



# 19<sup>th</sup> Annual

# \*GIRLS DAY OUT\*

A unique day of activities designed to engage and motivate girls in grades 4-7, which includes:

- Gymnastics, swimming, ultimate frisbee, relay races, a health education component and more with Cortland State student-athletes, coaches and staff.
- Interactive career fair with women from the Cortland Community and surrounding areas.
- The opportunity to watch the Cortland Women's Basketball team compete.
- A boxed lunch and a drawstring bag with a water bottle will be provided (it is recommended to pack a small snack to hold you over until the break).

When: Saturday, February 8, 2020 from 8:45am – 2:45pm

Location: Park Center (PER Center) at SUNY Cortland; check-in will be in the lobby area upstairs.

Attire: Comfortable clothes, clean/dry sneakers, bathing suit & towel. Please leave valuable items at home.

Cost: \$15.00 discount rate if received by Friday, January 24, 2020. After January 24, the cost is \$18.00. (Sibling Discount: second child in family registered costs \$10.00). Lunch, snacks, water bottle, and a drawstring bag are included in the price. Please make checks payable to YWCA Cortland.

Register: Return the form below along with payment to the YWCA Cortland – 14 Clayton Avenue, Cortland, NY 13045 or register at the door on the day of the event!

For more information and scholarship opportunities:  
Please contact the YWCA Cortland at 607.753.9651 or [info@cortlandywca.org](mailto:info@cortlandywca.org).  
A schedule of events is available online at [www.cortlandywca.org](http://www.cortlandywca.org).

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### 2020 Girls' Day Out Registration Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
School (or Troop Number if registering with the Girl Scouts): \_\_\_\_\_  
Grade in School: \_\_\_\_\_ Age: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Parent/Guardian Email Address: \_\_\_\_\_

Does your child have any allergies or special accommodations we need to be aware of? (Please explain.)  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Consent: Photographs may be taken on the day of the event. Please indicate your permission for release of images of your child (e.g. YWCA website or newsletters) by signing below:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Return this form, along with your payment to the: YWCA Cortland, 14 Clayton Avenue, Cortland, NY 13045  
\*Discounted rate of \$15.00 is only available until January 24 – Sign up today!!\*