

gO Girls Summer Session: Tuesdays & Thursdays, 12:00pm-5:00pm

DATE	ACTIVITY	DROP OFF & PICK-UP LOCATION	DESCRIPTION	DATE	ACTIVITY	DROP OFF & PICK-UP LOCATION	DESCRIPTION	WEEKLY THEME
Tuesday, June 11	Mountain Biking	gO Orthopedics - Gunnison Office	Collect all paperwork then bike maintenance clinic & riding Van Tuyl	Thursday, June 13	Swimming / Climbing	Gunnison Elementary School	Swimming & climbing at the Gunnison Rec Center *bring pass if you have one*	Maintenance: Bike, body, & mind
Tuesday, June 18	Mountain Biking	Hartman Rocks	Riding Hartman trails & pump track	Thursday, June 20	Meditation & Yoga / Relays	Gunnison Elementary School	Yoga & Meditation at Meadow Park then relays & games	Shifting: Bike gears & shifting mindsets
Tuesday, June 25	Mountain Biking	Gunnison Elementary School	Riding Signal Peak Area	Thursday, June 27	Scavenger Hunt & Food Pantry	Gunnison Elementary School	Scavenger hunt around Van Tuyl, volunteer at Food Pantry	Body Placement: Athletic positioning & social situations
NO gO Girls Tuesday, July 2 & Thursday, July 4	Thursday, July 4th Parade in Crested Butte gO Girls Float with Tough Enough to Wear Pink 9am in parade line, bring bike & helmet! We will decorate, throw candy, & celebrate							Summertime Relaxation
Tuesday, July 9	Mountain Biking BRING A BIKE BUDDY DAY	Hartman Rocks / Gunnison River	Riding Hartman's trails, pump track, & to river	Thursday, July 11	Swimming / Climbing	Gunnison Elementary School	Swimming & climbing at the Gunnison Rec Center	Vision: Looking ahead & not down

							bring pass if you have one	
Tuesday, July 16	Mountain Biking	Gunnison Elementary School	Riding in Crested Butte! Learn about CBMBA	Thursday, July 18	Meditation & Yoga / Baking	Gunnison Elementary School	Yoga & Meditation at Meadow Park then baking at Fred Field Center	Braking: When it's appropriate
Tuesday, July 23	Mountain Biking	Hartman Rocks / Gunnison River	Riding Hartman's trails, pump track, & to river Special Guest: *gO Team Riders*	Thursday, July 25	Lake Day	Gunnison Elementary School	SUPing, swimming, & beach day	Cornering: Weight & body position
Tuesday, July 30	Mountain Biking	Gunnison Elementary School	Riding in Crested Butte! Learn about female business (Big Al's)	Thursday, August 1	Swimming / Climbing	Gunnison Elementary School	Swimming & climbing at the Gunnison Rec Center *bring pass if you have one*	Uphill: Breathing & uphill life battles
Tuesday, August 6	Mountain Biking	Hartman Rocks / Gunnison River	Riding Hartman's trails, pump track, & to river	Thursday, August 8	Scavenger Hunt	Gunnison Elementary School	Scavenger hunt around Van Tui!	Downhill: mindset & body positioning. How to handle depression or feeling down

Tuesday, August 13	Mountain Biking	Gunnison Elementary School	Riding Signal Peak Area *Parents welcome to ride along*	Friday, August 16	gO Girl PARTY! Grits, Guts & Gals	IBar Ranch 3:30pm-10:00 pm	End of the Year Party & games! Ninja warrior course, bonfire, music, etc	Pressure: Performing in front of a crowd or with expectations
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Extra Notes:

- Girls will meet coaches each time at either Gunnison Elementary School or Hartman Rocks
- gO will provide journals & your gO Girl is expected to bring them to each session
- If your child has a Rec Center pass please have them bring it each time the activity takes place there
- Each day **PLEASE bring: water, backpack, sunscreen, rain jacket, & lunch. Tuesdays = bike, Thursdays = walking shoes**
- Rain plan is Gunnison Rec Center
- 9 weeks of sessions, 18 total days