$50 per girl and includes healthy snacks and materials for all activities.

Scholarships are always available!

HARDY GIRLS HEALTHY WOMEN

WWW.HGHW.ORG

207.861.8131

About Hardy Girls:

Hardy Girls Healthy Women (HGHW) is a nonprofit organization dedicated to the health and well being of girls and women. Our vision is that all girls and women experience equality, independence, and safety in their everyday lives. To that end, our mission is to create opportunities, develop programs, and provide services that empower them.



**Hardy Girls
Healthy Women**



HARDY DAYS
A SUMMER SESSION
FOR GIRLS ENTERING
2ND-5TH GRADES

***Don't miss this great
opportunity!***

**207-861-8131
www.hghw.org**

Schedule of Events

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Wildlife Wonders:

Love animals? Have you ever wanted to know in more detail about where animals live and how we can protect them? Meet Melanie Renell who is studying wildlife as her major at Unity College and does just that! We'll go for a hike with Melanie and try our hand at spotting the wildlife living in our own backyard!

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HARDY DAYS 2010 Registration Form and Release

Simply Cut Off This Portion with a Current Health Form and Mail to:
HGHW P.O. Box 821 Waterville, ME 04903 Or Register online www.hghw.org
Questions? Call 207-861-8131

Participant Information

Child's Name: _____ Age: _____ Grade Fall of 2010: _____

Mailing Address: _____

Phone #: _____ Email: _____

Parent or Guardian Name: _____

Registration For: _____ July 23-24 (\$50)

Total Enclosed (Donations Welcome): _____

Payment: _____ Check _____ Cash _____ MC/VISA/AmEx

Card# _____ Exp: _____

Cardholder's Signature: _____

_____ I would like a scholarship.

My signature indicates that I give my specific consent to my child's participation in all Hardy Days (HD) activities. Such activities may include athletic events that involve bodily contact, use of tools and equipment and other programs such as hiking. I understand that there are risks of bodily injury that might be involved in these and other HD activities. My signature further indicates that I agree to release and indemnify, that is, to hold harmless in all respects, Hardy Girls Healthy Women, Inc. (HGHW), its staff, employees, Board of Directors with regard to any claims for injuries that may be incurred as a result of participation in such activities. My signature further consents that in case of illness, injury, or emergency, my daughter may be transported from the event location and or receive medical treatment. HGHW reserves the right to send any participant home if her physical condition, conduct, or influence is unsatisfactory or contrary to the best interest of the program or for any other just cause, all in the sole discretion of HGHW. If my daughter is participating in the first Session, I hereby specifically give my daughter permission to be transported by bus/van to Colby College.

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____ Date: _____

Emergency Contact: _____ Phone #: _____

(This MUST be a person who can be reached if parent/guardian is not available)

Does your daughter have any conditions that may limit your daughter's participation in any or all activities (include health/medical, allergies/food restrictions, etc.): YES NO

If Yes, List:

Does your daughter have any allergies or food/dietary restrictions? YES NO

If Yes List severity and any medications and dosage she will need to take at the event:

PLEASE ATTACH CURRENT HEALTH FORM.

She may _____ may not _____ participate in photographs for HD/HGHW public relations purposes, including the website and newsletter.